



## Transitions: Give and Go Layups

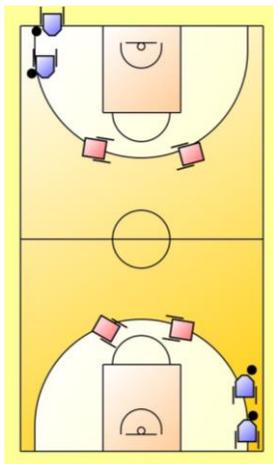


FIGURE 1

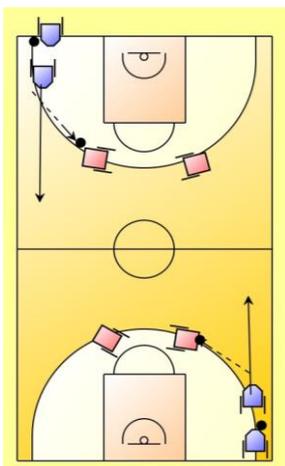


FIGURE 2

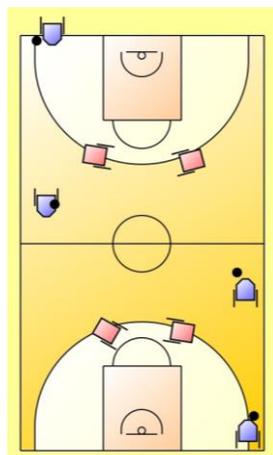


FIGURE 3

**OBJECTIVE:** To lead the passer and receive passes while moving (give and go).

**Setup:** Set up 4 red passers on the four locations (3pt line, edge of key) and 4-8 blue players with basketballs at opposite corners. (Figure 1)

**Instructions:**

1. First blue player passes to nearest red, and sprints down court. (Figure 2)
2. Red passer returns the pass by leading the blue receiver to catch the ball near centre. (Figure 2)
3. Blue ball carrier immediately passes to front court red passer and continues sprinting. (Figure 3)
4. Front court red passer leads the blue player with a pass timed so the blue player just needs to catch, gather and shoot the layup.
5. Blue player gets their own rebound and goes to the corner to come back the other way.
6. After set time, rotate players.
7. Switch directions and repeat.

**Activity Rules / Games Approach:**

- Ball must stay in the air; dribbling is not allowed.
- Count baskets only when blue receives the pass on the sprint to hit the layup.

**Coaches Key Points:**

- Players should pass the ball to where players WILL BE.
- Players should call names on each pass.

**Variations/Loading:**

- Loading options can be one hand passes, ball stays in air, no dribble.
- Shooting options can include scoops and reverses.

**Mental:**

- Players should maintain broad external focus needed for passing and narrow external focus for the layup.
- Increase intensity by players doing layups to stretch their pass reception limits.