

LAY-UPS: Movement FUNDamentals

This *Movement FUNDamental* section is built on teaching linear speed. Our goal is to teach a skill, put it in a drill and find a way to make it real.

General SKILLS (all drills to half-court jog back)

Jog to half-court and back

Backpedal – Defensive back style (coaching cue – “Nose over toes” to keep good athletic position)

Change of Speed – Coach dictates “Fast” “Slow” “Medium” “Super Slow” “Super-Fast” etc.

Quick Feet – Two inch steps as fast as possible while moving. Rapid Fire touches on floor.

Lateral Push – Lateral shuffle (coaching cue – “Nose over toes” to keep good athletic position)

DRILLS Really trying to emphasis angles of attack and sprinting mechanics.

Falling Runs – Have all players line up on the baseline. On coaches’ command, “Ready, fall...” Players fall forward and sprint out.

Coaching Cues

Nice and tall

Fall forward until you feel like you’re going to fall and run in STRAIGHT line forward.

Stand Tall and Fall

Head to Heal Strong as Steal

Get-Ups – Have all players line-up across the baseline lying on their stomachs. On coach’s command, “Go..” players get up and sprint to half-court.

Coaching Cues

Players EXPLODE through start

Drive Knees

Push the ground – Pop, Pop, Pop.

Light and Fast

Make it Real – Context

Get-Up Tag – All players will partner up with others around their speed and athletic ability, coaches can help with this.

Player A will set up at the free throw line in a push-up position (Get-Up from above).

Player B will set up three big steps from back foot of player A in a standing position.

On coaches’ command, “Go...” Player A will try to out run Player B. Player B will try to tag Player A. Game ends 10-15’ from free throw line or as space allows.

*ONLY ONE RULE. ALL PLAYERS MUST RUN IN A STRAIGHT LINE.

Each player should get 2-4 repetitions or what time allows.

Coaching *TECH*nique

TEACH

ENCOURAGE

CONNECT

HONOR