



Finishing close to the basket
(Layups and post moves)
Skills and Drills

Layup fundamentals

Layup hi five drill <https://www.youtube.com/watch?v=hl0aUdwBAqw>

Layup skip drill <https://www.youtube.com/watch?v=9z6NtAuiB4U>

Layup progressions for beginners <https://www.youtube.com/watch?v=Tm7N2HU4noQ>

Teaching Layups <https://youtu.be/30BG2qz5qrc>

Layup drills

2-line layups <https://www.usab.com/basketball/media/videos/2014/12/dribble-in-lay-ups-1.aspx>

Star passing drill <https://www.youtube.com/watch?v=BbEJ26PoN34>

Entry pass layups <https://www.usab.com/basketball/media/videos/2014/12/entry-pass-lay-ups.aspx>

Give and go layup drill 1 <https://youtu.be/O2l1c4fazgY>

Give and go layup drill 2 <https://youtu.be/wH79CAnB9Vw>

Pass pass layup drill <https://www.usab.com/basketball/media/videos/2014/12/pass-pass-lay-ups.aspx>

Chase layup drill <https://www.youtube.com/watch?v=hvo7psfb7ag>

Combination layup drills

Behind the back dribble with layup

<https://www.usab.com/basketball/media/videos/2014/12/full-court-moves-part-3.aspx>

Crossover and between the legs dribble with layup

<https://www.usab.com/basketball/media/videos/2014/12/full-court-moves-part-2.aspx>

Speed and hesitation dribble with layup

<https://www.usab.com/basketball/media/videos/2014/12/full-court-moves-part-1.aspx>

Advanced lay ups

Power (Jump Stop) lay up <https://youtu.be/treZvJON-xM>

Jump through the hips drill <https://www.youtube.com/watch?v=poOeNtq0Uw0&t=128s>

Pro hop <https://youtu.be/2fZzNl2x85A>

Fundamentals of the euro step <https://www.youtube.com/watch?v=UW8Wl7K5HDA>

Euro step break down drill <https://www.youtube.com/watch?v=YlLibwaQJF0>

Euro step lay up drill <https://www.youtube.com/watch?v=EjuriLKhtxQ>

Mikan drill (foundation for reverse layup) <https://www.youtube.com/watch?v=WDHbE19oCQU>

Reverse lay up <https://youtu.be/Tnmcl9ZqYZ4>

Post moves

Low post positioning <https://www.youtube.com/watch?v=mA7TvmTZfH4>

Drop step <https://www.youtube.com/watch>

Jump hook <https://www.youtube.com/watch?v=Oq2V-7cv0R4&t=94s>

Up and under <https://www.youtube.com/watch?v=La2l7eCCG0A&t=63s>