

Rush Drill

Coach Kay Yow

Purpose

To attempt 25 layups in two minutes. Players can promote good communication skills by calling out each receiver's name during this drill.

Organization

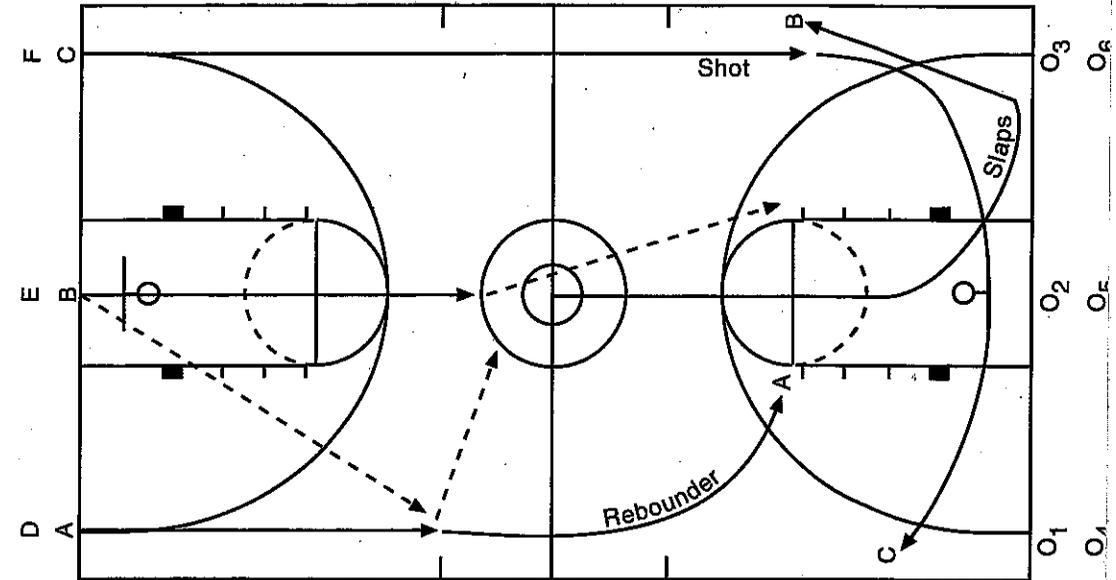
Split the team evenly on each end and form three lines under each end basket. Use four balls.

Procedure

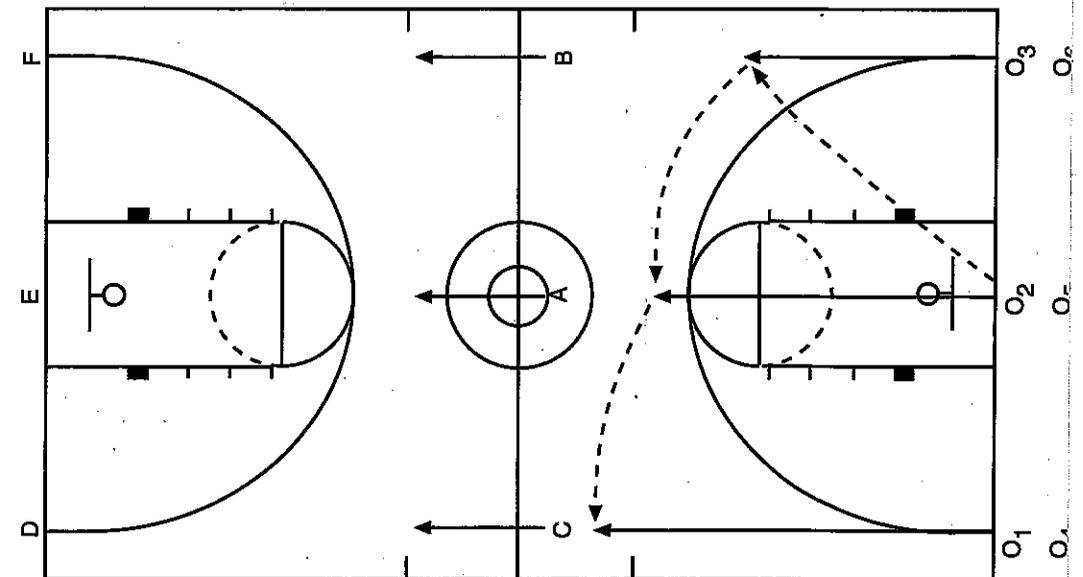
1. The ball begins in the middle line. On a signal the ball is passed from the middle player (B in the diagram) to player A, who is sprinting along the sideline. Player A passes back to player B in the middle. Player B passes ahead to player C, who is sprinting along the other sideline. Player C shoots a layup.
2. Player B, after passing for the layup, sprints to slap the hand of a waiting teammate (O_2) who has one foot on the endline. Player B then sprints to fill the sideline to receive the outlet pass from player A. Player C curls out to the opposite sideline, and player A rebounds and outlets to player B. The drill continues back down in the same manner—pass to the sideline, to the middle, and to the sideline for a layup by player C (see diagram 1).
3. When the first group has shot their first layup and crosses half-court on their return trip, the first three players on that endline (O_1 , O_2 , and O_3) follow up the court with the same passing pattern—sideline, middle, sideline for a layup. Again, the shooter (O_1) curls out to the sideline opposite the passer (O_2), who has slapped hands with a teammate (E) on that end. The rebounder (O_3) turns this group (O_1 , O_2 , and O_3) around, and they head back down with sideline, middle, sideline, layup. When they get to half-court, the next group (D, E, and F) begin (see diagram 2).
4. The drill continues for two minutes. The goal is to make 25 layups.

Coaching Points

- Use sharp, quick passes. Give good hand targets.
- All players sprint at game speed.
- Do not walk with the ball. Take a dribble if needed before passing or before shooting the layup.



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