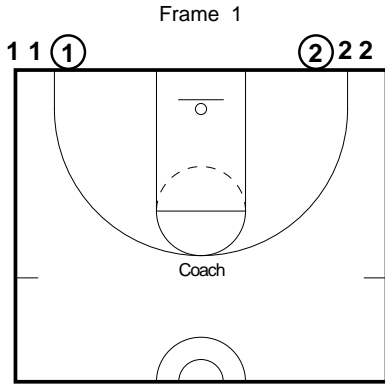
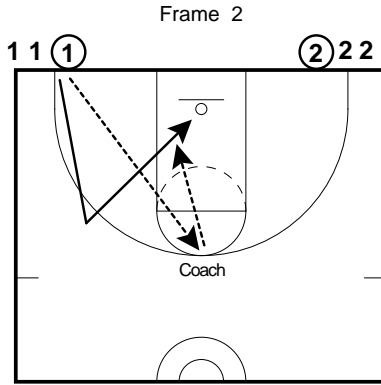


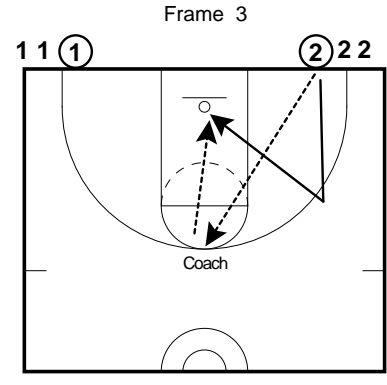
Two Line Back Cuts



Two lines on the baseline corners. First person in each line has a ball. Coach at the top of the key.



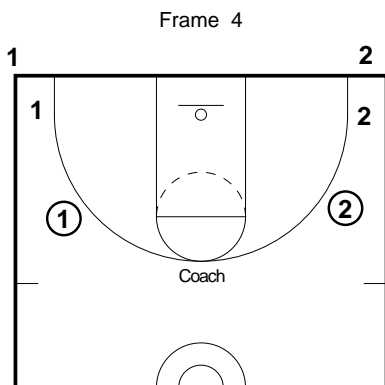
Line #1 passes to the coach. They cut to the wing and backcut to the basket for a shot. #1 will get their own rebound and go to the end of line #2



After #1 has cleared, #2 will pass to the coach. They will fill to the wing and backcut for a shot. #2 will get their own rebound and go to the end of line #1.

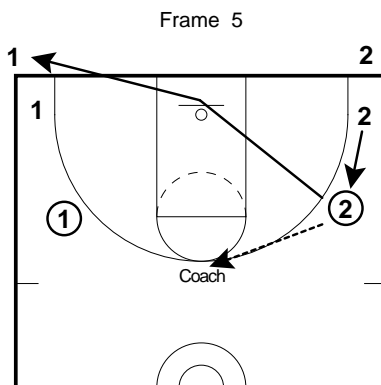
*** Put 1 min 30 sec on the clock. How many lay-ups can we make in that time.

*** If you have two coaches, split the team into two groups and go to opposite baskets. First team to 10 lay-ups wins.



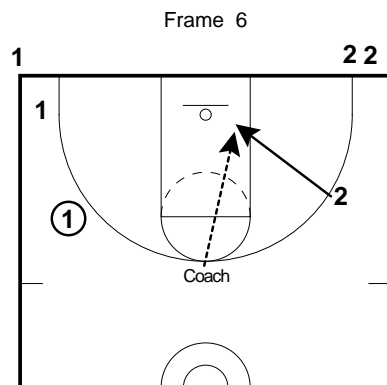
Variation (Fig. 1)

- Move the passing lines to the wings, move the next person in line to the corner spots.



Variation (Fig. 2)

-#2 will pass to the coach and basket cut. After they cut, they will go to the opposite line. The corner person will fill up.



Variation (Fig. 3)

- After the corner fills up, they will be the one who cuts for a lay-up.
- After they clear, Line # 1 will pass to the coach.