



Coaches' GAME PLAN



Skills

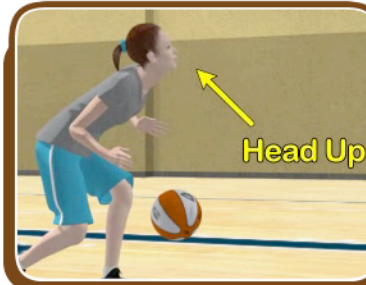
Lay Ups



01



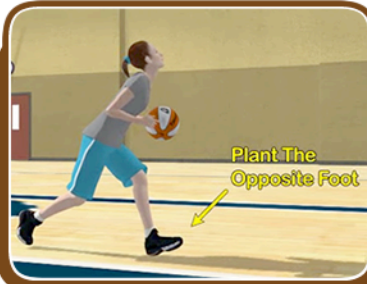
Start by dribbling to the basket.



02



Keep head up during this sequence.



03



As she nears basket, she plants her opposite foot.



04



Then she drives her other knee into the air.



05



She will jump off plant foot.



06



Raise the ball with shooting hand and extend up through ball.



07



At top of jump, release ball toward corner of square and follow through with wrist snapping forward.

Notes: