

HOW TO DO A RIGHT HAND LAYUP

By: Jaedyn Afaga

#1 HAVE A PUMPED UP BALL

*First of all... we can not play without a basketball. Make sure that you have a basketball fit to your size and make sure it's pumped up good.



#2 FIND YOUR PLACEMENT ON THE COURT.

*If you are trying to do a right lay-up.
Try to start on the right side of the court. When starting a lay up it's nice to start right outside of the 3 point line.



#3 DRIBBLE 1-2 TIMES TOWARDS BASKET

*Use your right hand to push the ball down and the ball will bounce right back to you.



#4 DO NOT PICK UP YOUR DRIBBLE

*As you dribble towards the basket, do NOT pick up your dribble until you know you are ready to stop.

*If you dribble and stop dribbling. Then dribble again... That is called double dribble, which is not allowed.

*When you pick up your dribble you can either pass or shoot.



#5 STOP DRIBBLE AND TAKE 2 STEPS

*After you have took 1 - 2 steps, you should be by the block. Once you have gotten to the block you want to pick up your ball and take 2 steps.



#6 TAKE 2 STEPS STARTING WITH RIGHT

*If you are doing a right hand layup you want to always start your 2 steps with your right foot.

*When doing a layup you are only allowed 2 steps. Nothing more than 2 or else it is called a travel.



#7 SHOOT BALL TOWARD BASKET

*Your last step should be off your left foot. On your last step toward the basket, shoot your ball towards the basket with your right hand.



#8 USE THE BACKBOARD

*When shooting the ball into the hoop. Try to use the backboard as much as possible. It is not required, but it has a higher percentage of getting into the basket.

*Aim for the 2 top corners of the square. Since it's a right hand layup, aim for the right top corner.



#10 YOU DID IT

*Watch your successful shot

