

Dribble towards the basket until you feel you are one step from the key. Here you will gather the ball with both hands just above the waist at the same time you take a step with your right foot, take one more step with your left foot as you raise the ball with both hands just above your chest. Finally release the ball with only your right hand from under the ball. You will jump higher if you take a solid last step and plant your left foot, and drive your opposite (Right Knee) up high in the air.



Figure 3.42 Approaching the basket on a layup.



a



b

Figure 3.43 Making the jump on a layup.