

Oregon Youth Basketball League
Evaluation Instruction Rubric - Layups

Skill:	Layups					
Grade Level:	3-4 Grade	(targeted skill is in gray box)				
General Description:	A 3rd - 4th grade basketball player should be able to effectively shoot a dribbling layup in game situations with their dominant hand.					
Category		1	2	3	4	5
Dominant Hand		Player can receive passes and without dribbling or traveling shoot a layup from multiple angles to the basket.	Player can consistently make dribbling layup from multiple angles to the basket.	Player can shoot dribbling layup.	Player can shoot stationary layup. Stationary layup entails starting at low block with feet together, stepping with and jumping off inside foot and putting the ball on the backboard with one hand.	Player cannot jump off of one foot.
Weak Hand		Player can consistently make dribbling layup from multiple angles to the basket.	Player can shoot dribbling layup.	Player can shoot stationary layup. Stationary layup entails starting at low block with feet together, stepping with and jumping off inside foot and putting the ball on the backboard with one hand.	Player can jump off of correct foot while attempting weak handed layup.	Player cannot jump off of one foot.

Drill 1: Jumping from One

Foot

Player practices jumping up from one foot. Perform near an obstacle to promote jumping up not out.

Drill 2: Stationary Layup

Player starts at block both feet together, takes step with foot nearest rim, jumps off one foot and puts ball on backboard.

Drill 3: Dribbling Layup

Position players in two lines near half court one line performs dribbling layup, other line rebounds. Coach may act as defender.