

Oregon Youth Basketball League
Evaluation Instruction Rubric - 5/6 Layups

Skill:	Layups					
Grade Level:	5-6 Grade (targeted skill is in gray box)					
General Description:	A basketball player should be able to effectively shoot a dribbling layup in game situations with both hands.					
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: Dribbling Layup

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

Drill 2: 2 on one fast break

Two offensive players begin at half court. Defender defends and offensive players use combination of dribbling and passing to set up layup.

Drill 3: Give and Go

Two offensive players. Player One begins at top of key other on low block. Player 2 flashes out to wing and receives pass from Player 1. Player cuts to basket receives pass from player 2 and shoots layup.