



TEHNICS OF BASKETBALL GAME

THE LAY UP



It's not so easy to learn and because of that it is necessary to use a proper drills during a motor learning

During a motor learning kids (players) have difficulty with getting the correct footwork.

Also, one of the problems is to perform a lay up from both side of the basket, using right or left hand as a dominant hand.

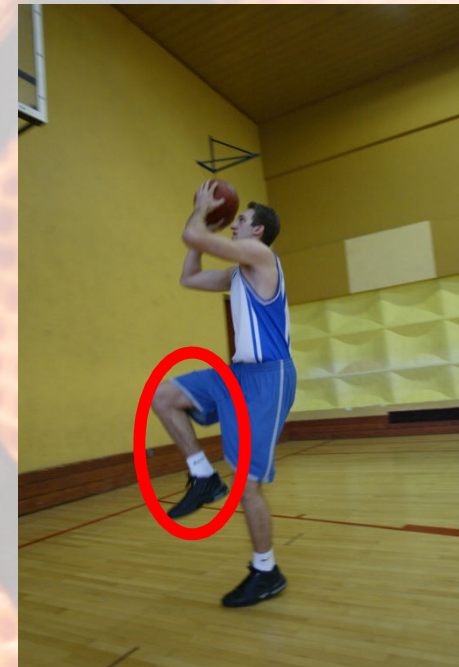
BIOMECHANICAL ANALYSIS

- LAY UP is performed (for beginners) after linear dribbling toward the basket at an angle of 45 degrees,
- a player approaching the basket, take a ball after dribbling with both hands during a "non contact/air fase",



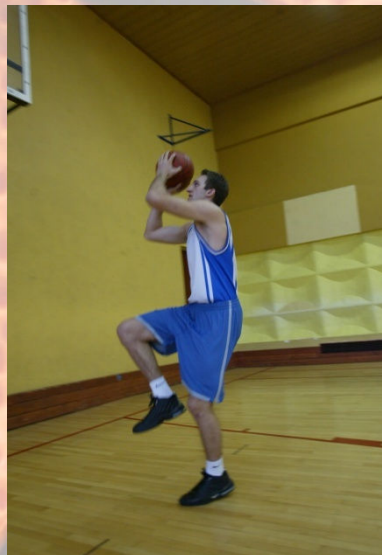
BIOMECHANICAL ANALYSIS

- after that he/she take a first step (contact) with his "outside" foot, and a second step with his inside foot,
- after putting inside foot on the floor he/she push (jump) off and transforms a horizontal movement to vertical,
- outside leg (knee) during push off (jump) should be elevated,



Feet and shoulders are directed toward the basket and there is no rotation of the upper body.

- at the same time, the ball is lifted slightly to the side (to preserve balance and keep a ball from a defense), and at the highest point followed by continuous movement of hands a player refer a ball to the basket.



A ball gets a final rotation from a wrist.

Landing is performed with both legs simultaneously.



*The most common errors that can occur during
motor learning*

- poor synchronization of the hands and legs,
 - watching a ball,
- irregular push (jump) off (the same hand - the same leg)
 - body rotating around a vertical axis,
 - premature ejection of a ball
 - lowering opposite arm during the throw,
 - lack of ejection from the wrist,
 - one leg landing,
 - etc.



**How to start dribbling
in linear movement from
triple threat position?**

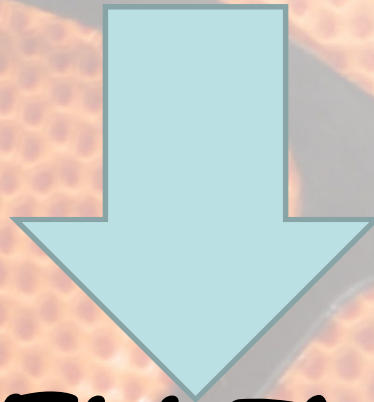
BIOMECHANICAL ANALYSIS:

2 tehnic:

1. Opposite arm - leg
2. The same arm - leg

RULE!!!!!!

We can always PIVOT on one foot, but another foot we can pick up only after the ball has left our hands.



TRAVELLING!!!



(OPPOSITE ARM - LEG)

- the first step is performed with the foot opposite of the desired direction of movement, for example, to the left - the first step is with right foot (during which it passes right foot of a defender), and a dribbling is performed with left hand.....



THE SAME ARM - LEG

- for example, when a player wants to perform a dribbling to a right side, he puts his right foot to the right, next to the left foot of a defender and he dribble with his right hand.....

The most common errors during motor learning:

1. Lifting a non pivot foot before a ball leaves a hand.
2. Dribbling is performed with a closer hand to the opponent, etc....



LISTEN UP, BONEHEAD, WE'LL GO
OVER THE RULES AGAIN... THE
OUT-OF-BOUNDS LIMIT IS FIVE
SECONDS NOT FIVE MINUTES.

