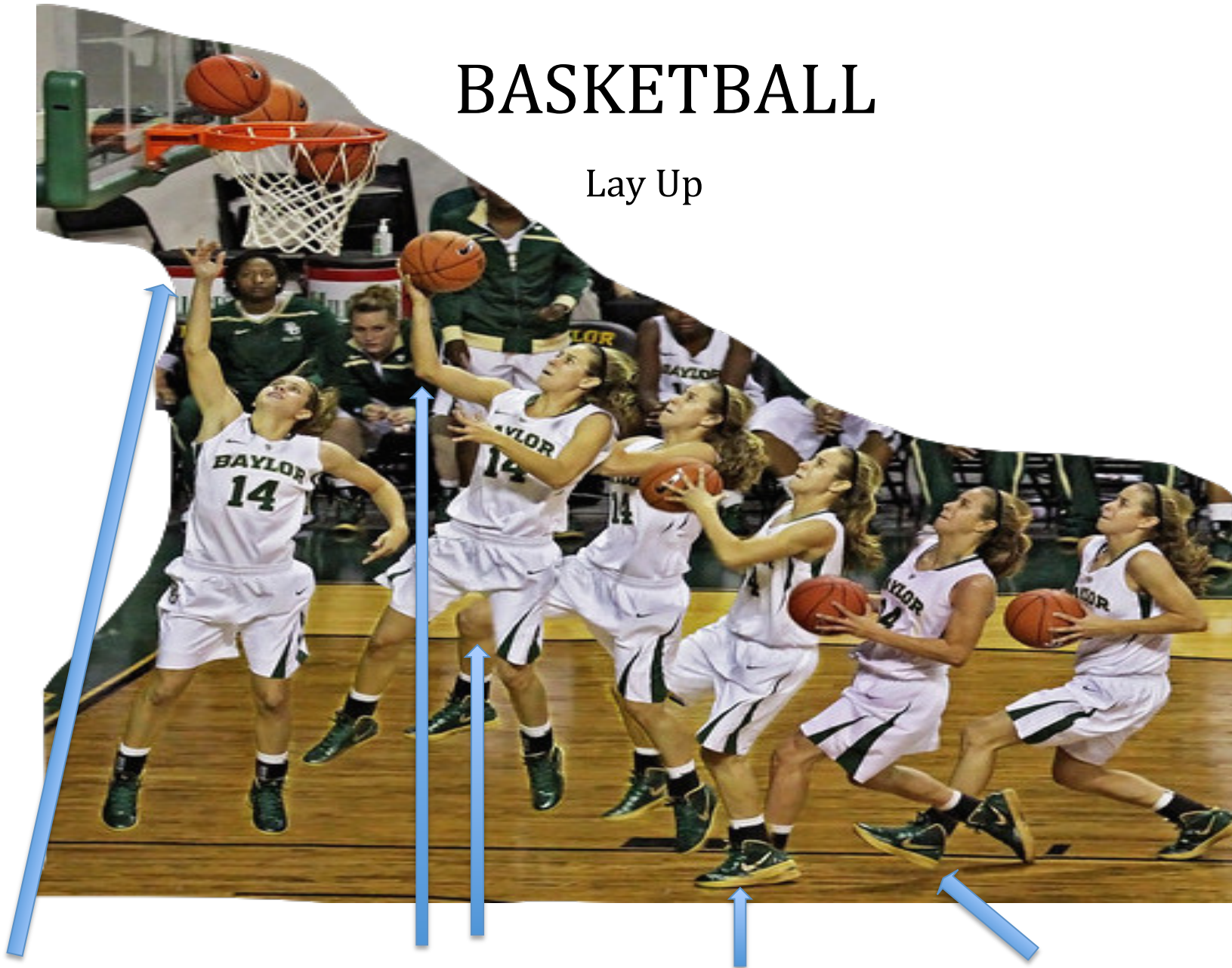


# BASKETBALL

## Lay Up



1. Stop your \_\_\_\_ and take a step with your \_\_\_\_ foot.
2. Then take a 2<sup>nd</sup> step with your \_\_\_\_ foot.
3. Plant that 2<sup>nd</sup> step on the ground and \_\_\_\_ off that foot.
4. Lift your outside knee high to \_\_\_\_ you.  
Hold the ball in your outside hand (use your inside hand for control).
5. Shoot the ball off the \_\_\_\_\_. Aim for the upper corner of the \_\_\_\_ closest to you.