**Purpose of the Drill:**

Good warm up that works on ball handling full court, change of directions, and either layups or jumpshots off the dribble.

**Instructions**

Diagram, shape

Description automatically generated with medium confidence

* Start lines at baseline opposite each other
* Each player dribbles to each chair and uses a change of direction to get past the chair
* Each player finishes with either a layup or jump shot or whatever the coach instructs
* After scoring, each player gets into the next line.

**Points of Emphasis:**

* Staying low with their dribble
* Approach each chair and do the move properly (fatigue will set in and lack of detail will happen.
* Make sure not to crowd each other.
* Keep your eyes up!!
* If using shooting to score. Work on either proper 2 step finish into jumpshot UNDER CONTROL.
* Have each player count their own makes. When time runs out, have them meet at 1/2 court and one person (a leader or someone who wants to start leading more) tallies up the makes and reports to the coach