

How to make a layup

The layup is one of the most basic shots in basketball. It is a close-range shot made on the move. Below shows, step by step, how to make a right-side layup. To make a left-side layup, reverse the directions.



STEP 1:
Dribble toward the right side of the hoop. Stop dribbling the ball five to eight feet away from the basket. Pick up the ball while stepping with your right foot.



STEP 2:
Take one more step, keeping the ball at waist height.



STEP 3:
Plant your left foot and jump.



STEP 4:
Aim for the upper-right corner of the box on the backboard and shoot the ball with your right hand. When jumping, your outside knee should be bent. Go directly toward the basket, staying strong and straight with your head up and eyes focused on the backboard.