

Title:

Basketball Lay-up Fundamentals

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Summary:

The lay-up is the most basic shot in basketball. Unfortunately, it does not get a lot of attention.

Keywords:

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Article Body:

The lay-up is the most basic shot in basketball. Unfortunately, it does not get a lot of attention.

When Practicing Lay-ups Take It Serious

In an actual game you will rarely have the opportunity to lazily run to the basket and shoot a lay-up.

Be Able To Use Both Hand

You should be able to shoot lay-ups effectively with both the right and left hand. If you are not, you will lack the advantage.

Be Selective

If you try to shoot the same type of lay-up in every situation you will lack the advantage. It is important to be selective.

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