

SKILLS IN THE SPOTLIGHT

Identify one injury that could occur to the knee when performing a lay-up

Name one warm-up activity that prepares the lower body for a lay-up

Explain why good balance is important when performing a lay-up in reducing injury

Explain how shin splints could develop when repeatedly performing basketball lay-ups

Explain the psychological benefit of mental rehearsal of a lay up

Describe one technique that helps reduce injury risk during a lay-up

**Basketball -
Lay-Up**



SKILLS IN THE SPOTLIGHT

Knee sprain

Light jogging

Prevents falls and reduces strain on joints

Builds confidence and reduces anxiety by helping the performer visualise a successful lay-up



Repeated jumping and landing place stress on the lower leg; overuse causes inflammation along the shin; pain develops over time

Taking off and landing with control to avoid awkward twists

Basketball - Lay-Up