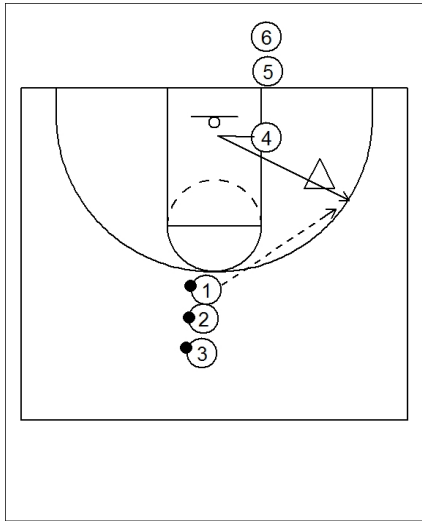




Cut series shooting



SHOOTING: CUT SERIES SHOOTING

Skills Covered

- *Shooting
- *Shooting footwork
- *"Get Open" cuts
- *Passing
- *Catching

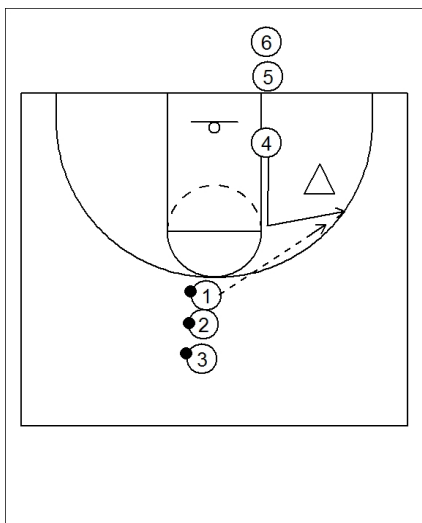
Alignment

- *Passing line is at the top of the key area. Each player in this line has a basketball.
- *Shooting line starts in the block area. Only one player at a time is in the block area. The players waiting for their turn should wait out of bounds.
- *A cone or chair is set on the wing to represent a defender. A coach or manager could also step in this role.

Running the Drill

*V-CUT

- 4 will execute a V-cut and then break out to the wing area.
- 1 passes 4 the ball.
- 4 will now triple threat, rip through, and attack the basket and score.
- 4 gets own rebound. 1 and 4 switch lines.
- Other players do the same.
- NEXT TIME through the line 4 will execute a V-cut to get open. When they catch the ball they will rip through, take two hard dribbles, and then pull up for a jumpshot.
- NEXT TIME through the line 4 will execute a V-cut to get open. When they catch the ball they will triple threat, pass or shot fake, make one or two hard dribbles and pull up for a jumpshot.
- NEXT TIME through the line 4 will execute a V-cut to get open. When catching the ball, they will square up and take a jump shot off of the pass.



*Repeat the same series of shots, only this time through use an L-cut to get open.

*Make sure to do the same reps on the left side.

Drill Variations

*Give each player more than one rep for each move, instead of one. If time allows, getting 4-5 with each would be helpful.