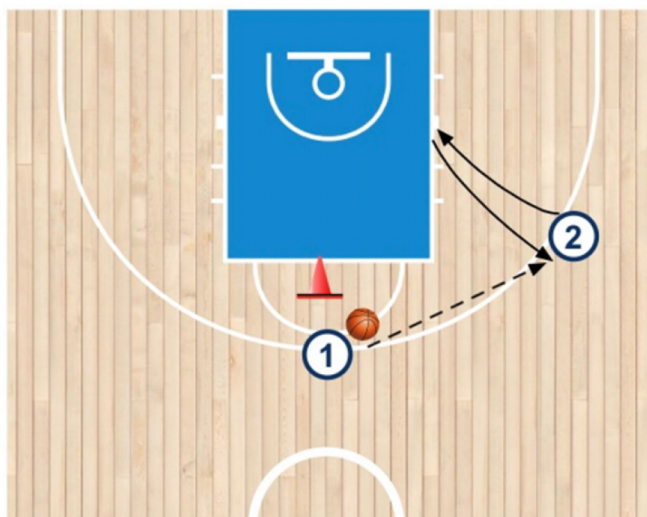


THE COACHES CORNER

BUILD THE 5 OUT CUTTING MOTION OFFENCE PASS & CUT

In order to teach successfully the 5 out cutting motion players have to work on the different types of cuts and passes.

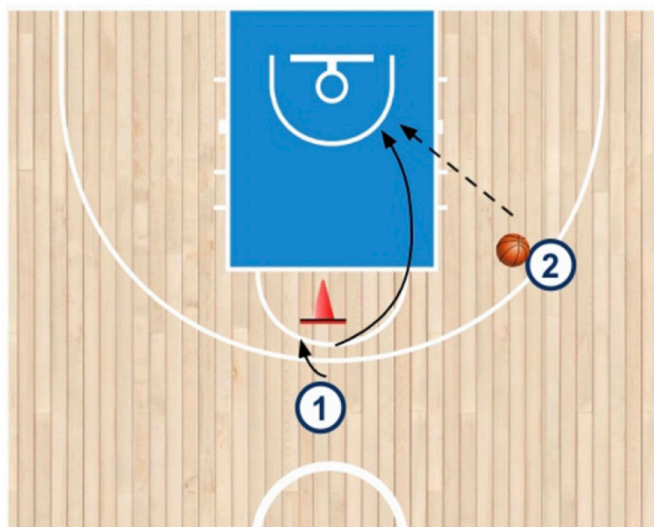


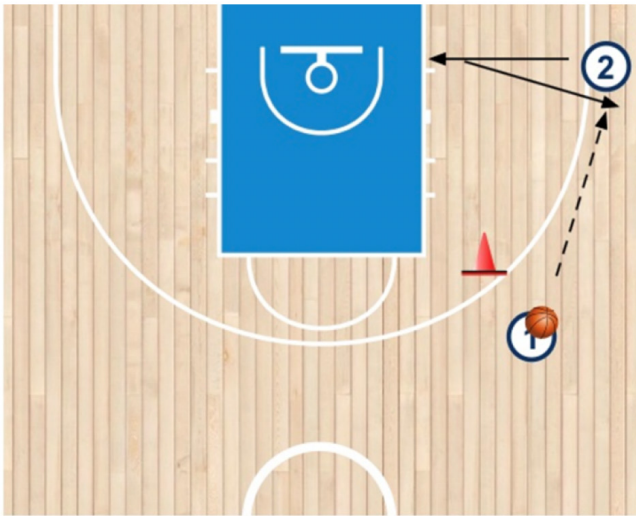
1) TOP TO THE WING PASS AND CUT

-1 with the ball. 2 makes a V cut to get read of the defence and catch the ball to the wing.

-1 pass the ball to 2.

- 1 cut hard to the basket, receives a pass from 2 and go for a lay up/floater/jumper.



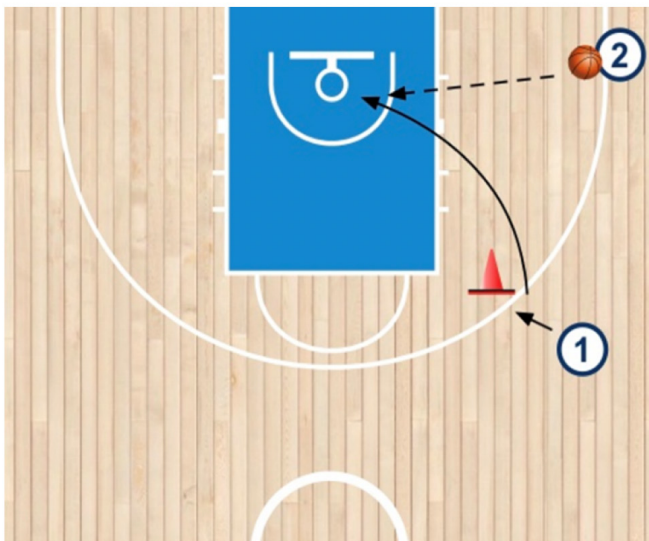


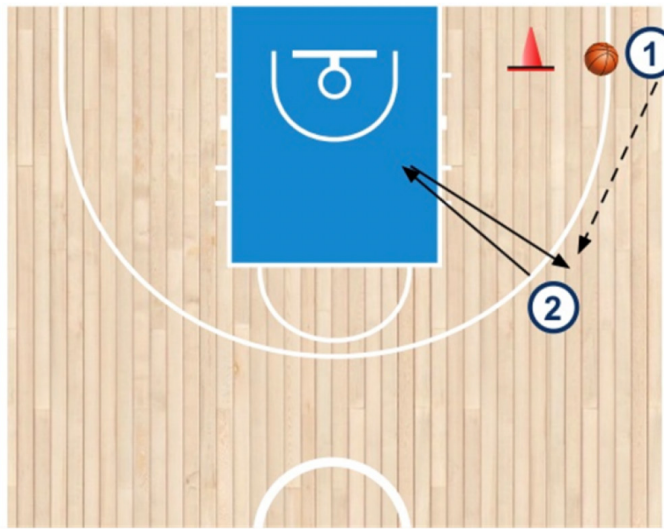
2) WING TO CORNER PASS AND CUT

-1 at the wing with the ball. 2 makes a V cut to get rid of the defence and get the ball.

-1 pass the ball to 2.

-1 set up the defence (cone) and cut hard to the basket receiving a pass from 2 and go for a lay up/floater/jumper



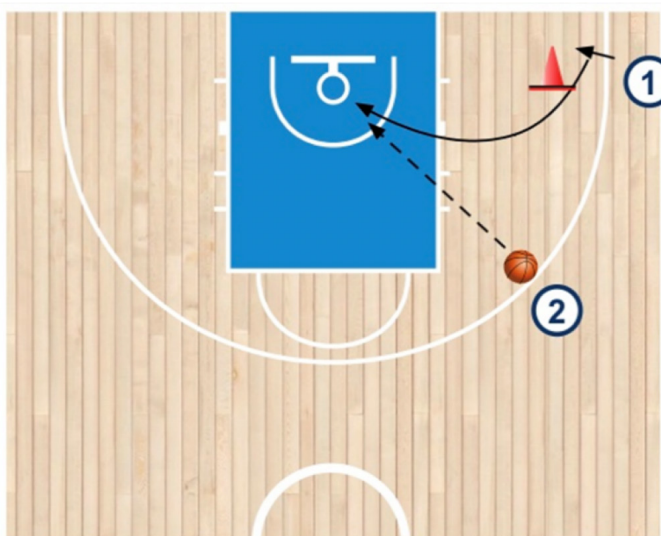


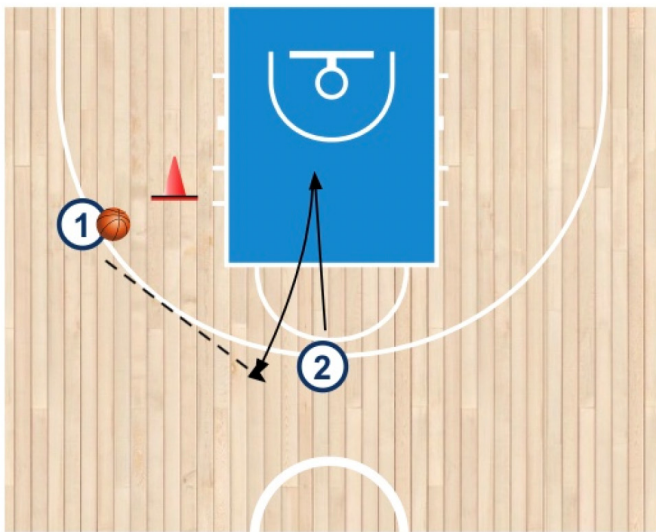
3) CORNER TO WING PASS AND CUT

- 1 at the corner with the ball. 2 at the wing makes a V cut to get read of the defence and get the ball.

- 1 pass the ball to 2.

- 1 sets the defence up (cone) and cuts hard to the basket. 2 pass the ball to 1. 1 receives the ball and makes a lay up/floater/jumper





4) WING TO TOP PASS AND CUT

- 1 with the ball on the wing. 2 on the top, makes a V cut to get rid of the defence and get the ball.

- 1 pass the ball to 2.

- 1 cuts hard to the basket setting up the defense. 2 pass the ball to 1 who will finish with a lay up/floater/jumper.

