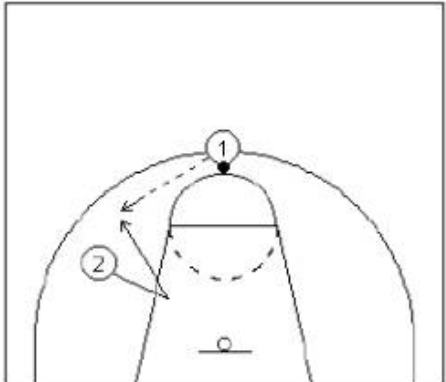
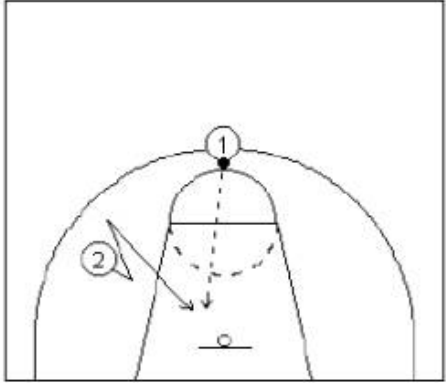
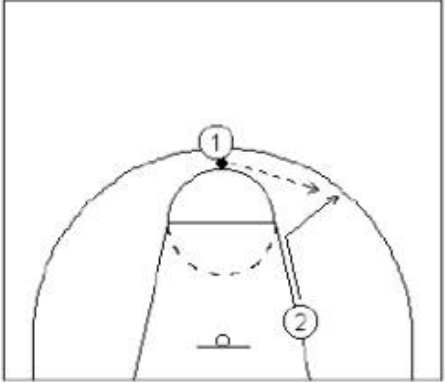
	Drill	Skill
	21 – Cutting to get open	<ul style="list-style-type: none"> ● Motion offense

Description	<div data-bbox="930 703 962 741">A</div>  <div data-bbox="930 1122 962 1160">B</div>  <div data-bbox="930 1599 962 1637">C</div> 
<ul style="list-style-type: none"> ● These drills are used to teach the V-cut, backdoor cut and leading from the low post. ● Diagram A shows V-cut. ● Diagram B shows backdoor cut. ● Diagram C shows leading from the post. 	
Variations	
<ol style="list-style-type: none"> Start all drills 2 on 0 and progress to 2 on 2. Start with token defense moving to full 2 on 2. Run from different parts of the floor. 	
Points of emphasis	
<p>Offense...</p> <ol style="list-style-type: none"> At least two steps to take defender away. Plant foot - push off - change direction quickly. Present target hand. Catch and square up to the basket. Read the defense - e.g. if overplayed go backdoor Leading from post - take player up lane, inside leg and arm over in front of defender, once in front cut out to receive ball. Pass into path of cutter - don't make him stop. <p>Defense...</p> <ol style="list-style-type: none"> Defensive stance. Correct defensive footwork. Deny stance. Jump to ball on pass - not after pass made. Snap head and arm on backdoor cut. 	