

FDBA Domestic Coaches Drill Book: Team Offence

Name: Alford Series: V-Cuts

Drill No: F2

Description:

This drill is to teach players how to free themselves from a defender in order to catch the pass.

Split group into three line; One at the point, and one at each wing.

Players on the wing execute a V-Cut to get free.

The player at the point will dribble to shorten the pass to one side and this player will drive the ball in for a shot or lay-up.

Rotations:

1. All three player out, three new players in.
2. Rotate clockwise or anticlockwise

Points of Emphasis:

1. Cut below the block and get two feet inside the key
2. Have a receiving hand up (hand closest to sideline) on the way in and on the way out with palm facing the ball.
3. Slash arm and get a lead foot inside the key to explode outside the 3pt line above the block.

Diagram A.

