

FDBA Domestic Coaches Drill Book: Team Offence

Name: Same Side Cut with Dribble Lift

Drill No: F6

Description:

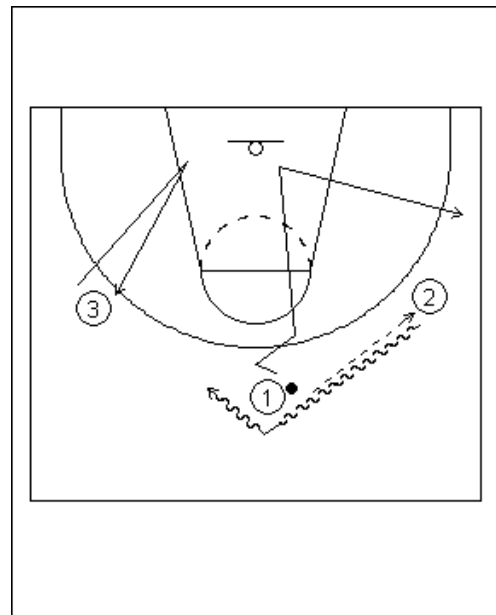
This drill is to teach the player how to react if a player passes from the point and decides to replace towards the wing on the same side.

(2) executes a "dribble lift" and dribbles the ball up to the wing to keep court balance and floor spacing.

This is also a good time to look to drive to the basket down the middle of the floor after (1) exits out of the keyhole. This is called "driving off the heels" of the cutter.

(3) is V-cutting in anticipation of ball reversal.

Diagram A.



Points of Emphasis:

1. Always pass at least a step off the split line towards the Receiver.
2. Cut to score and slow down to finish cut at hoop.
3. Keep the dribble "alive" until you can pass.
4. Communicate which type of cut so the weak side wing knows to replace to the point or v-cut.