

Basketball Coach Handout

Getting open without the ball - Cutting

There are 10 players on the floor. Only one player has the ball. That means that 90% of time, you won't have the ball, and that only 10% of the time you may actually have the ball (a little less for post players, a little more for guards). So you have a limited number of opportunities to score from an individual move when you are the ball-handler. Good scorers find ways to get open for an easy pass from a teammate, and an easy shot off the pass reception. Good scorers never just stand around and watch. They are always trying to find ways to get open by coming off screens, or faking and cutting to open areas of the floor (within their shooting range).

Key Points:

1. Timing
2. Cutting to open areas
3. Setting good screens
4. Maintaining good spacing.

In regard to cutting, there is a saying "get open, or get out!" which means that if you are not open, or don't receive the ball within a couple seconds, move out and maintain motion and spacing. Passing is easier if offensive players maintain a spacing of 12 to 15 feet apart. Don't get bunched up.

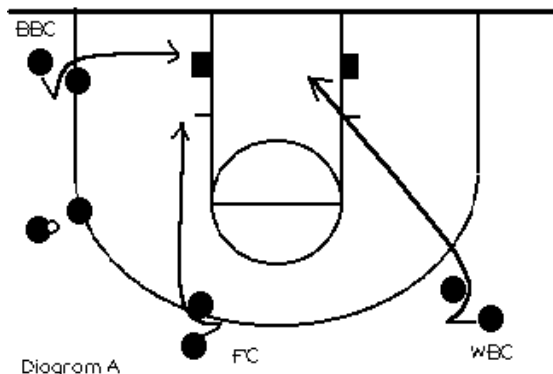
There are a number of different types of cuts that can be made, in addition to making the correct moves in running a specific play or set motion offence, and in addition to setting and cutting around screens.

Here are some tips in making a good cut:

1. A key in making an effective cut is timing. Try to "time" your cut, so you arrive at the correct time to receive the pass.
2. Make a good fake and cut hard. Often kids make a quick fake, and then a somewhat slow cut. Do just the opposite... make a slow, sleepy fake followed by a quick cut move.
3. This is another important tip. Kids often try to avoid contact with the defender and try to run away from him. In trying to get open, go right up to the defender and make contact with him, then quickly "bounce off" in the direction of your cut. He won't be able to react fast enough to your quick first step.
4. In addition to the cut moves described below, don't forget this move. Slip behind the defender (who may be in "deny" and over-playing the passing lane) and move below him toward the baseline. The defender should always see the ball. Try to slip out of his field of vision; so that he loses you briefly... then you can get open.

Type of Cuts

1. Front cut
The front cut is a cut made with the defender behind you, on your back. This is the typical "give and go" cut (see Diagram A, FC).
2. Back cuts
A back cut is when you cut behind the defender.
 - a. Make a fake toward the ball, and then cut quickly behind the defender.
 - b. Back cuts can be a "ballside" back cut (see Diagram A, BBC), or a "weak side" back cut which means on the side opposite the ball, or "back-door" (see Diagram A, WBC).



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3. V-cut

A cut made in the shape of a "V".

- The first leg of the "V" can be slow.
- The last leg of the "V" is quick (Diagram B, VC).
- When making the V-cut, plant the inside foot hard, and step off quickly with your other foot in the direction of your final cut.

4. L-cut

A cut made in the shape of an "L", often along the lane or "lane cut" (Diagram B, LC).

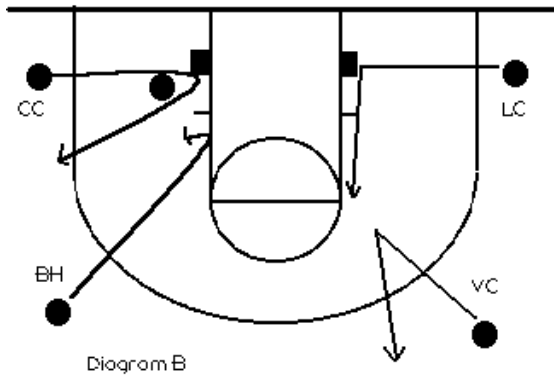
- The cut can be made up the lane, or down the lane (from the wing position).
- Use footwork similar to the V-cut.

5. Curl-cut

A curl is a somewhat circular cut often made around a team-mate (Diagram B, CC).

6. Button-hook

A quick cut made with a quick stop, a pivot toward the ball, sealing the defender on your back side, and receiving the pass from your team-mate (Diagram B, BH).



7. Flash Cut

A flash cut is a quick move by your opponent from the weak side toward the ball. Most offences use a flash cut from the weak-side into the high post area.

