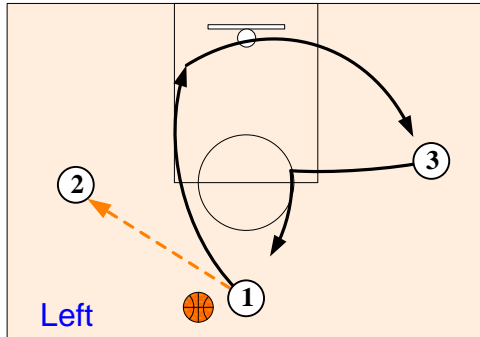
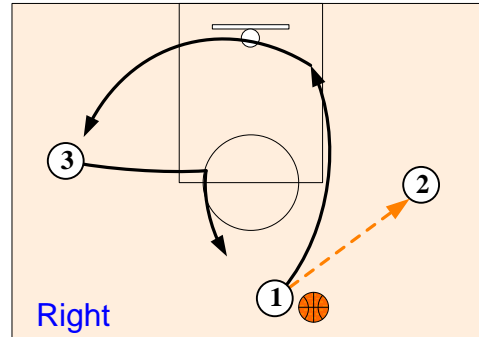


Disrupting Basket & Ball Cuts – 3-on-3 Drill

The “Give and Go” basket cut is one of the oldest, yet most admired plays in basketball. However, this simple basket cut should never be allowed. It is a result of careless or lazy defense. This three-on-three drill not only works on the footwork necessary to deny direct basket cuts, but also includes denying flash cuts into the high post area.



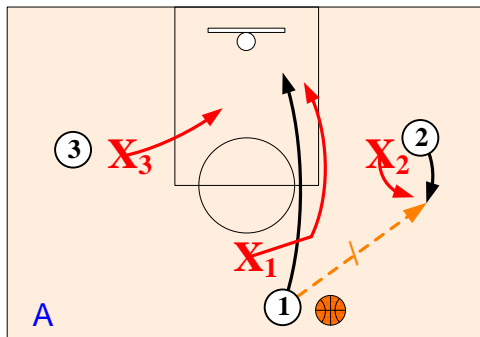
Left side rotations.



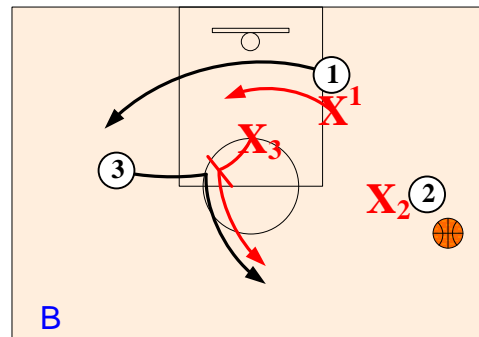
Right side rotations

Basic Offensive Rotation: Point passes to wing and makes a basket cut and then goes to opposite wing. Weakside wing flashes to middle and then pops out to point. On ball reversal pass, point has option of passing to either wing. When a cutter is open on basket cut or weakside flash, wing should feed. This will point out the defensive mistake.

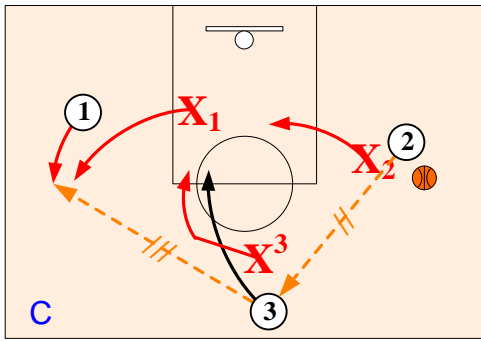
Beating the Cutter Through On Ball Side



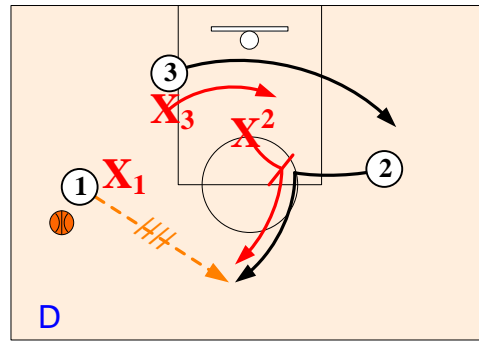
Phase 1. When O1 passes to wing O2 and makes a cut to the basket (“Give & Go”), defender X1 jumps in the direction of the pass and assumes a shoulder to shoulder pass denial position. If O1 posts up, X1 assumes a defensive front position. On O1’s pass, X3 sags off into a Helpside I position taking away any over the top pass to O1.



Phase 2. Defender X3 physically blocks O3 flash to high post, and then assumes a pass denial position. X1 assumes a Helpside I position as O1 goes out to the weakside wing. X2 pressures O2 with active hands, forcing O2 to corner or baseline pushpoint.

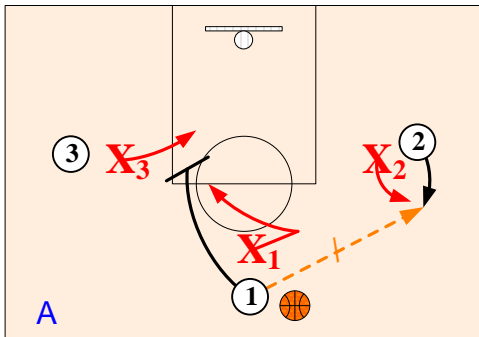


Left Side Cut: When O2 passes to O3 and O3 in turn passes to O2, defender X3 jumps in the direction of the pass and assumes a shoulder to shoulder pass denial position. X2 drops into a Helpside I position and X1 pressures and pushes O1 to baseline pushpoint.

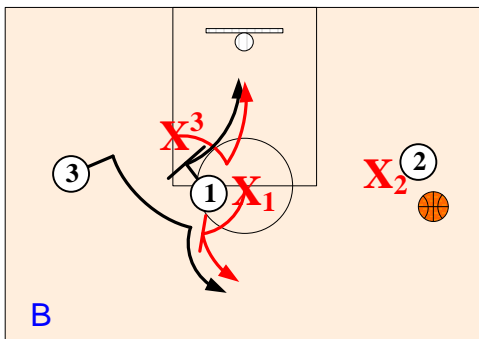


Defender X2 physically blocks O2 flash into high post, and then assumes a pass denial position. X3 assumes a Helpside I position as O3 steps out to the weakside wing. When O1 passes out to O2, the “Pass and Cut” continuity continues with O2 passing to either O1 or O3 and making a basket cut.

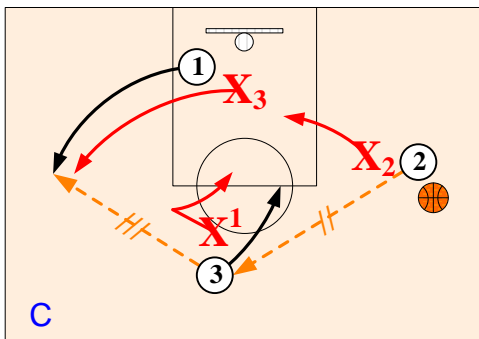
Ball Cut Denial



When O1 passes to wing O2 and screens opposite, defender X1 jumps in the direction of the pass and then assumes a Helpside I position. X2 pressures the ball handler while X3 assumes a Helpside I position.



X1 and X2 execute an aggressive jump switch on screen assume strong pass denial position on O3 and O1. Defender X1 blocks O3 cut to ball forcing O3 above the top of the circle.



O2 makes a reversal pass to O3. O3 has options of passing to either wing and screening opposite.

Note: Once defenders become adapt in defending basket and ball cuts, they can be combined into a single drill with the point having the option of passing and making a basket cut or screening away.