

9. Pass, Cut, Shoot

Purpose:

Improves passing, teaches players how to make sharp cuts, and works on a players' proper shot.

Setup:

* Players split into 2 lines. One line at the right wing, one line at the left wing. 2 coaches stand at the foul line facing their perspective line.

Execution:

* The first player in line will start with the basketball on the wing. They will then pass it to the coach at the foul line, cut hard to the basket, receive the ball back from the coach, and either shoot a layup or a jump shot.

* Player gets their own rebound and passes it to the next person in their line.

* Repeat this as many times as you see fit as the coach.

Coaching Tips:

* Tell players to sell their cut – pretend that a defender is right there guarding them.

* Players need to square up to the basket before attempting layup or jump shot.