

Cuts

Keys to Success

Why cut?

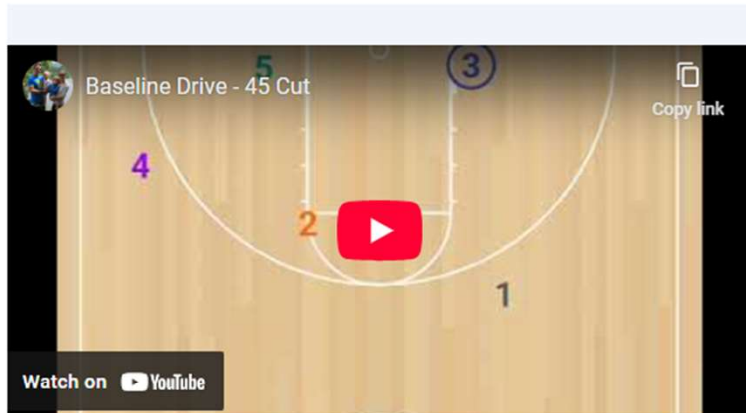
- (1) Creates easy scoring opportunities with high-percentage shots before the defense can rotate
- (2) Allows you to get open on your own without needing screens or defender leaving you
- (3) Create spacing and opens the floor for teammates
- (4) Makes D respect your cut opening up space and reduces their ability to focus on Help D
- (5) Builds good habits early - high-school coaches prize players who don't stand around

Tips:

- (A) Read Defense and set up defender where required
- (B) Time your move so open when able to receive pass
- (C) Cut hard at full speed
- (D) Make eye contact with passer and show target hand early
- (E) Be looking to receive pass and then shoot, drive or pass
- (F) If do not receive pass, cut through, do not clog lane
- (G) Person with ball must look for cutters

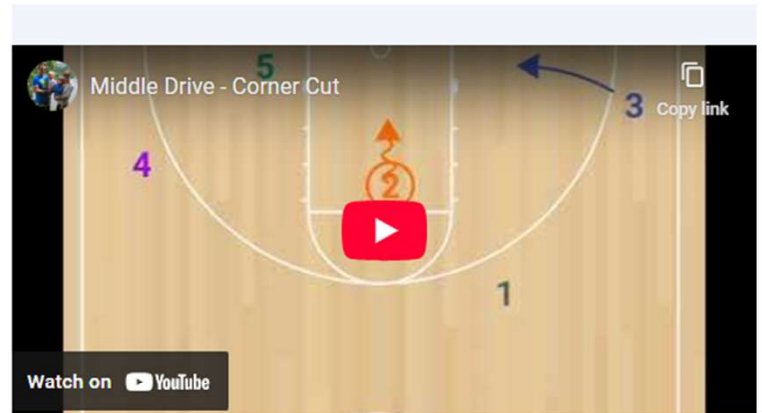
Cuts

Four game Situations and Cuts to initially Focus on



Baseline Drive - 45 Cut

https://youtu.be/8_Et16V8Pps



Middle Drive - Corner Cut

<https://youtu.be/qoVGt7gnnuk>



Stalled Drive - Paint Cut

https://youtu.be/_DlnYrzF1q4



D Helps - Paint Cut

<https://youtu.be/4Rz0oKd4Eaw>



Game examples of four simple cuts

Examples of four games situations above with cuts
courtesy of Taylor Tucker

<https://youtu.be/N511i0cz9BU>



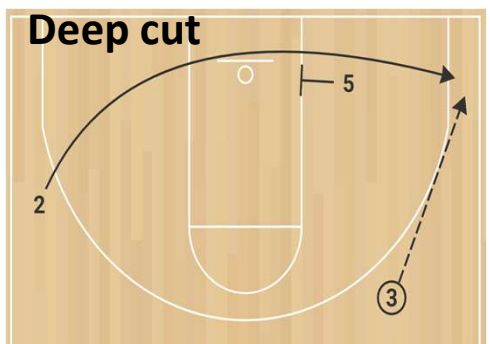
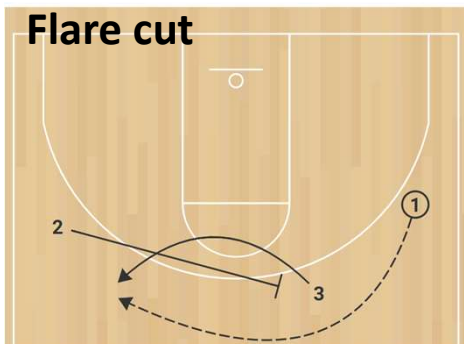
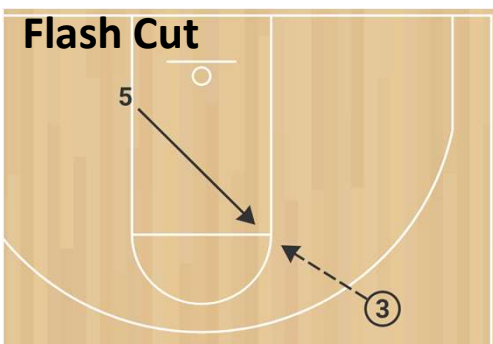
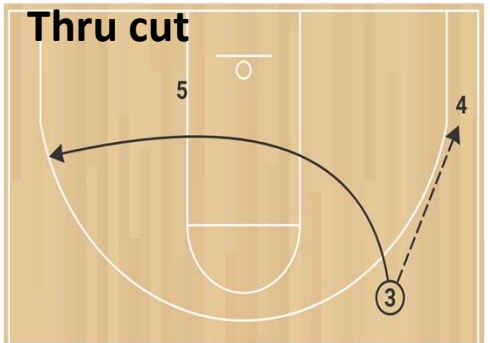
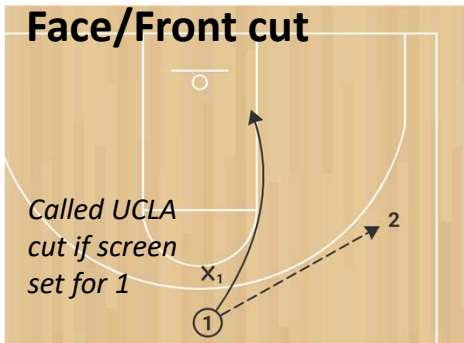
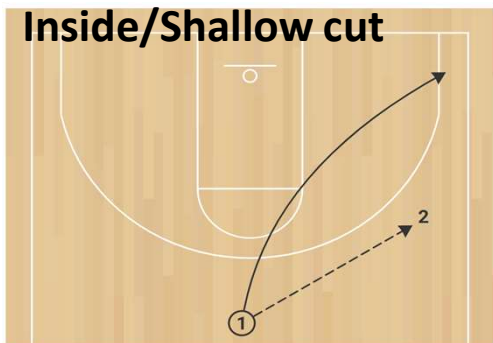
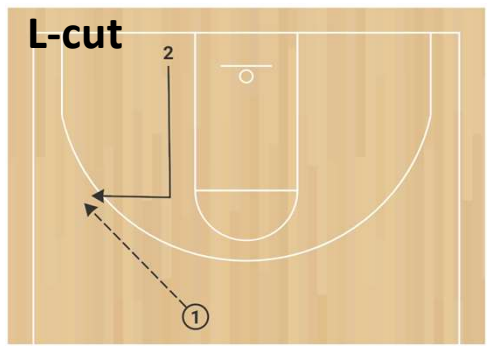
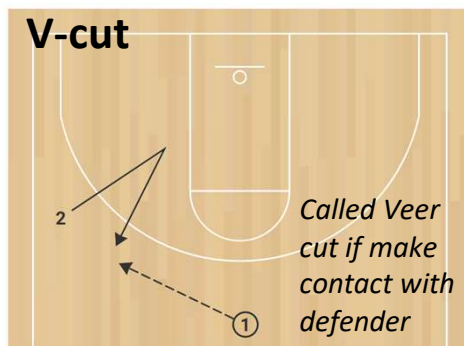
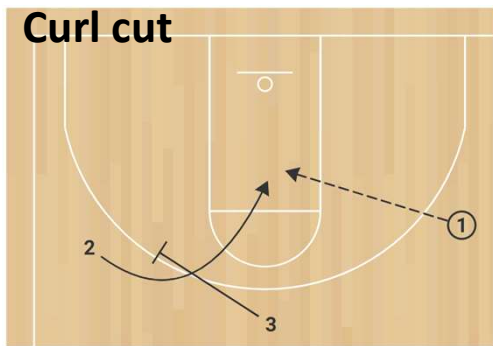
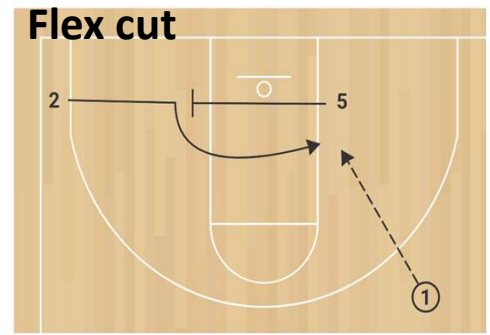
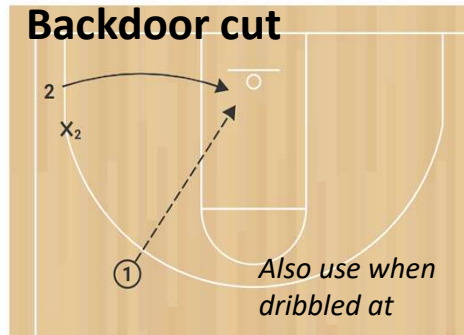
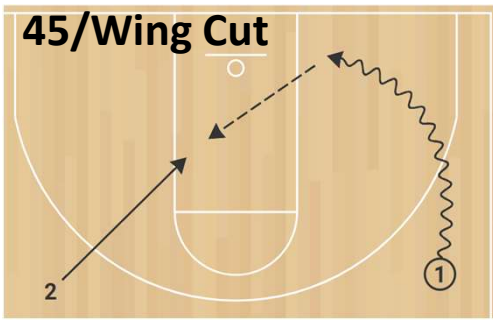
Backdoor cuts

General Rule of Thumb - if defender overplaying, helping or
turning back - great opportunity to cut behind them

<https://www.youtube.com/watch?v=o6cd0aaESdM>

Cuts

Example Cuts & Names



Cuts

Video Examples



Cutting like a Pro

Great video by the Film Room explaining how to become a scoring threat based on off-ball movements

<https://www.youtube.com/watch?v=wBqT8WqaBYY>



Steph moving off-ball

Steph never stops moving off-ball always ranking in the top 20 for distance run on O (~1.5M per game on offense)

<https://www.youtube.com/watch?v=0n8EQRe3CCo>

Setting Screens

Keys to success

Critical to remember that (1) it takes two people to set a screen: the person setting the screen and the person receiving screen. If both players don't work together the screen does not work (2) You are screening a person NOT an area

Person setting screen

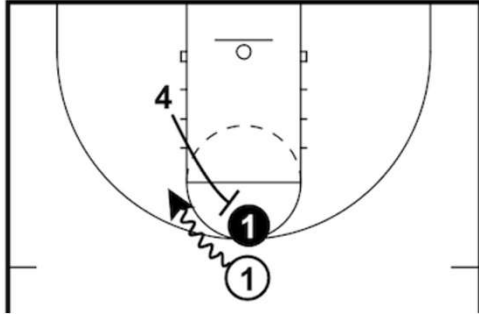
- **Separate:** Need to create separation from your defender so they will not be in great position to help when you set screen. Do this by sprinting to screen and potentially faking cut away from direction of screen or making contact with defender and then separating
- **Angle:** Critical to set screen at correct angle. Many options exist but two simple rules are: (a) on-ball set screen on the back hip of the on-ball defender (b) off-ball set screen with your back facing direction want teammate to go
- **Contact:** Make physical contact with person setting screen on, otherwise too easy for defender to step around. Jump stop or stride stop so do not get foul called.
- **Hold:** Be strong in a low base so can hold the screen until defender has gotten past the screen (or switched)
- **Score:** Setting screens is a great way to get in a scoring position. After setting screen, either roll (opening to the ball), dive (turn back on dribbler for moment as run to basket) or pop for a shot

Person receiving screen

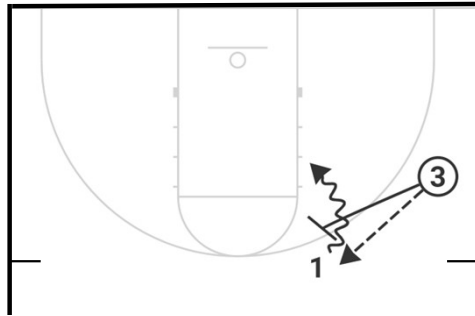
- **Set up:** Set up your defender by moving to position them where you want screen set
- **Receive:** Need to wait for screen to be set before using it. Fake opposite direction to get defender in catchup mode.
- **Shoulder:** Your shoulder needs to touch screeners' shoulder leaving no room for your defender to get through
- **Explode:** Sprint through the screen to create separation

Setting Screens Examples

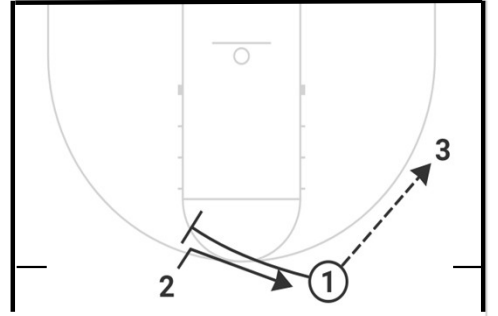
Ball screen



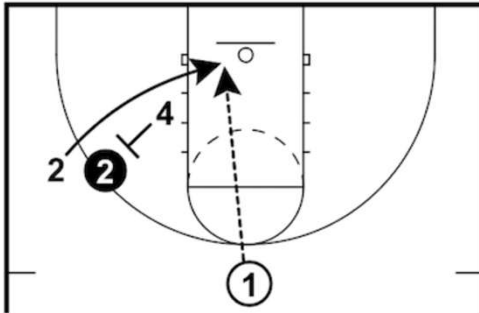
Screen On (follow pass)



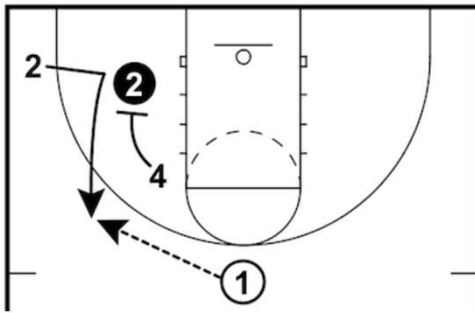
Screen Away (exchange)



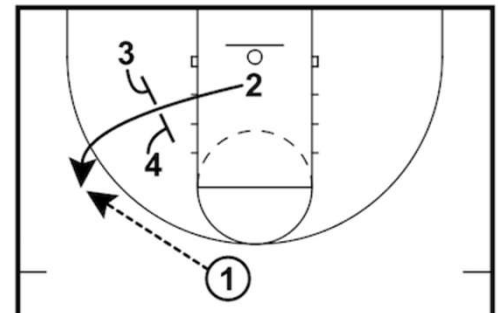
Back screen



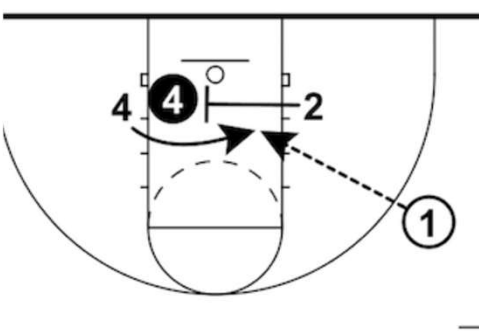
Down screen



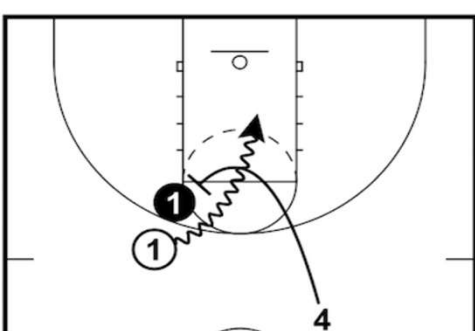
Elevator screen



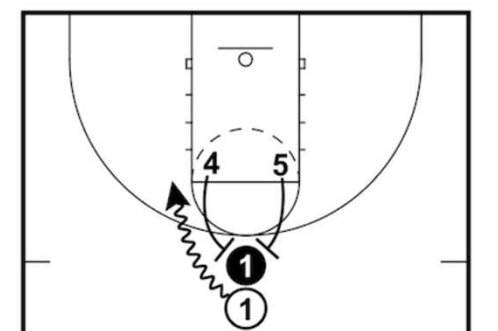
Cross screen



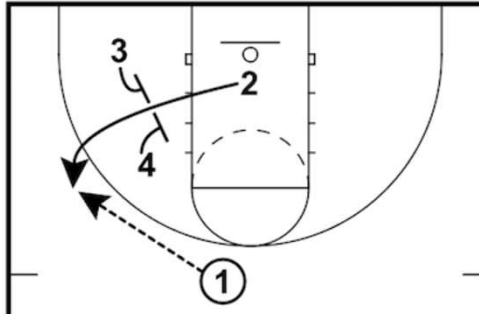
Drag screen



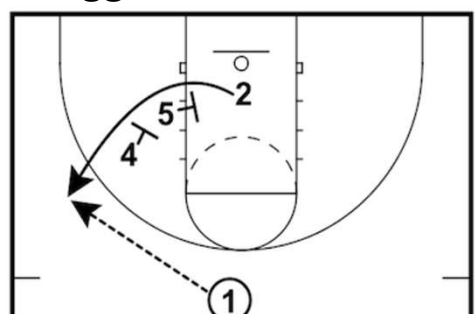
Horns screen



Elevator screen



Staggered screen



Ram screen



Defending Screens

Keys to success & options

Overall keys to success

- **Communicate:** Properly defending screens requires communication! The person guarding the screener must call it out the screen in advance including the direction screen is coming from. If a switch is occurring, you must shout it so loud the coach can hear it.
- **Dominate:** Be decisive and don't worry about contact as it is rare to get called for defending screens (can adjust if ref starts calling it)
- **Collaborate:** Defending screens is a team effort, not just the person being screened. Communication, hedging, disrupting, switching, trapping, etc require everyone paying attention and playing a role. Defensive breakdowns will happen and everyone must respond (e.g. emergency switch)
- **Anticipate:** Pay attention to what opposing team have been doing as most teams run the same basic actions most of the game (e.g. dribble handoff, on ball for best shooter). Keep arm active so can feel the screen

Primary options to defend screens

1. Go over (fight through)
2. Go under
3. Switch
4. Disrupt (Ice or Deny)

Defending Screens

Go over (fight through)

Player being screened

What: Do not let the screener between you and player defending

Why do it: To stay with your player, prevent mismatches and stops open shots off screens. Will often be used on best player to maintain desired matchup.

Risks: If don't get through, your player will be open

Tips: Stay connected to your player & use arm bar to guide your player away from screener to create gap; Don't be afraid to make significant contact with screener to get through

Player guarding the person setting the screen

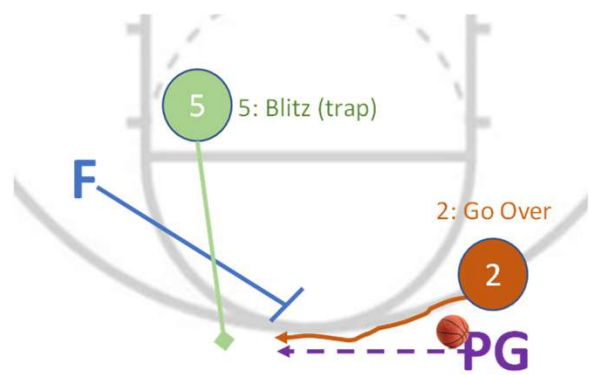
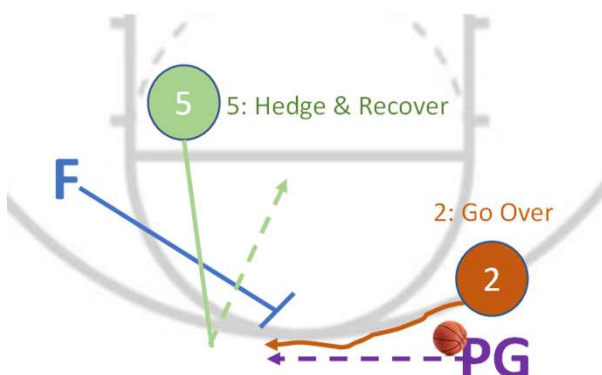
If on-ball screen, person defending the screener should Hedge and Recover, Blitz or follow normal defensive rules (e.g. 1 pass away) depending on design

Hedge and Recover:

- Person guarding screener steps up to prevent ball handler from shooting or driving until their teammate has fought through. Then must sprint to their guy ('Recover').
- Hard Hedge is coming all the way out on ball handler to take away shot. Used on great shooters but risks screener being left open
- Soft Hedge means stepping up partially to take away drive but not shot. Used when happy for ball handler to take the shot
- Hedge & Recover is the standard approach if defending good shooters, otherwise follow normal defensive rules unless deciding to Blitz
- Typically, not used for off-ball screens but can be used on great shooters

Blitz (trap):

- Person guarding screener Hard Hedges but does not Recover and now is trapping with the person who fought through the screen
- Typically used to force ball out of best players hands, if do not believe ball handlers can handle the pressure or want to surprise them
- Risk is that it leaves screener open



Defending Screens

Go under

Player being screened

What: Go below the screener (e.g. stay in between screener and basket)

Why do it: Easy to do, can protect against drives and screen rolls or pops and doesn't require emergency switches. Not concerned with player(s) shooting (or want them to take deeper shots)

Risks: Often leaves your player open for shot

Tips: Accelerate (or cheat) so beat player; know who guarding and what they are looking to do and adjust angle going to take

Player guarding the person setting the screen

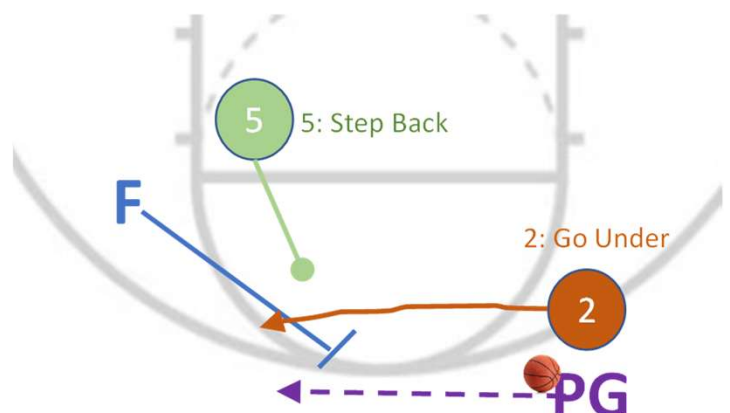
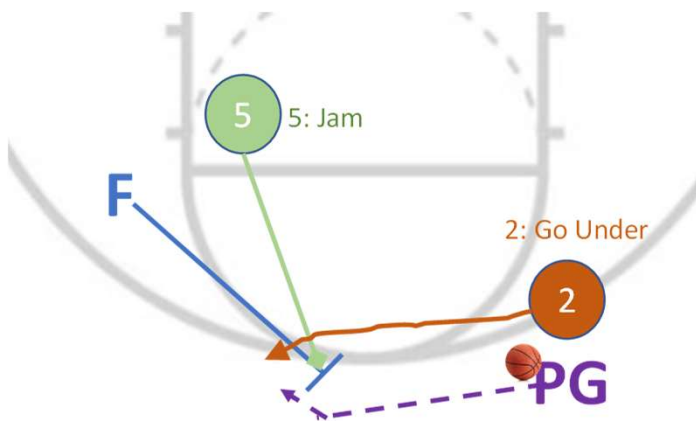
If on-ball screen, person defending the screener should either Jam or Step Back depending on the design

Jam:

- Defender on screener pushes up against screener (jam) to disrupt the ball handler's path & stay on them
- On-ball defender goes behind both screener and their defender. Jamming reduces ease of shot, ability for screener to roll or pop and creates more room for on-ball defender to get through
- Downside is moves screen defender out of normal defensive role (e.g. Help)

Step Back:

- Defender on screener steps back to create gap for on-ball defender
- Important enough gap on-ball defender can get through but not so much cannot close back out on screener if they pop and get ball
- Not ideal if screener is great shooter and design is to hit them on pop



Defending Screens

Switch / Jump Switch

Player being screened

What: Switch to offensive player setting screen, guarding more strongly against the roll or pop depending on offensive player's relative strengths

Why do it: Switch is easy to do and works well if team matches up well across the board so not worried about mismatches. Jump Switch works well if have aggressive players who can disrupt ball handlers. Switching will always be used in games, even if not primary defensive strategy, as required for defensive breakdowns.

Risks: Can create mismatches (e.g. Guard getting switched onto a Center)

Tips: Both defenders communicate very loudly and decide early so no confusion

Player guarding the person setting the screen

Person defending the screener should either Switch or Jump Switch depending on design

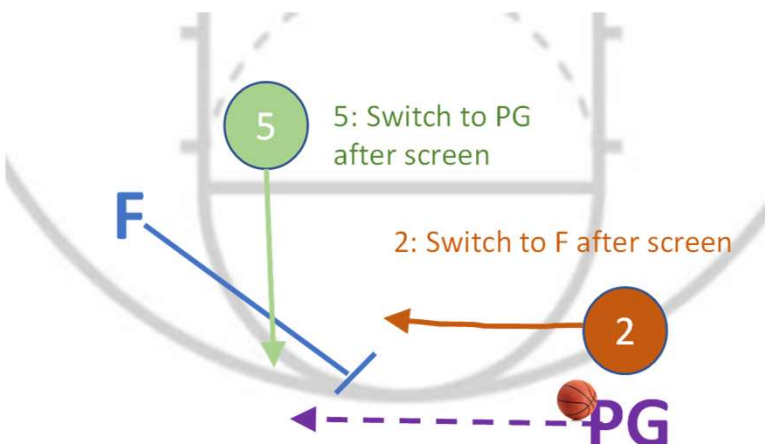
Switch

- Switch onto offensive player who is having screen set for them
- Know offensive player's relative strengths so can hedge right direction (e.g. if shooter need to come out higher to take away shot, if driver can play back to prevent drive)

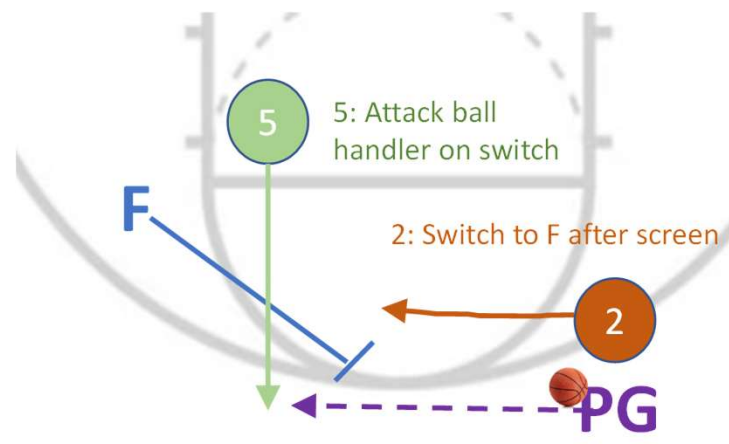
Jump Switch:

- Aggressively 'jump' (attack) offensive player trying to disrupt them
- If on-ball, aiming to either cause ball handler to back up or get a steal; if off-ball, looking to disrupt any passes to them

Switch



Jump Switch



Defending Screens

Disrupt (Ice & Deny)

Goal is to prevent screen for being set or used. Would be integrated into other screen defensive strategies for when approach below cannot be used or does not yield desired outcome or (e.g. Ice if near sideline and if not Go Over)

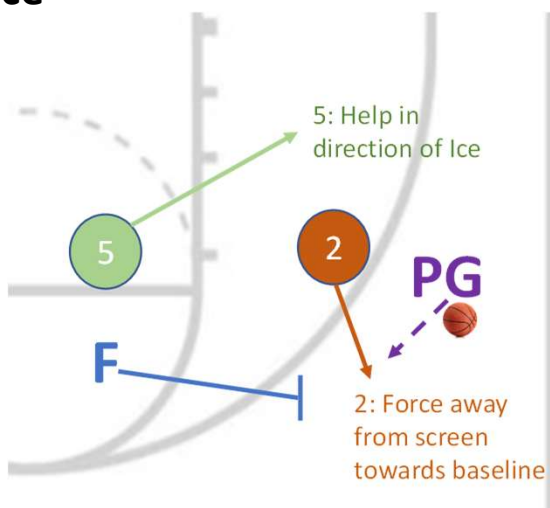
Ice

- Overplay the ball handler in direction away from ball screen so can't use screen
- Screener's defender is positioned in Help where ball is being forced
- Works well if near sideline where can force ball handler towards baseline or when not afraid of ball handler slashing to basket
- Screener maybe open on role so Help defense important to have shifted over

Deny

- Defender guarding screener does not allow them to easily go where they want
- If can get screener out of their path or delay may not be able to set effective screen
- Requires being physical and getting in their way.

Ice



Deny

