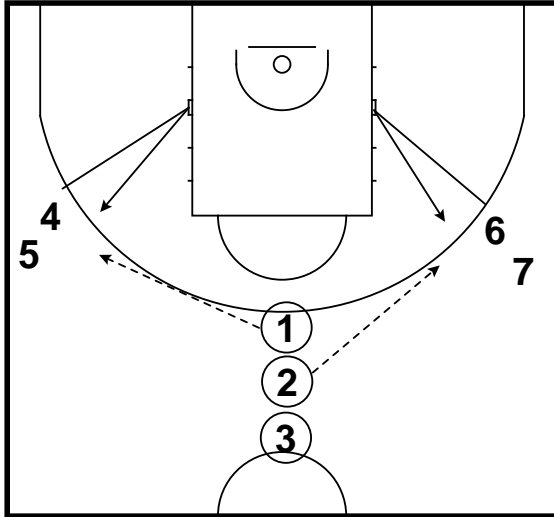


Lakers 7 Man motion cuts

U9/11/13

A progression of pass & cut options encouraging motion without the ball



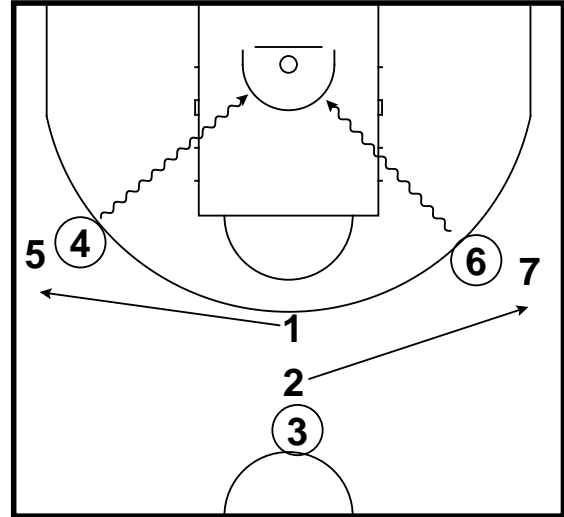
Drill requires 3 balls & 7 players ideally.

4 makes a V-cut & receives ball from 1, then drives for a lay up.

The same action is repeated on the opposite side of the floor with 2 passing to 6 who has V-cut & then drives for a lay up.

U9/11/13

A progression of pass & cut options encouraging motion without the ball



4 & 6 make their layups, gather their own rebounds & dribble the ball to the top of the drill (behind 3).

1 & 2 cut to the line which they passed to (behind 5 & 7 respectively).

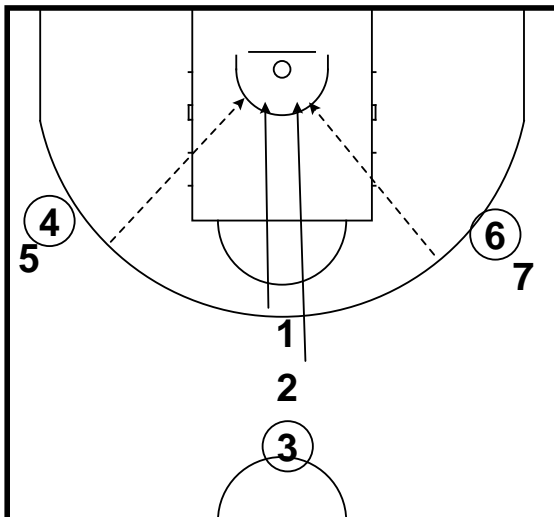
In the meantime, 5 V-cuts & receives a pass from 5 & the pattern is repeated.

The drill can be progressed / extended as follows for U11/13

- 1 - Layup
- 2 - Drive to short corner or elbow for pull up
- 3 - Take 1 hard dribble then pull-up bank shot.
- 4 - Catch & shoot
- 5 - V cut, then back cut. Passer hits the backdoor cutter for lay up.

U11/13/15

A progression of pass & cut options encouraging motion without the ball



The following Give 'n' Go extension/progressions are probably best kept for older players - U13/15. Note balls still start at top as per initial drill set up

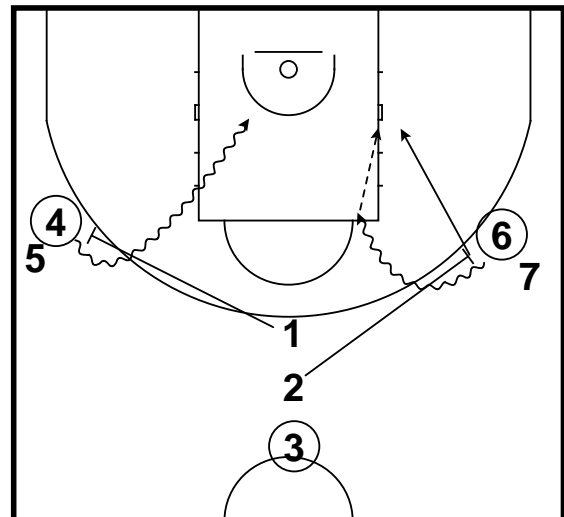
6 - After initial V-cut & pass to wing initial passer (1/2) cuts to the basket & receives pass back from wing for lay up

7 - Initial passer cuts for give 'n' go but instead flashes to low post, receive post entry pass for low post move.

8 - Hit the cutter on the give 'n' go at the low block. Wing man either slides to baseline or spots up to lane line extended. Cutter looks at basket, pump fakes and make kick out pass to the perimeter shooter.

U13/15/17

A progression of pass & cut options encouraging motion without the ball



The following Ball screen extension/ progressions are probably best kept for older players again - U15/17. Again, balls still start at top as per initial drill set up.

9 - Point to wing then sets an on ball screen. Wing comes off screen & turns corner for drive to basket (LHS of drawing)

10 - Wing comes off screen and hit rolling screener. (RHS of diagram)

11 - Ball screen & wing come off screen and pull up jumper at elbow (RHS of diagram)

12 - Ball screen & wing drives to elbow then hits the screener for pick and pop.

