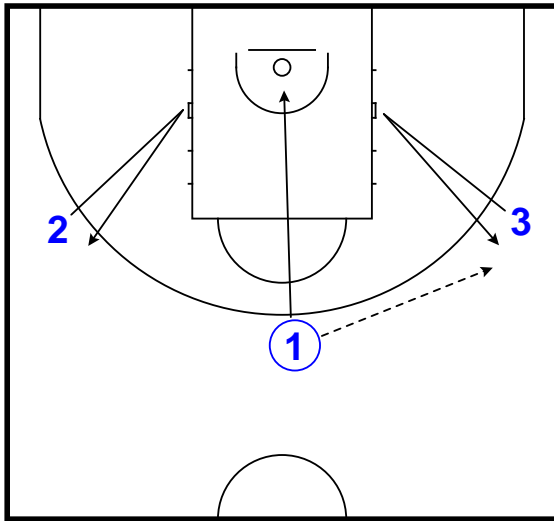


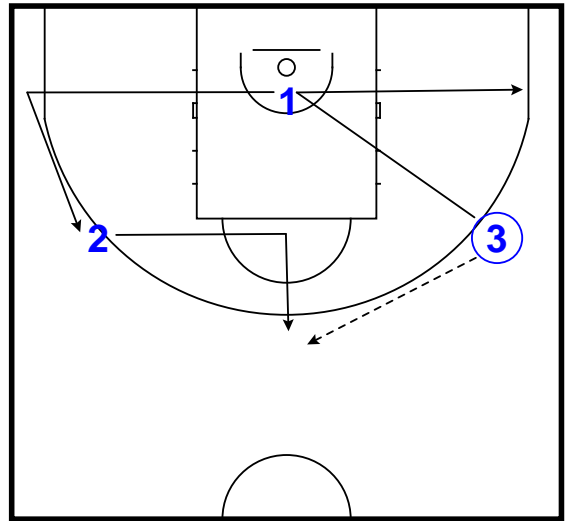
Lakers

Pass Cut Replace
Drills - Shell



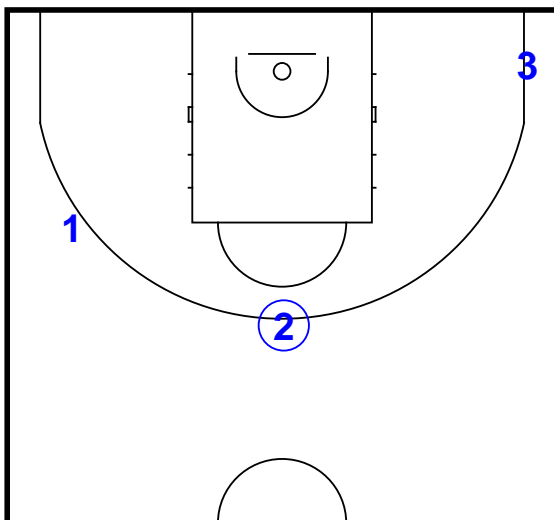
Initial set up 3 - 0 (can add defense later on).
3 players, one at the top of key with the ball, 2 on the wings at foul line extended on either side of the floor. It is VITAL that all players are outside the 3-point line & passes are made to players outside the 3-pt line (unless we are passing to the cutter).
The 2 players on the wings make a V-cut to get free of their (imaginary) defender.
V-cut needs to be deep - all the way to the block & back out again, players show a hand to receive the ball
Player at the top passes the ball to either wing & then cuts to the basket (finishes with both feet inside the no charge semi-circle).

Pass Cut Replace
Drills - Shell



In a game situation, player 3 with the ball would be looking to pass the ball back to the cutter (player 1) for a 'give & go', but in the drill we want to promote & practise off the ball movement & spacing.
After the cut, player 1 goes out to the opposite corner of the court whilst players 2 'replaces' player 1 at the top of the key with an 'L-cut' & player 1 then replaces player 2 on the wing.
Player 3 passes to player 2 & then cuts to the basket themselves.

Pass Cut Replace
Drills - Shell



From here Player 3 fills up to the wing at foul line extended & we are back in our starting positions to repeat the motion.

The way I would use this drill is make them pass the ball 7 - 8 times as they pass/cut/replace, then when you call score, they hit the cutter for the lay up.

There are also ways to incorporate defensive structures into this drill, but I'll leave it at this for now.