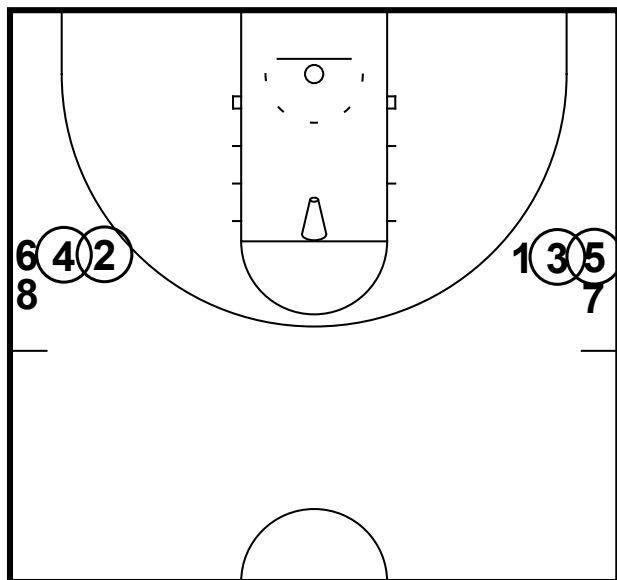
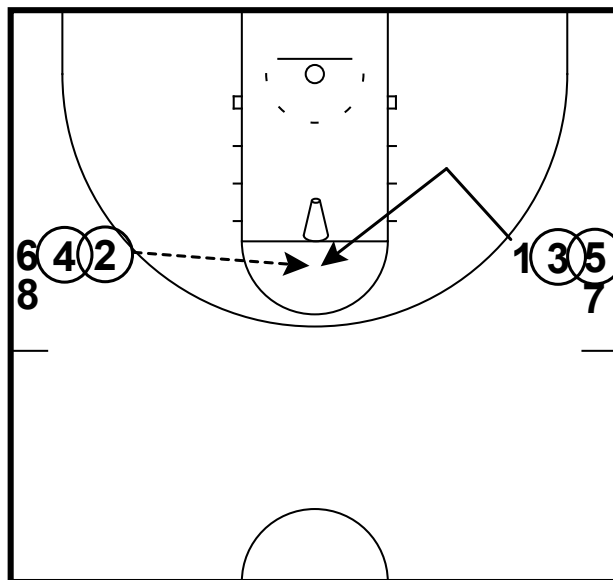


South Titan Basketball

Continuous Blast-cuts



Continuous Blast-cuts



**4 Continuous Blast-cuts is one of our favorite footwork shooting drills. Teaches (cut & replace motion concept and incorporates 1) Catch & Shoot 2) Shot Fake Blow-by 3) Foot Fake Crossover and 4) Back-cut.*

**Works best with 8 players and 4 basketballs. Drill Sequence: 1) Pass First 2) Cut Second 3) Shoot Third 4) Rebound Last 5) Change Lines.*

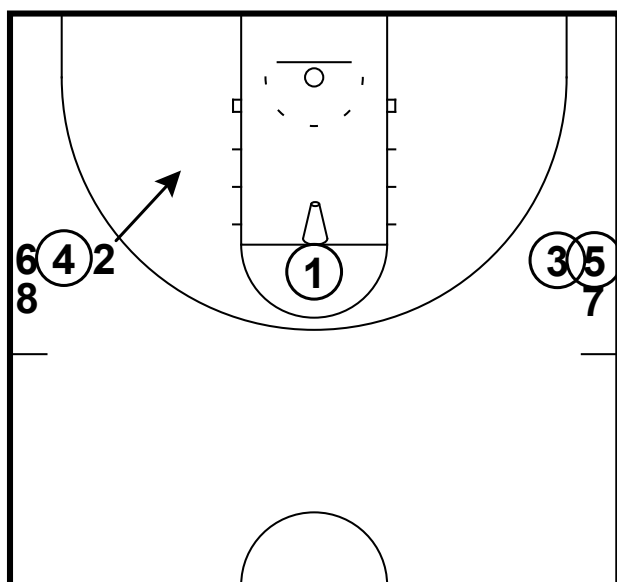
**As a coach, we like to be where the cone is positioned to instruct and direct traffic.*

1 starts the drill with a fill cut. In this diagram, a v-cut (2-step rule). We emphasize going in slow and coming out fast.

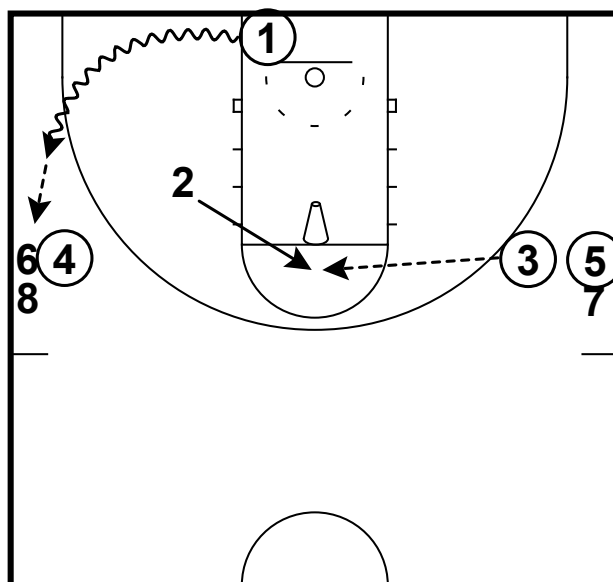
2 is in triple threat position and makes a good pass to 1 (good pass = good shot).

1 uses an inside pivot to face up.

Continuous Blast-cuts



Continuous Blast-cuts



1 will execute one of the following: 1) Catch & Shoot 2) Shot Fake Blow-by (1 dribble pull-up) 3) Foot Fake Crossover (2 dribbles, close shoulder lay-up) 4) Back-cut (lay-up). 2 begins 2-step rule (fill cut).

1 follows his shot, rebounds and takes the ball to the opposite line.

2 fills and the sequences starts all over again.

**Please emphasize the cutting, inside pivot and footwork (4 actions mentioned earlier).*

