



Getting Free Using Front and Back Cut



AIMS & OBJECTIVES:

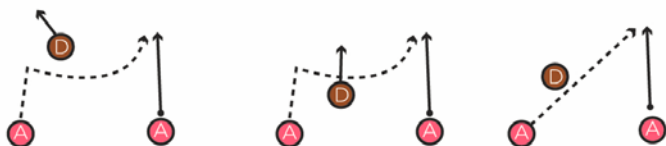
- Getting free using front cut and back cut.
- To maintain intensity levels and quality moves and passing.

ACTIVITY CONTENT (Including Progression)

COACHING POINTS

PREPARATION

FRONT CUT: Moving between your defender and the ball whilst moving down the court towards the goal



BACK CUT: Is the same as above but moving behind your defender.



Common mistake are running up to the defender, dodging and then trying to get by them.

Do not run up to the defender, but slightly forward or backward of the defender and react to their movement (or lack of).

DISCUSSION

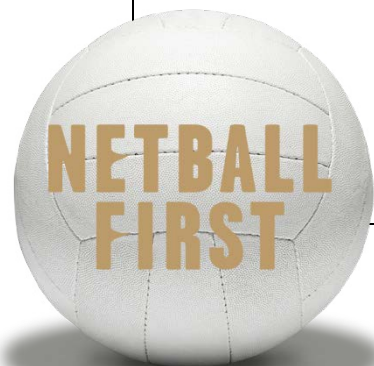
Group to discuss where and when on court they would and could use these methods of getting free.

Group to plan how they will practice these skills

Group to write down a list of coaching points.

Try and get players to orientate their discussions/diagrams and practices to the direction of play on court. It will be much easier for them to then transfer this into a match situation

- Keep body upright
- Foot base should be small shoulder width apart
- Accelerate down court
- Take one step to move the defender away from the ball
- Second step back towards the ball
- Strong moves to make the defender make a decision to stay, move and react accordingly.

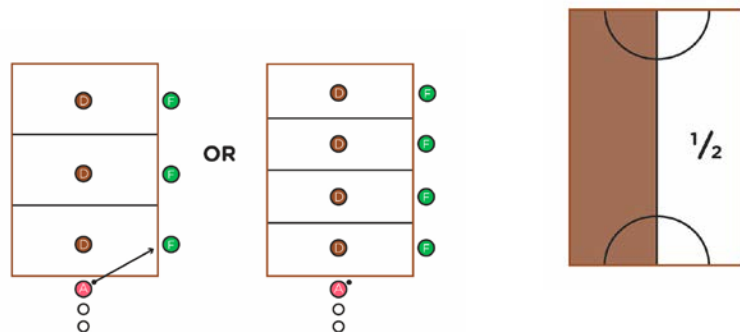


PRACTICE AND PROGRESSION

SMALL GROUPS (4/5'S)

Attacker/Defender/Feeder - players to practice Front Cut and Back Cut (rotate positions)

PROGRESSION: GAUNTLETS



Attacking player brings the ball through the boxes.
Must catch the ball in each box then can catch in any box.

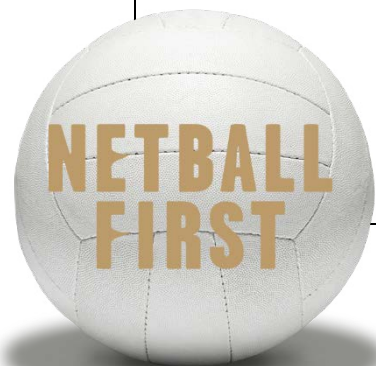
Encourage the feeders to read the situation and see the space early and release the ball.

Note: front space is easier to use (Front Cut), but players should be reacting accordingly.

Vary the set up according to the intensity and work to rest ratios wanted:

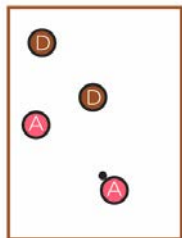
- Defenders can start anywhere
- Two attackers work together to bring the ball down the court receiving alternate passes
- Must receive the ball in front of a line and behind a line
- Reduce the space

Remind players of coaching points & technique to be successful Attackers to avoid just running with defenders.

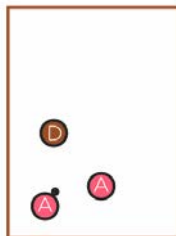


PROGRESSION: GAMES

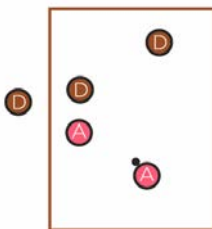
2 v 1 Players to go from one end to the other and back to score a point. No point if tipped or intercepted.



2v2 Conditions the same as above



2 v 3 Either 2 v 3 on court or 2 v2 plus a defender on the side-line ready to enter the court and intercept from the Side-line. Overload the attacker.



Full Game (7v7)

Must have 1 or 2 Front/Back Cuts per attacking possession.
Change teams every 7 minutes.

