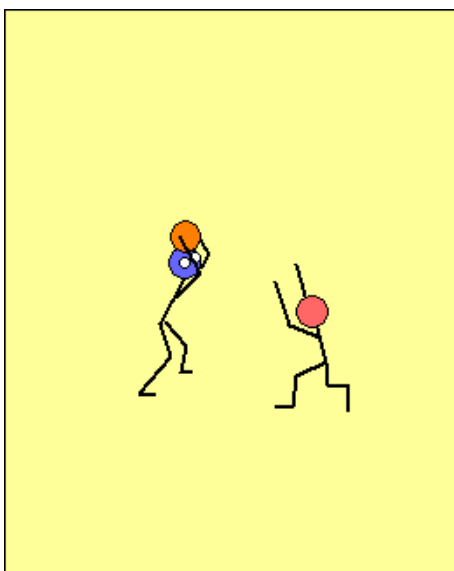




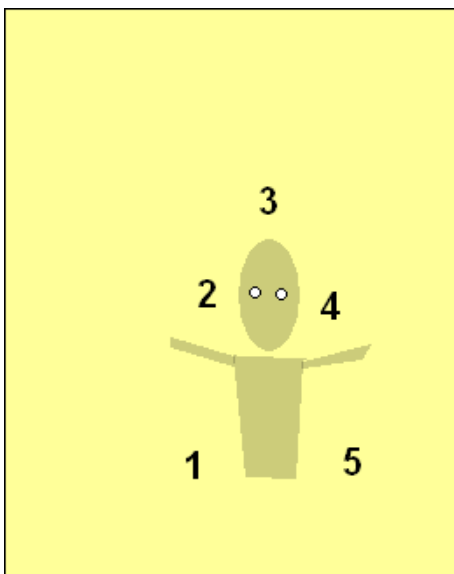
## Mike MacKay Manager of Coach Education and Development

Passing quickly and crisply to an open cutter can lead to a lay up or a foul. Too many players are deficient in this skill. We therefore struggle to score inside or get to the foul line. Here is a concept that was used by Allison and Mike McNeil our National team coaches with the NEDA players this past week. It will make you think outside the box.



### Passing vs. a close out

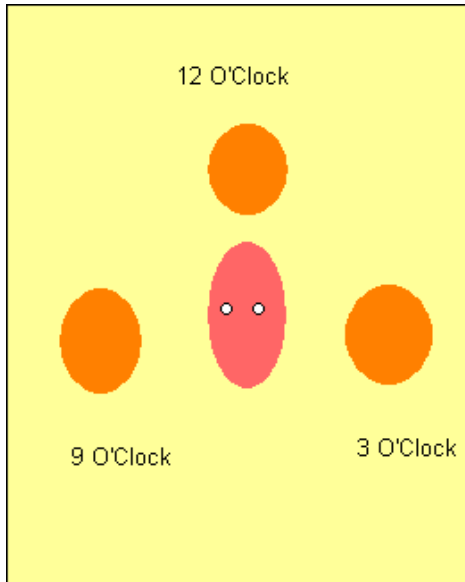
Players need to be able to deliver a crisp accurate pass to a cutter in the lane. Very often the defence has been taught to close out with the hands high,



### Five passing windows

The offensive players need to recognize the five windows in which the ball can be passed (little kids will want to use the between the legs). In order to make crisp passes the ball needs to be passed quickly and close to the body. When players extend the arms and try to pass around it is often very slow and we miss the cutter.

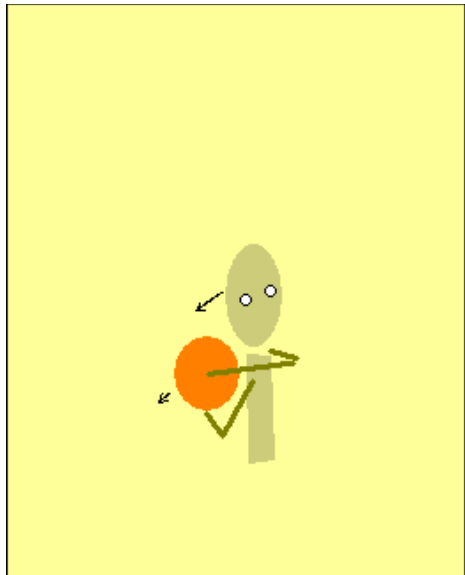
With the ball in the traditional low triple threat position there is only **one window** available (#1 or #5) for a quick pass. The pass very often must be a bounce pass which by its very nature is slower. By starting with the ball on the forehead it is a quick to pass through window #3. A quick shoulder shrug gets the ball to either window #2 or #4.



The ball is moved in the following three position:

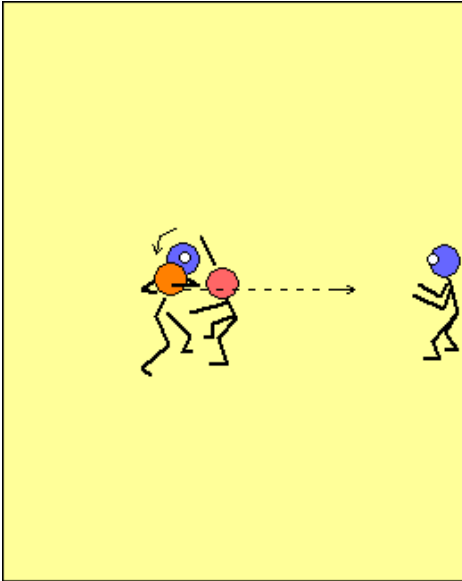
- ❑ **12 o' clock** - quick snap of the elbows and wrists. Use this position if the hands are down on the defence.
- ❑ **3 o' clock** - this is quick push pass from the shoulder. The ball is passed directly passed the ear of the defender.
- ❑ **9 o' clock** - this is quick push pass from the shoulder. The ball is passed directly passed the ear of the defender.

These are quick movements.



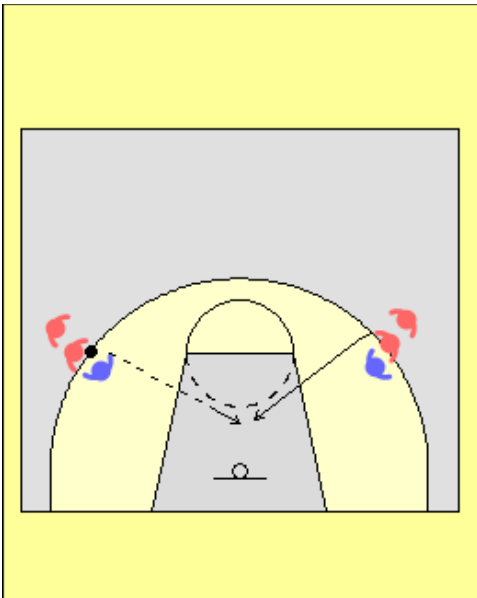
**Moving from 12 o'clock to 3 (9) o'clock.**

When moving the ball it must be a quick shoulder shrug. The forearm of the opposite arm stays parallel to the floor. When the defender's arm drops snap the push pass by the ear.



### Drill

**Three player pass and replace** is still a great daily drill. At first the defence can be guided. Start by putting the hands up. When the offensive player makes a shoulder shrug the defender drops that hand so the offence can pass beside the ear. Follow your pass and be the next defender on the new passer. The original defender turns and is the new receiver.



### Pass to the cutter

The player on the wing must pass by the defender to the cutter coming from the other elbow. Lead the player with the pass so the cutter can score in stride.

The drill continues as the passer becomes the next cutter.

Load the drill with live defence.