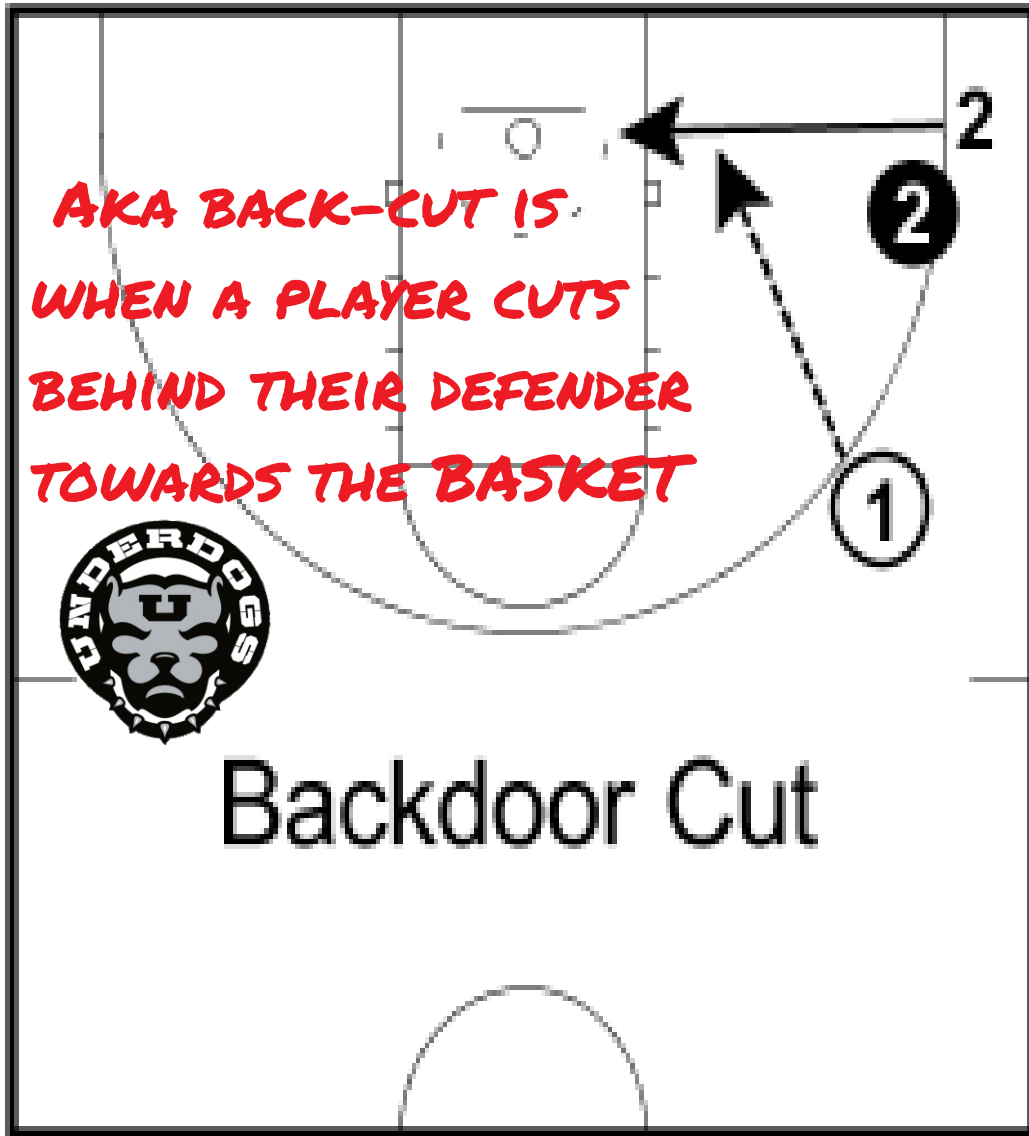


# 1. BACKDOOR CUT (BIKE DOE CUT)



THE BACKDOOR CUT IS USED WHEN THE DEFENDER IS OVER-PLAYING IN THE PASSING LANE DENYING THE PASS . DEPENDING ON YOUR OFFENCE, THIS WILL LEAVE A BIG HOLE TO CUT INTO BETWEEN. IF YOU ARE BEING DENIED THE PASS YOU WILL BE ABLE TO BACKDOOR CUT.

*Against  
fall odds*

# 2. V-CUT

V-CUTTING REQUIRES BODY-TO-BODY CONTACT BY PLAYERS. THEY ARE EXECUTED BY WALKING THE DEFENDER A COUPLE OF FEET INSIDE THE 3-POINT LINE, PLANTING YOUR FOOT, AND THEN EXPLODING OUT TO RECEIVE THE BALL. V-CUTS USED WHEN ON THE PERIMETER IN ISOLATION WHEN YOU NEED TO GET OPEN FOR A PASS.

**1**

**2**

**V-Cut**

**UNDERDOGS**

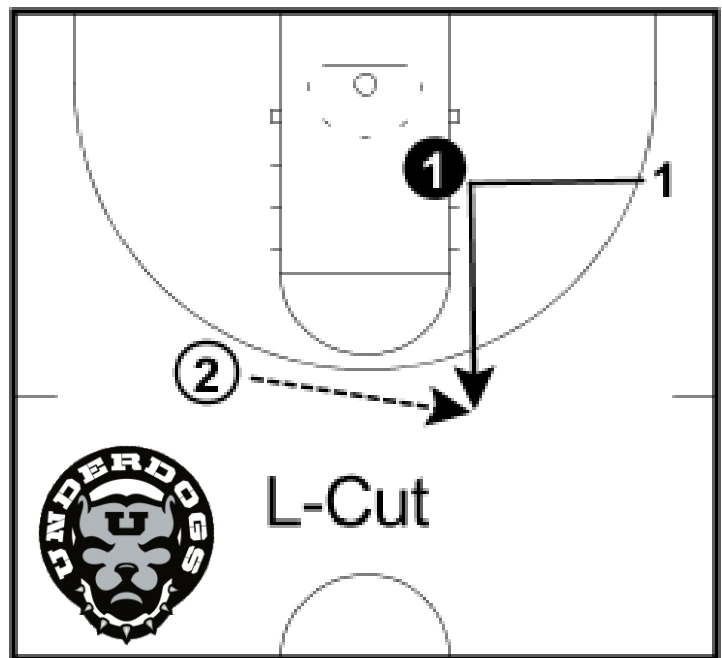
TIPS: USE YOUR BODY TO SHIELD THE DEFENDER FROM SHOOTING THE GAP AND INTERCEPTING THE PASS. CHANGE SPEEDS WHEN MAKING YOUR CUT. GIVE THE PASSER A TARGET WHERE THEY SHOULD THROW THE BALL.

Against  
Jal oddy

# 3. L-CUT

**TAKE THE DEFENDER UP TO THE ELBOW, GET YOUR TOP FOOT OVER THEIRS, GIVE A SMALL NUDGE TO CREATE SPACE, AND LEAD DIRECTLY OUT TO THE WING WHILE CALLING FOR THE BALL.**

*Against  
Jal odds*



**L-CUTS ARE A GREAT WAY TO GET OPEN ON THE PERIMETER WHEN STARTING ON THE BLOCK.**

**THIS CUT DOESN'T REQUIRE THE OFFENSIVE PLAYER TO BE QUICK, RATHER THIS CUT WILL BE MOST EFFECTIVE IF GOOD FOOTWORK IS USED AND GOOD USE OF THE BODY.**