

# LEICESTER BASKETBALL

NEWSLETTER



## ANNOUNCEMENTS:

### Leicester Basketball Clinic

July 16-18

Grades 2-10

Leicester High School

Brochures on Website

www.leicesterbasketball.com



## THOUGHT OF THE WEEK:



Coach Witt @CoachJasonWitt · 4d

"If you're not a leader on the bench, don't call yourself a leader on the field.

You're either a leader everywhere or nowhere." @AbbyWambach

## SECOND CUTTING

BY COACH LYNCH

Second Cutting is essentially a reaction based upon 1) A Teammate's Drive and B) The Positioning of Your Defender. We view Second Cutting as a unique scoring opportunity that is unscripted within the offense.

**"1st Cut"** - Your Spacing Off the Initial Drive.

**"2nd Cut"** - The Cut you make when the Ball has stopped.

Second Cutting is a read based on the positioning of your defender. You should not predetermine your cut but simply use your defender's momentum against him. For instance, You are spaced in the corner and a Player Drives the lane from the slot:

Defender Turns Back to You = Back Door Cut

Defender Opens to the Drive = Kick Up Cut

## DRILLS YOU CAN USE

### 3 on 3 Second Cutting SSGs:

Frame 1 the Ball is Driven to the Nail using your weak hand, and Frame 2 it is driven from the slot with the strong hand.

