

Skills Video 7	Day	Day	Day	Day	Day
Scoring off cutting action	1	2	3	4	5
V-Cut					
L- Cut					
Shallow Cut					
Backdoor Cut					
Flash Cut					
Deep Cut / Through Cut					
Curl Cut					
Zipper Cut					
Iverson Cut					
Exit Cut					
Turn out Cut					

Skills tips when moving to receive a pass

- Use changes of direction and speed
- Prepare to catch (show hands, look at passer, jump to catch ball in the air)
- Land balanced with feet hip width in a jump or stride stop (pivot to face basket)
- Bring the ball to your shot pocket (lift point) on landing, shoot at the peak of your jump



Spider skills at home
Hornsby Spiders Basketball

