



CUT THE 45

— PRACTICE LAB —

Attack behind defenders watching the ball.

1 ADVANTAGE DRILL

DRIVE-TRIGGERED 45 CUT

PURPOSE:

Teach the weakside 45 cutter to make an automatic cut when the driver or post attacker gets downhill and the help defender becomes ball-watching. The cut is timed off penetration, not made too early.

SETUP:

- 4 offensive players to start:
 - Ballhandler/driver on right slot or wing.
 - Post or baseline attacker on right side.
 - Weakside player on opposite 45/slot.
 - One additional spacer.
- 3 defenders to start:
 - On-ball defender.
 - Help defender (nail/slot or low help).
 - Rim protector (in the paint).
- 1 ball
- Optional coach as helper or passer

EXECUTION:

1. Attack from the right side or baseline.
2. Help defender turns head or steps to the ball.
3. Weakside player cuts the 45 behind the help.
4. Driver rewards the cut or finishes if open.
5. If the rim protector takes the cut, flow to next read or kick-out.



2 TEACHING POINTS

- Penetration triggers the cut.
- Cut only when the defender loses vision and turns to the ball.
- Cut behind the help, not into traffic.
- Show hands early and finish quickly.
- Driver keeps eyes up and reads the rim protector.

3 PROGRESSIONS

1. Walk-through
2. Half speed
3. Full speed
4. Add primary defender
5. Add help/rim defender
6. Play live

4 VARIATIONS

- Start from wing or from slot.
- Allow baseline or post drive.
- Add a drift pass or kick-out read if the rim protector takes the cut.
- Make it live 4-on-4 or 5-on-5.

5 FILM ROOM QUESTIONS

1. What triggers the 45 cut?
2. Which defender is ball-watching?
3. Where is the open space?
4. What if the rim protector steps up to take away the cut?
5. What spacing detail helps make the cut possible?
6. How does the driver reward it?

6 CAN YOU TEACH THIS?

- ☐ Recognizes the cue (defender turns head).
- ☐ Times the cut—never too early.
- ☐ Cuts behind the help, not into traffic.
- ☐ Makes correct read (pass or finish).
- ☐ Maintains proper weakside spacing.
- ☐ Finishes or passes on time.

7 MASTERY CHALLENGE



Complete 8 consecutive possessions where the drive triggers the 45 cut off penetration and produces a paint touch, layup or high-quality shot. Reset after a late cut, poor spacing, or wrong read.

8 GAME APPLICATION

- Use this when the ball gets downhill on one side and the weakside help defender watches the ball.
- If the defense tags the cut early, use a drift pass, skip pass, or re-screen to attack again.
- Keep shooters spaced to open the lane for the cut.

9 BUILD YOUR PLAYBOOK

WORKS GREAT WITH

1. EXTEND THE SCREEN
2. LIFT THE HELP
3. DROP BEHIND THE HELP
4. SEAL THE HELP



10 COACH'S NOTES

PERSONNEL ADJUSTMENTS: _____
TERMINOLOGY: _____
COUNTERS: _____
PRACTICE NOTES: _____
GAME-PLAN IDEAS: _____