

45 CUTS 2

SERIES: CUTTING & 3PT OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 4 attacks baseline off 5's shallow cut.
- 2 The baseline drive pulls the help toward the ball.
- 3 1 relocates up the floor from the earlier action.
- 4 The defense has to account for the baseline drive and the relocation.
- 5 4 finds 3 on the 45 cut behind the rotating help.
- 6 2 lifts to maintain spacing away from the cut.
- 7 The 45 cut attacks the gap created by the defensive rotation.
- 8 Iowa turns the baseline drive into a cut to the rim.

ADVANTAGE FRAME — 9:25 2ND HALF



THE BASELINE DRIVE MOVES THE HELP. THE 45 CUT ATTACKS THE SPACE IT LEAVES.

ACTION BREAKDOWN

1. BASELINE DRIVE



4 attacks baseline off 5's shallow cut. 1 relocates as the defense begins to shift toward the drive.

2. 45 CUT



As the help collapses, 4 finds 3 cutting on the 45. 2 lifts to keep the lane and passing window clean.

3. ATTACK THE GAP



The 45 cutter attacks the rim before the help can recover. The advantage comes from moving the defense first.

PAUSE HERE

The key is the reaction to the baseline drive. Clemson's help turns toward the ball, which opens the 45 cut behind the rotation. Iowa uses the cut to attack the space the help just vacated. The cut has to arrive as the defense commits — not after the shell has recovered.

COACHING INSIGHTS

WHY IT WORKS

The baseline drive forces the defense to turn and shrink. The 45 cut attacks the open seam created by that rotation.

DEFENSIVE REACTION

Clemson collapses toward the baseline drive. Once the low help steps toward the ball, the space behind it becomes vulnerable.

OFFENSIVE READ

If the baseline help commits, hit the 45 cutter. If the help stays home, continue the drive or play off the next rotation.

COACHING POINT

The 45 cut must be timed with the help rotation. Cut as the defender turns his head and steps toward the baseline drive.

STEAL THIS IDEA

Use a baseline drive to turn the defense, then cut behind the help instead of standing and watching. The best 45 cuts happen while the helper is still moving toward the ball.

DNA TAKEAWAY

DRIVE BASELINE.

MOVE THE HELP.

45 CUT BEHIND THE ROTATION.