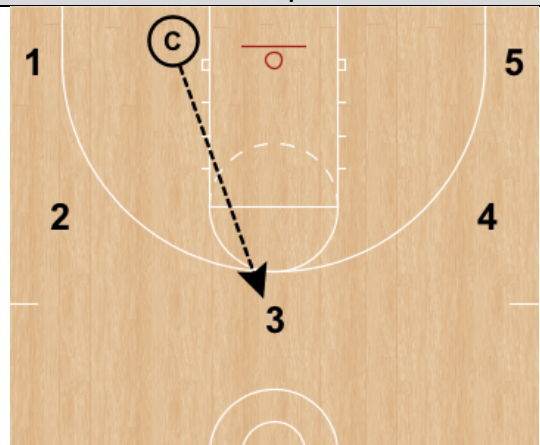
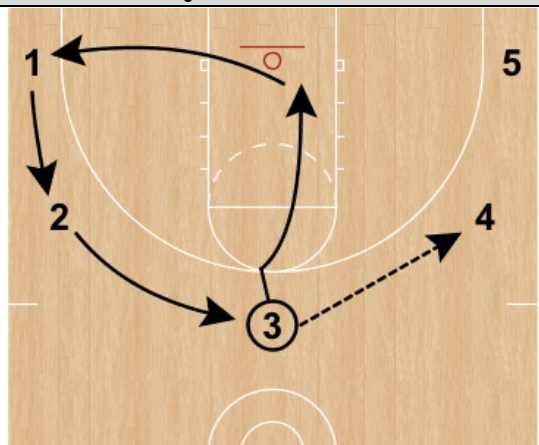
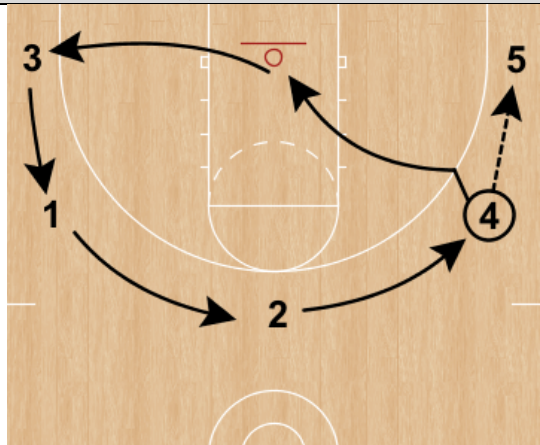
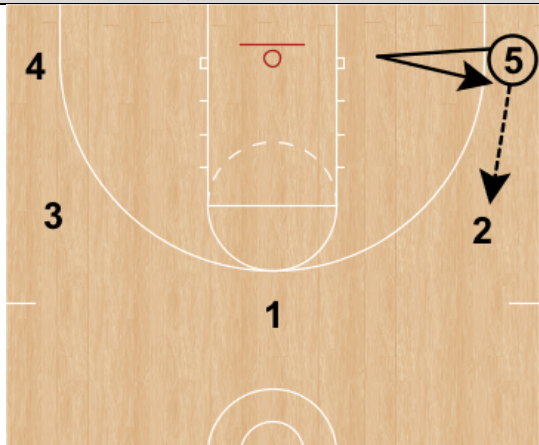


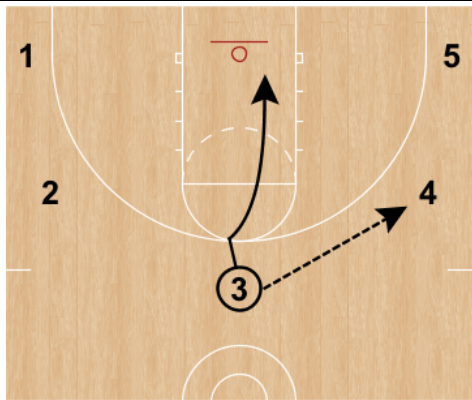
# Fist Passing Series

<p><b>Purpose:</b></p> <ul style="list-style-type: none"> <li>Learn the various actions involved in the Fist offense with passing, including basket cuts, filling up, backdoor cuts, and reversing and screening away</li> </ul>	<p><b>Scoring / Goals:</b></p> <ul style="list-style-type: none"> <li>Goal is to complete the specific action the designated amount of times, finishing with a made jump shot or layup</li> </ul>
<p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>Cuts must be hard, otherwise there's a team consequence</li> <li>Must screen to sprint, otherwise there's a team consequence</li> <li>On screens, cutter must loudly call out his cut, otherwise there's a team consequence</li> <li>Sideline players must count out the actions for the players on the court</li> </ul>	<p><b>Teaching points:</b></p> <ul style="list-style-type: none"> <li>Always fill up towards the ball</li> <li>The cut back out to the corner should be just as fast as the cut to the basket</li> <li>Catch with a hop, peak at the rim, see cutters through, keep ball in power box, have an act</li> <li>Ball fake any cutter cutting to the rim</li> <li>Follow the action, see cutter AND screener, see weak side players for skip</li> <li>Put out fist when backdoor cutting</li> <li>Show 10 fingers when cutting to rim</li> <li>On screens, cutter must loudly call out his cut</li> </ul>

<p style="text-align: center;"><b>Setup</b></p>  <ul style="list-style-type: none"> <li>Begin with five perimeter players if practicing 5-out, or four perimeter players if practicing 4-out</li> <li>Start by having the coach pass to a random player</li> <li>Complete each Progression's specific action the designated amount of times, then a new team comes on</li> </ul>	<p style="text-align: center;"><b>Progression 1: Basket cuts</b></p>  <ul style="list-style-type: none"> <li>7<sup>th</sup> pass should be to a basket cutter for a layup</li> <li>Pass and cut. Can use front cuts or rear cuts</li> <li>Watch cutter all the way through, and have an act</li> <li>There are no quick reversal passes</li> <li>Other players fill up to the ball</li> </ul>
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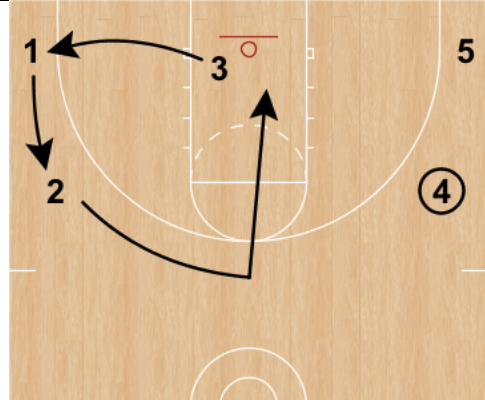
<p style="text-align: center;"><b>Progression 1: Basket cuts</b></p>  <ul style="list-style-type: none"> <li>Continued...</li> </ul>	<p style="text-align: center;"><b>Progression 1: Basket cuts</b></p>  <ul style="list-style-type: none"> <li>When basket cutting from corner, quickly fill back out to the corner spot</li> <li>7<sup>th</sup> pass should be to a basket cutter for a layup</li> </ul>
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Progression 2: Backdoors



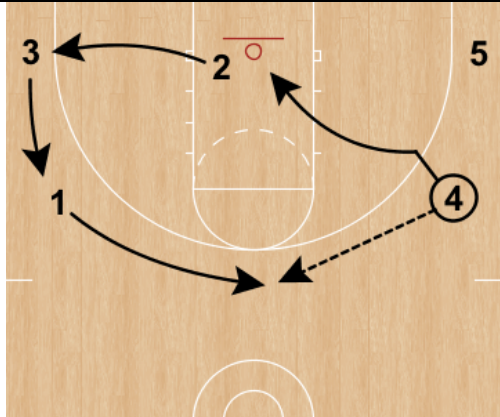
- 5<sup>th</sup> pass should be to a backdoor cutter for a layup
- Pass and cut, fill up, cut backdoor
- Hit the next guy filling up on the perimeter
- Can use front cuts or rear cuts
- There are no quick reversal passes

Progression 2: Backdoors



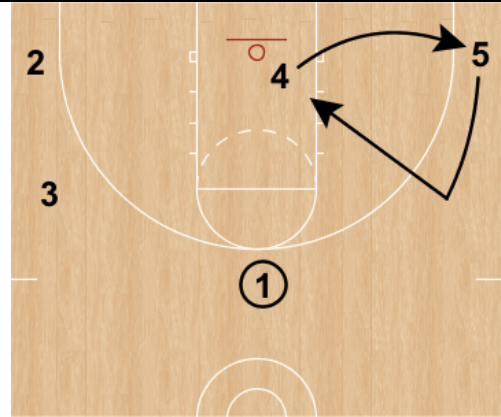
- When filling up, cut backdoor as if the defense is overplaying and denying the pass
- Cutter must put out fist when backdoor cutting
- Ball handler must pass fake when he sees his teammate's fists out

Progression 2: Backdoors



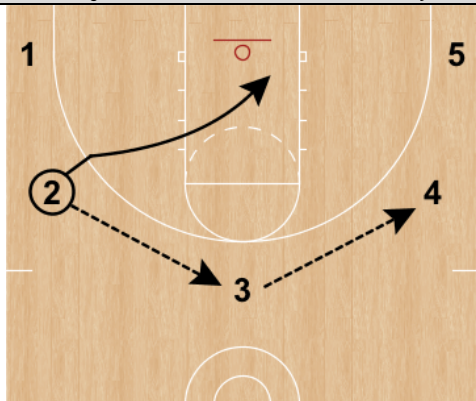
- Continued...

Progression 2: Backdoors



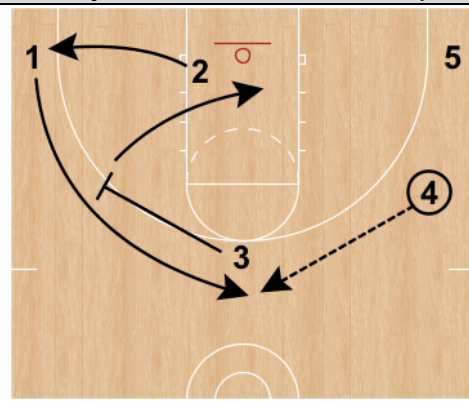
- Continue filling up and cutting backdoor
- 5<sup>th</sup> pass should be to a backdoor cutter for a layup

Progression 3: Reverse and Screen away



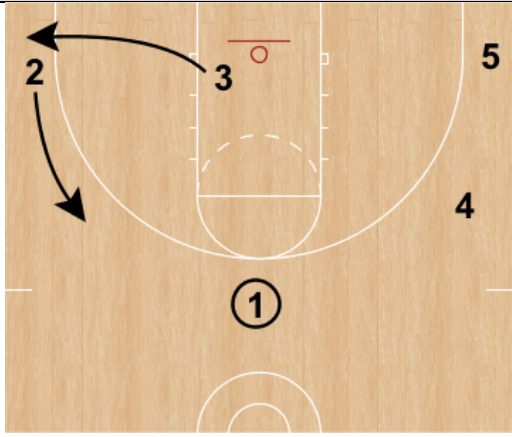
- On the 5<sup>th</sup> screen, hit either the cutter or screener for a layup, whoever is cutting to the rim
- Fist passer basket cuts. 3 catches with a hop and immediately reverses the ball.
- 3 does not basket cut, as this would clog the lane

Progression 3: Reverse and Screen away



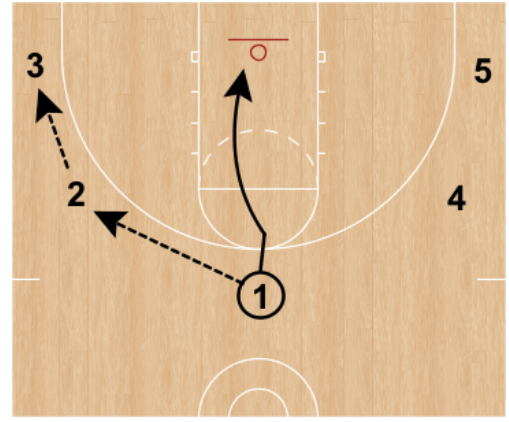
- Instead, 3 screens away for next teammate filling up
- Cutter may back, curl, straight, or fade cut
- Cutter must call out his cut
- Screener must separate the opposite direction of the cutter (pop or dive)

Progression 3: Reverse and Screen away



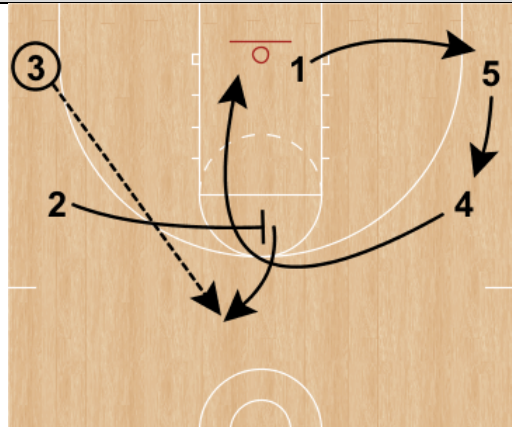
- Fill up to empty spots, and to the corner

Progression 3: Reverse and Screen away



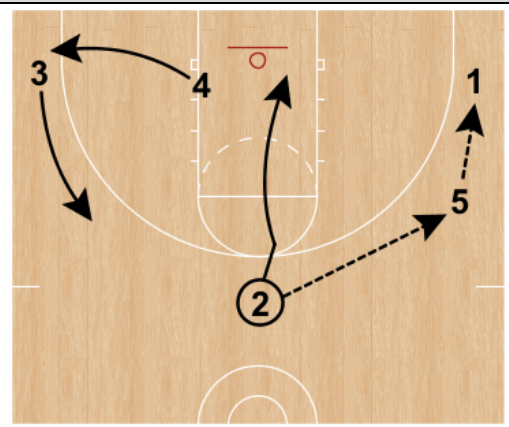
- First passer basket cuts, second passer reverses and screens away

Progression 3: Reverse and Screen away



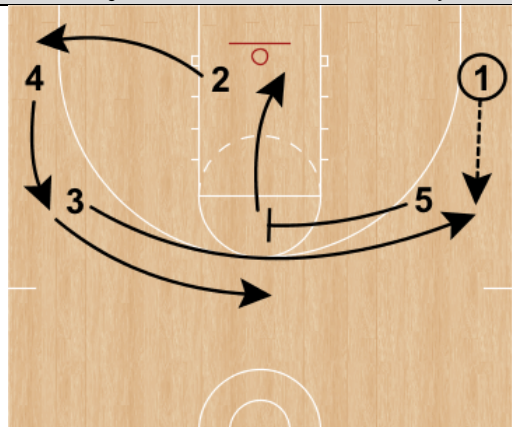
- On the screen away here, the cutter curls, forcing the screener to pop

Progression 3: Reverse and Screen away



- Continued...

Progression 3: Reverse and Screen away



- On the screen away here, 3 straight cuts, allowing 5 to dive
- On the 5<sup>th</sup> screen, hit either the cutter or screener for a layup, whoever is cutting to the rim