

MASTER THE SKILL

CUT DEPTH WINDOWS		CLICK BELOW TO WATCH THE FILM SEGMENTS + NOTES	
MINDSET	Create 2 drills, but demo on drill #1 so everyone can see it.		
EQUIPMENT	2 cones		
NOTES	Note that there is no line at the cutting cone, players need to jog after they throw - this keeps the breakside open.		
GAME APPLICATION	Players line up at the throwing cone (A) and first cutting cone (B). Cone (B) should be 10 yards deep and fairly even with the throwing cone. The flags are small cones 20 and 30 yards down the field signaling different depths for cutters. At first, have players make game cuts (deep, out and under, 7 cuts) with no defense for a couple minutes at each depth. Then bring on defense. Open up the breakside if you'd like. The goal is to get a feel of how to cut at different layers and angles on the field, building correct windows and attacking space. Rotation, mark, throw, cut. WITH DEFENSE = rotate in pairs (mark/throw together) (o+d together)		