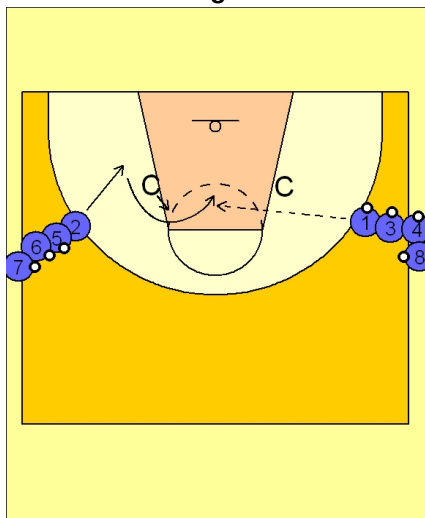


Curl cut shooting



Curl Cutting Shooting

Shooting on the move and front stops.

Players form 2 lines, 1 on each wing. Players must go to their defender taking them slowly down towards the baseline a few steps. (Guided defender, in this case a coach). They should then change speed and explode quickly curling to top of the key, as if coming off a screen. Important! Players should plant their inside foot square to hoop on the last step, and shoot in one smooth motion.

Another option is too penetrate and pitch, off simulated help by the guided defense.

