



Pass & Cut Execution Standard

Technical quick-reference job aid for 5th & 6th Grade Boys Basketball • I Do, We Do Demonstration

CUE 01

Snap & Step

Step toward target; push wrists through and finish with thumbs pointing down.

CUE 02

Give & Go

Pass the ball, then explode instantly toward the rim. Do not stand and watch.

CUE 03

Show Hands

Present 10 open fingers at chest height, creating a clear target window for return.

↔ Passing Mechanics (No-Defender Form)

🕒 Chest Pass (Direct Air Delivery)

- **Grip:** Fingers spread on the sides/back of the ball.
- **Release:** Snap wrists outward; thumbs down, palms out.
- **Flight:** Straight line delivered directly to teammate's chest.

🏃 Bounce Pass (Under-Defense Delivery)

- **Strike Point:** Hits the floor 2/3 of the way to the receiver.
- **Height:** Rises up to receiver's waist/chest level cleanly.
- **Power:** Sharp downward push, maintaining crisp velocity.

🏃 4-Step Cutting Sequence

- 1 **Deliver the Pass:** Step directly toward your teammate and release a crisp chest or bounce pass.
- 2 **Freeze the Defender:** Give a quick quarter-second hesitation or jab-step away from the rim.
- 3 **Burst to the Basket:** Plant hard off the outside foot and sprint straight into the key along the rim line.
- 4 **Flash Target Hands:** Keep eyes locked on the passer; present both open palms ready to receive and lay up.

✅ Do's (Execution Keys)

- ✓ **Step into the pass:** Use forward momentum to create power without winding up.
- ✓ **Cut immediately:** Treat the pass release like a starter gun; burst the moment it leaves your fingers.
- ✓ **Cut with speed:** Change gears from stationary to full sprint to beat the defender across their face.
- ✓ **Call teammate's name:** Communicate before passing to ensure eye contact.

❌ Don'ts (Common Faults)

- ✗ **Don't "spectate":** Never stand and watch the flight of your pass after releasing it.
- ✗ **Don't jump when passing:** Keep your pivot foot grounded to avoid traveling violations.
- ✗ **Don't bounce midway:** Avoid hitting 50% distance—the ball bounces too late and gets stolen.
- ✗ **Don't drift outward:** Cut directly to the basket, not diagonally toward the corner baseline.

📖 Key Terminology & Definitions

Give-and-Go: The offensive maneuver of delivering a pass to a teammate and instantly sprinting past one's defender toward the basket to receive a return pass.

Lead Pass: A pass placed ahead of a moving cutter into open space, allowing them to catch the ball in stride without slowing down.

Target Hands: Both hands held up with open palms facing the passer at chest height, signaling readiness to catch and shoot or finish.

Face Cut: Cutting across the front (chest side) of the defender when they lose sight of you or turn their head toward the ball.



Coach's Rule of Thumb: *"Change of pace beats pure speed."* Hesitate for a split second right after passing so the defender relaxes, then accelerate at 100% past their hip to the basket!