

FRONT CUT

PURPOSE

The front cut skill is used by an attacker to get between the defender and the ball thrower.

EXPLANATION / DEMONSTRATION – Skill Progression 1

Demonstrate what a 'front cut' looks like while you explain

Teaching Points

1. Body balance
2. Use of arms to drive hard
3. Head up, looking for space
4. Quick take off, fast feet - feet shoulder width apart
5. Fast change of direction – push off strongly on outside leg

Possible Errors

1. Contacting
2. Planting / propping too far from the cone / defender
3. Taking several steps on the spot
4. Wide base
5. Body not balanced over feet on Change of direction
6. Shoulder dropping on the prop / plant COD causing contact with defender

BASIC MOVEMENT WITHOUT EQUIPMENT – Skill Progression No. 2

<ol style="list-style-type: none">1. Players work in an area – on whistle or call – sprint a few steps, then dig in (prop, plant and push off) changing direction and sprint again	
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BASIC MOVEMENT WITH EQUIPMENT – Skill Progression No. 3

<ol style="list-style-type: none">1. Each player have a cone – line up on transverse2. Player run up to the cone, plant left foot to left side of cone, push off left foot to go to the right around the cone3. Repeat other side4. Make distance past cone <p>Add: Passive Defender to replace cone</p> <ol style="list-style-type: none">1. D moves sideways with the A if the plant is good2. Repeat other side3. Repeat with A's working alternate cuts	
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ADD BALL & THROWER – (stationary defender) - Skill Progression No. 4

In groups of 5 or 6 with 2 balls, set up as shown:

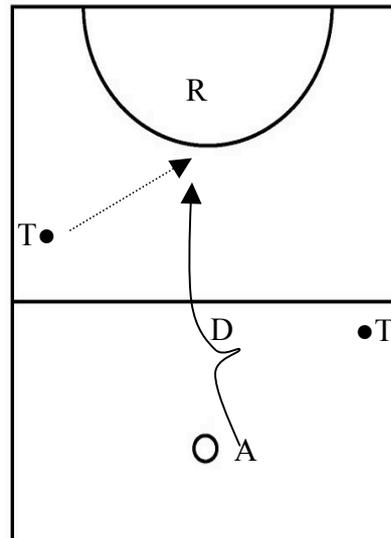
1. A drives up to the stationary defender
2. Plants to one side
3. front cuts to the other side
4. receives a pass –(past the T)
5. A's go to alternate sides to front cut and receive from T's

Possible Errors to Look For:

1. Too close to the passer before receiving
2. Not making the plant clear enough to con the defender
3. i.e. they are making space – but not enough

Add:

1. Attacker now starts with the ball and can pass to either T
2. Place receiver / shooter in the goal circle – they can start stationary then add timed movement to receive from Attacker

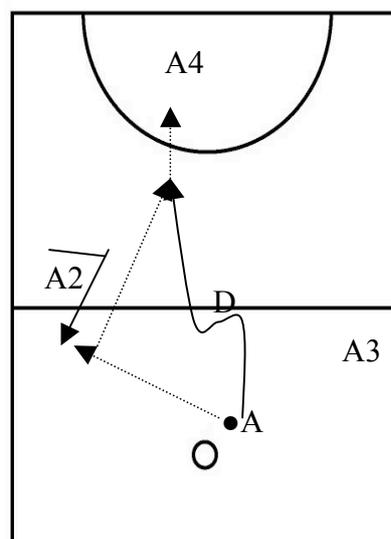


ADD OPPONENT – Skill Progression No. 5

1. Set up as above but the T's now become moving A's instead of stationary Throwers
2. 3 second rule applies – if the A takes too long to get the front cut, she must drive back to her starting position and receive the ball back again
3. Then the A needs to go again
4. A1 pass off to A4 shooter on move 1.

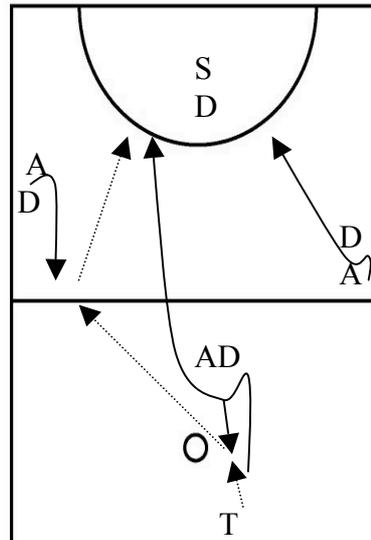
Main Error

1. Not making enough space initially
2. Not driving off hard enough.



DYNAMIC DRILL – Skill Progression No. 6

1. Add Defenders to A2, A3 & A4
2. Defenders take up front position defence against A2, A3 & A4 then recover – get between the
3. Whoever doesn't receive the ball out of A2 or A3 needs to front cut to circle edge to balance up with A1.
4. Both A's work around the circle feeding the shooter till in a good position to shoot



COURT APPLICATION – Skill Progression No. 7

1. A1 & A2 drive out straight
2. Passer throws to either (option)
3. The one who does NOT receive, cuts around Defender to receive second pass
4. This person then passes to A3 or A4 (option) who drive out on angles in opposite direction, defended by D3 & 4.
5. Once again, the player who does NOT receive the pass, cuts around her defence or drives straight to the top of the circle for the next pass.
6. A3 and A4 feed the GA and GS in the circle
7. A1 & A2 replace A3 & 4 while A3 & A4 become GA and GS
8. GS and GA return to the start of the drill
9. Change P, D1, D2 and D3 after every 3 or 4 repeats to ensure all players have equal opportunity to experience every facet of the drill

