Post Play

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Transition Topics

1. 1st 3 steps in transition are the most important.
2. Post players have to be strong and be able to run the floor. Have to beat the defense down the floor.
3. Post players have to be able to shoot free throws. Being big is not a reason for missing free throws.

3 Things To Do Everyday

1. Transition Defense
2. Skill Development – 20 – 40 minutes per day (Mikan Drill)
    a. Mikan Drill Specifics
        i. Step Heal Toe
        ii. Release Ball in between 1 o'clock and 12 o'clock
        iii. Pull ball out of the net
3. Free throws

3 Things to Develop Hands For Post Players

1. Soft Hands to Catch
2. Strong hands
3. Soft touch when shooting

Why Post Players Miss Shots

1. Not low enough
2. Don't focus on target
3. Don't get the ball high enough

Note: It is important to tape practice so kids can see themselves practice

Post Player Philosophy

1. Low – sit in stance
2. Slow – be patient
3. Under control
4. Need to have 1 go to move
5. Need to have 1 counter move

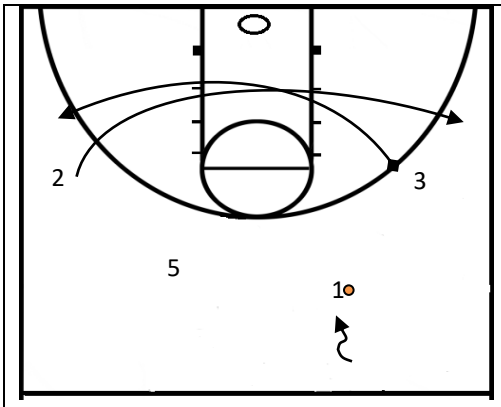
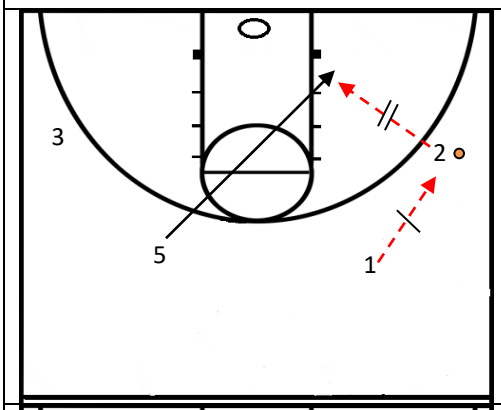
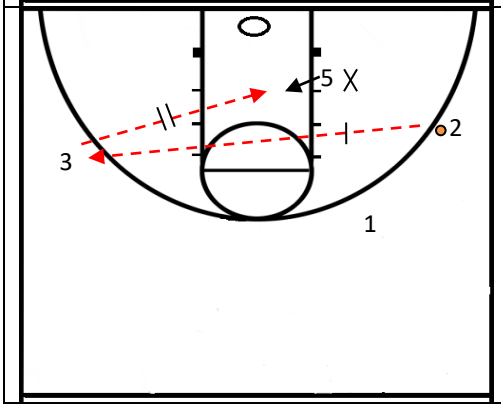
Working on Seals

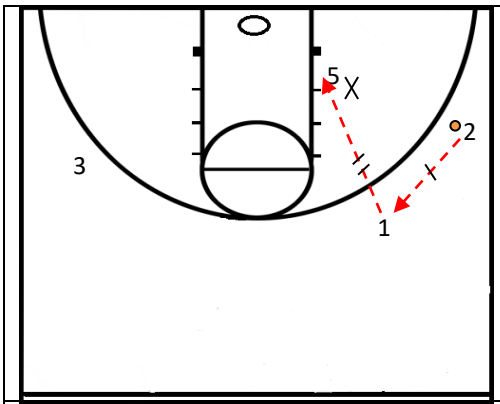
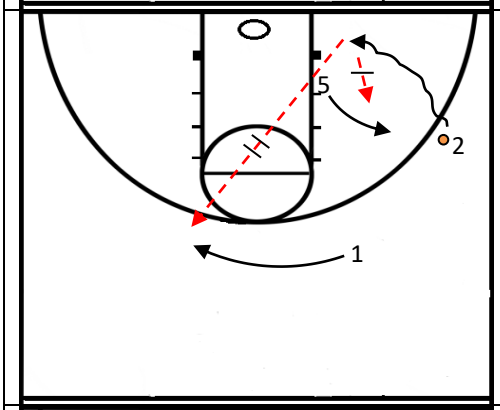
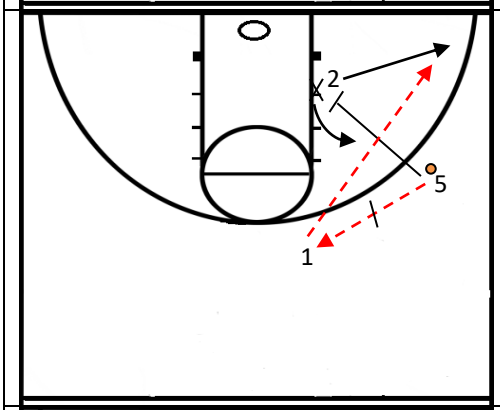
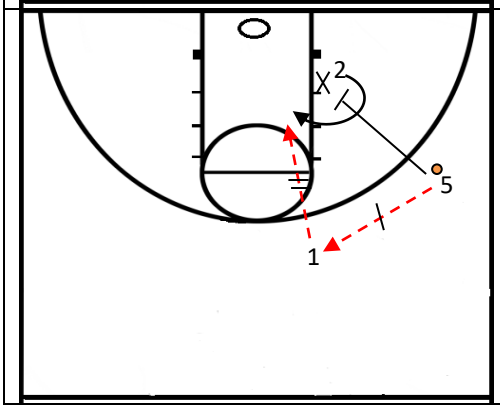
1. Must work on them every day – cover situations
2. Jump Hooks
    a. Keep contact on seal
    b. Don't leave the pass
    c. Keep body into the defense on the jump hook

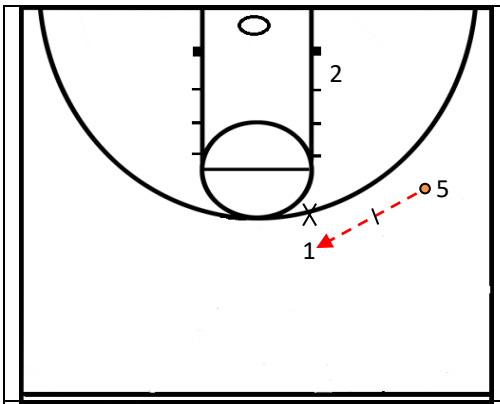
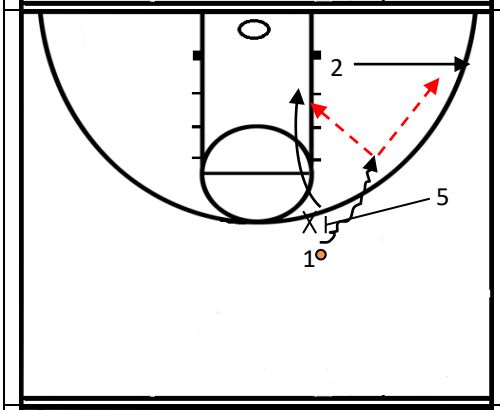
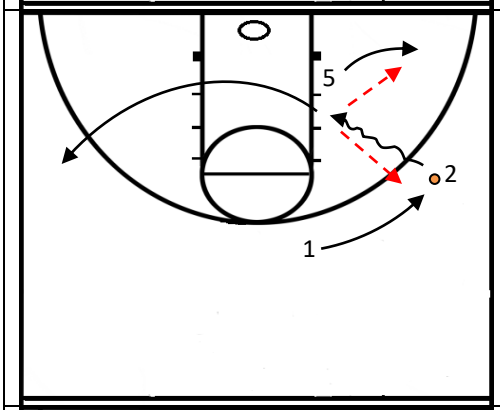
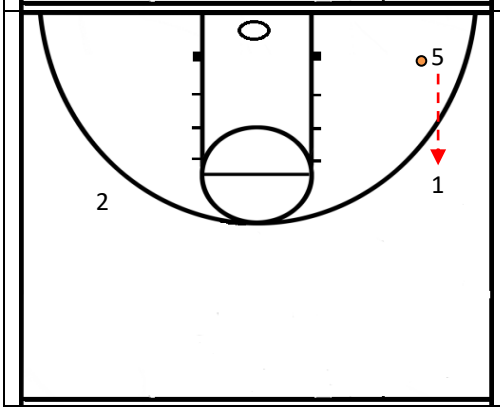
d. Keep head up to hoop

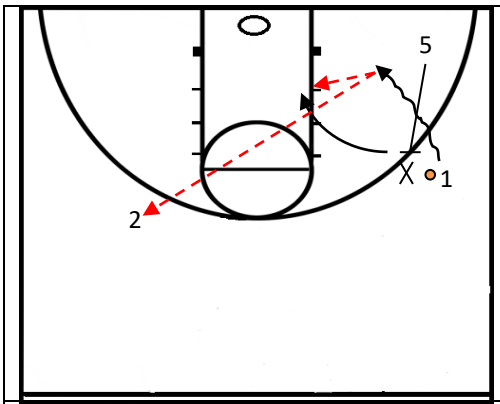
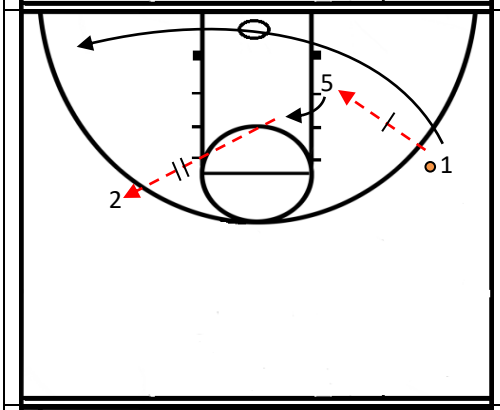
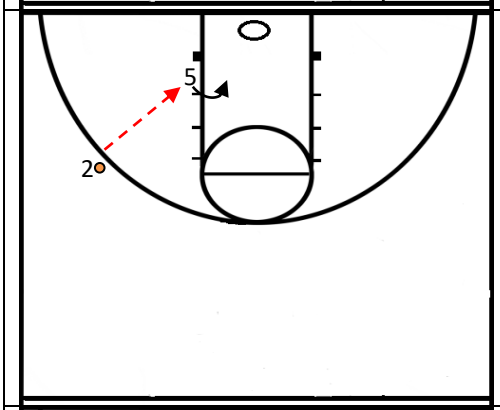
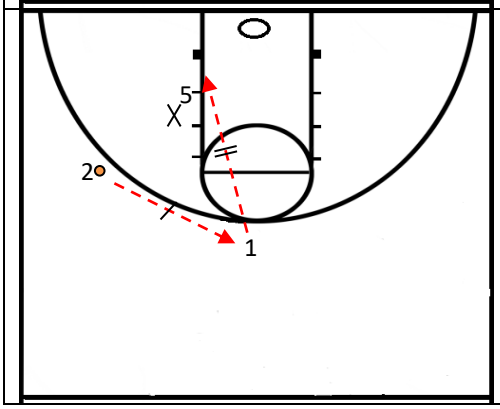
Essentials for Post Play

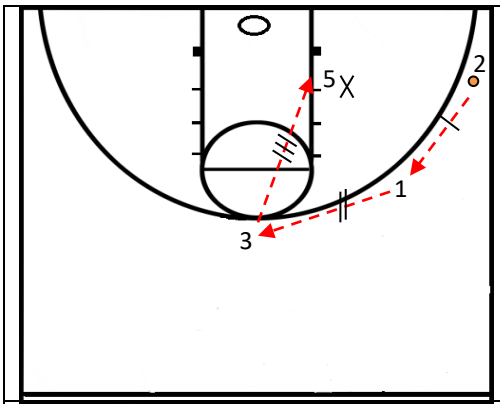
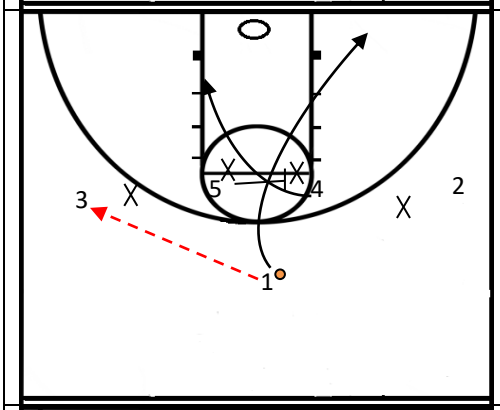
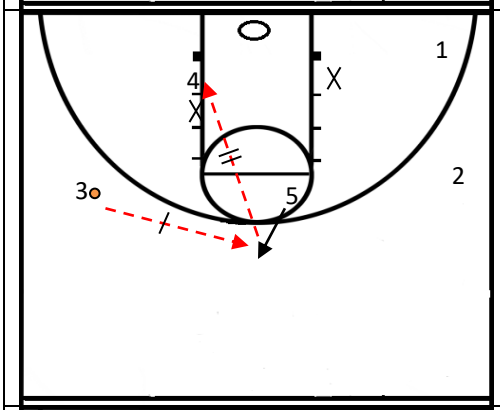
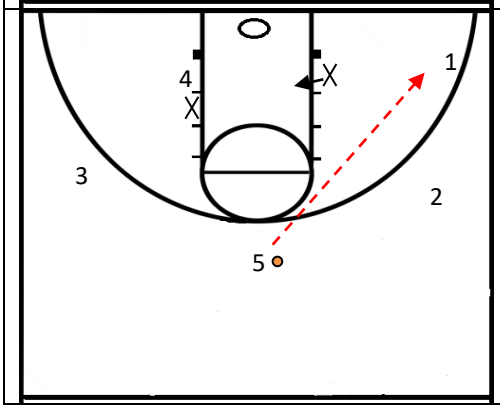
1. Front the post with heavy ball pressure
2. Pressure passer on Pick and Roll

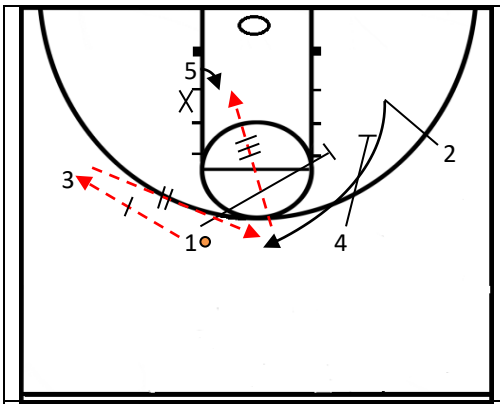
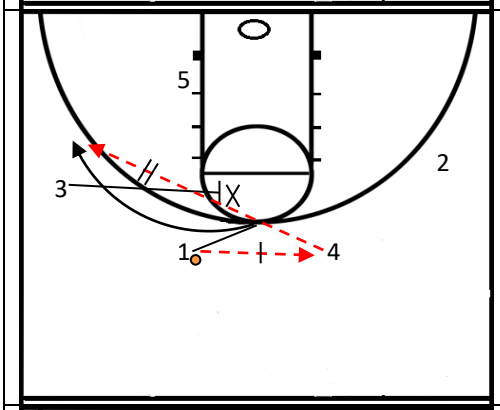
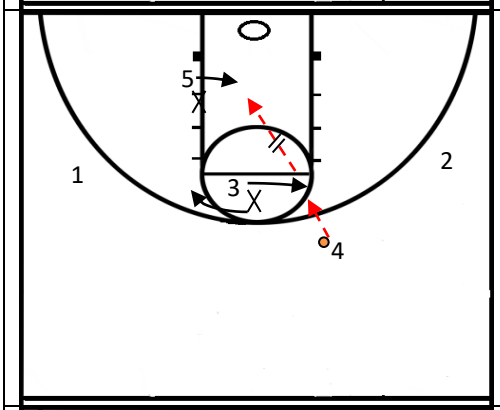
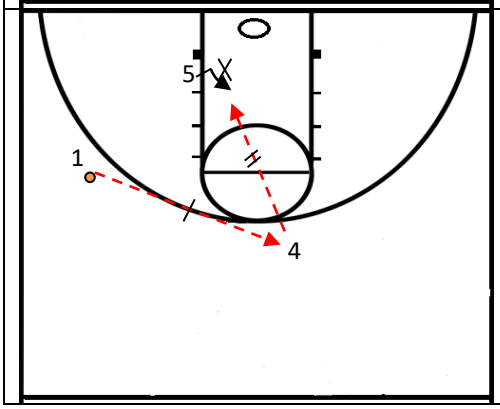
	**Transition** 1. In transition the 2 and 3 need to run an X cut and fill the outside wings.
	**Transition (cont.)** 1. 5 busts ball side block looking to seal as the ball is passed to the wing. 2. Wing looks to feed the post and the seal. Depending on how the wing is being defended, wing will have to either make a bounce pass
	**Fronting the Low Post – Option 1** 1. Skip pass to the opposite wing 2. 5 holds seal for the low post entry

	**Fronting Low Post – Option 2** 1. Reverse ball back to PG 2. 5 should look for a high seal to set up a lob; needs to push the defender up the lane to create space for the lob 3. 1 looks to feed 5 with the Hi Low lob.
	**Motion Set – Low Block Development** 1. On baseline dribble penetration, 5 flashes to wing. 2. 1 drifts **Note**: The wing who is penetrating needs to read help defense
	**Motion Set For Shooters -- Fade Cut** 1. 5 starts at the wing and swings ball to top of the key 2. 5 down screens for shooter at the low block. 3. Shooter reads the defender going over the top of the screen and fades to corner to create separation.
	**Motion Set For Shooters -- Curl Cut** 1. 5 starts at the wing and swings ball to top of the key 2. 5 down screens for shooter at the low block. 3. Cutter and screener read the defense chasing the cutter around the screen. Cutter needs to stay tight on the screen. 4. Passer leads the shooter right into his shot.

	**Option for a Non Shooter (1)** 1. Swing pass to the non shooter. Remember to use a V-cut to receive the pass
	**Option for a Non Shooter (2)** 1. Post comes to set a ball screen for the non shooter. 2. Shooter clears out on the drive to open the lane for the dribble attack. 3. Non shooter tries to draw shooter's defender and kicks out to shooter on the help 4. Can also look for the Post roll or post slip on the defensive hedge on the ball screen
	**Middle Penetration (1)** 1. On middle drive, post steps out. If post defender stops ball penetration, look for the post feed on the step out. 2. The other read is going to be the fill of the point position 3. 2 will then clear out to the back side of the defense
	**Middle Penetration (2)** 1. If post does not have a scoring opportunity, he should look at getting the ball to the player filling the wing position off of the middle drive.

	**Middle Penetration (3) – Wing Ball Screen** 1. Post can then set a ball screen for the wing * Drive and score * Hit the post on the roll or slip * Kick out to 2
	**Fake Hook and Kick Out** 1. Post entry pass 2. Guard cut through to clear out the post help 3. Post shows middle hook and kicks out to 2 for the 3 ball
	**Power Shot** 1. Reverse Pivot 2. Use low power dribble 3. Chin the ball 4. High finish
	**Seal Move** 1. Post on the 2nd hash mark 2. Keep contact on the defense as the ball reverse to the top of the key 3. Hold seal until ball is over post player's head 4. Keep ball high and finish high on the glass

	**Corner Feed** 1. When the ball is in the corner and there is a full frontal, get quick ball reversal to the top of the key for a top down feed. 2. Post needs to hold seal for the top feed. 3. Guards will need to use V-cuts to create passing angles on the ball reversal
	**Beating the Backside Help (1)** 1. On the wing entry, PG cuts through and clears out. 2. Cross screen action for the post to dive down to ball side block.
	**Beating the Backside Help (2) – High Low** 1. Post will shape up after the cross screen. 2. Swing the ball to the top to look for the High Low entry.
	**Beating the Backside Help (3) – Fake Dump** 1. If 1's defender is sagging off to help in the post, fake dump pass into the post to get the help defender to bite on the help. 2. Skip to the corner for the shot or penetrate on the heavy close out.

	**Double Stagger into a High Low Duck In** 1. 1 and 4 set a double staggered screen for shooter. * Shooter needs to V-cut prior to using the screens to set up defense. 2. Shooter can pop the 3 or look for the High Low “duck” by the post.
	**Flare Screen with a Post Duck In (1)** 1. On the Point to Point pass, 1 receives a back screen for a Flare cut * Ball can be skipped for the 3 ball
	**Flare Screen with a Post Duck In (2)** 1. If the defender really fights through the screen, 3 should look to slip the screen or flash for a high post entry.
	**V Cut Duck In** 1. Post player should look to V Cut duck if the post defender is even with the post player. 2. Get tight to the defender on the V Cut and give big target for the post feed.