POST PLAY

Many correlate post players to size and this can be a mistake. You must have good inside game to be successful on offense. Don't get caught up on size — ***identify who can post up.***

"Don't cut a big kid who wants to play; cut the big kid whose mom wants him to play."

MIKE ROLLER

5 ATTRIBUTES FOR POSTING

1) HEAD
2) HEART—WANTS TO POST: LIKES CONTACT
3) HANDS
4) FEET
5) ABILITY TO SHOOT

Make sure post players can shoot.

MASTER THESE FOUR THINGS IN THE POST

A. Get open (where you can score)

B. Stay open/by sealing (seal out, seal in, set for lob)

C. Safely receive the ball (don't accept bad hands)

D. Score Simply (not simply score)

"Sealing is two things—making contact and then keeping contact."

MIKE ROLLER

A great way to simplify the term "PASSING ANGLE" is to tell your players to get the ball in a position where you can see the numbers on the jersey. You must see those numbers on his jersey before you can pass the ball. Throw the ball away from the defense.

We want to hold seal for 3 seconds—5 seconds in practice.

Need to have a height advantage for lobs—also need to clear offense out.

SETTING UP FOR THE LOB

1) Seal in once before you go for the lob to gain area.
2) Seal out using the hip.
3) Remember that the only time you have control is when you make contact.
4) Turn your chest to the baseline.
5) Passer- Throw to corner of backboard.
6) Receiver- Both hands above shoulders.
7) Hold your contact at the hip until the ball is directly above your head, then release.

"The best position for the lob is when the ball is above the free throw line or up top—it eliminates help."

MIKE ROLLER

When you do release your seal — and most players do release their seal to soon — hold your seal until you have to go get the ball. Hold it as long as you can.

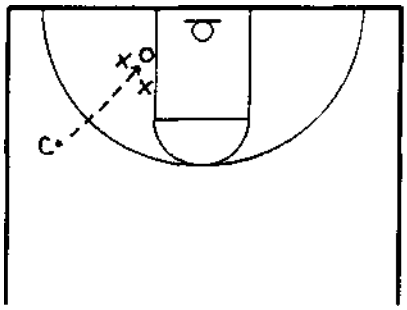
Get Roller's book ***"Offensive Low Post Play"*** at the next intermission.

"If a player has trouble catching the basketball, check his technique first"

MIKE ROLLER

Overload principles are good for improvement.
Examples:

Play pass & catch using only one hand;
2 Ball Passing (use two tennis balls; use one tennis ball and one basketball; air pass and bounce pass combined).
Back To The Passer Drill
Bad Pass Reaction Drill
Distraction Pass Drill — set up two defenders in the low post on the front sides of the offensive low post player. Have someone feed the post with the defensive players trying to distract the offensive player without touching the basketball.



SCORE SIMPLY

"You don't need 100 low post moves to be effective in the post."

MIKE ROLLER

"Less is more" — Don Nelson

Kareem Abdul-Jabbar had two moves his entire career (the sky hook and the drop and go the other way)

Tell them what you want them to do:

#1—Shoot the ball closer to the basket than where you caught it;

#2—If you catch the ball with a foot in the lane, you don't dribble;

#3—If you catch the ball outside of the lane, you have one power dribble.

"A low post player can be very effective with one go to move and one complimentary move."

MIKE ROLLER

BASIC LOW POST MOVES

#1 Turn around jumper/baseline off glass;
#2 Drop step baseline—step, dribble, hop;
#3 Drop step middle:
#4 Step through—show the ball when you pivot (like a shot fake).

"Step, dribble, hop—toes should be pointing to the baseline because this can put the defense behind you."

Good drill — "25 Pivots"

JUMP HOOKS—lead with arm/chin/ball; *TEACHING POINT: 12:00 release instead of 2:00.*
Jump hook is better then sweeping hooks.

RELOCATE—Low post passes the ball back out and then pushed back in.

When you catch the ball, commit to a half turn to help you read the defense.

"The better your postplayers are, the more they will be playedfrom behind."

MIKE ROLLER

You always want contact on the seal and on the shot—if the defense leaves his feet, make sure there is contact.

WEIGHT PLATE POSTING

***Great idea—have player in posting position holding weights in each hand in proper position for as long as possible. (Tell Nick about this).

Recommended Videos

*Movers & Blockers by Dick Bennett of Wisconsin (Green Bay);
*Motion Notebook from Duke University;
* Jim Tillette of Samford, motion instructional video.

Idea—Saturday AM Clinics—for youngsters; Teach ball handling drills and have them perform at halftime of your home games.