Post Play Technique Thoughts & Ideas

-Five characteristics of a good post player
    -Head
    -Heart
    -Hands
    -Feet
    -Ability to Shoot the Ball
-Two different types of Post Players
    -Stationary – Play on their favorite side of the floor and stay there
    -Moving – Post players that flash from block to block and the high post, can also be screened into the post
-Four Categories of Teaching Post Play
    -Getting Open Where You Can Score
    -Staying Open by Sealing
    -Receiving the Ball Safely in Your Scoring Area
    -Scoring as Simply as Possible

"Getting Open Where You Can Score" – Proper Post Stance
    -Wide base, Low hips & High hands
    -Wide base – Wide enough that you have great balance, but that you are still quick
    -Sit into your game
    -Keep your head between your knees - BALANCE
    -Lower and wider is better
    -Take up space with your wide base and your high hands
    -See the backs of your hands
    -Show numbers and letters to the ball
    -Get a piece of the restricted circle
    -DEMAND the ball

"Staying Open" – In Your Scoring Area
    -Make and Maintain contact on the defender
    -"Seal In', "Seal Out" & "Set Up For a Lob"
    -Keep your feet between your defender and the ball
    -Feel where the defender is with your butt
    -Don't find the ball, let the ball find you
    -Keep your head between your knees – BALANCE
    -DEMAND the ball

"Receiving the Ball Safely"
    -Catch the ball with your eyes, feet and hands
    -Block & tuck concept on every catch
    -"Catch & Chin" on every catch
    -Play slow in the post (Catch, chin & look middle)
    -Catch the ball in a power stance every time

“Scoring as Simply as Possible”

-Efficient with both hands around the rim
-Get the ball high off the glass – contact shortens your shot
-“Sweet” moves – No dribble required – Pass leads to a shot and score
-THREE POINT PLAYS

-A great post player should not be stopped with just one defender, and always demands more than one defender to stop them.
-Repetitions develop habits and habits develop success – Dean Lockwood
-Great post players need to EAT everyday!!!!

E – Effort
A – Attitude
T – Toughness

-Ball Security is the number one thing in the post – “Catch the ball”
-Two Absolutes of Post Play

1. You should build your offense from the inside out – Need to try and get easy baskets
2. You can have post play without having size