



POST PLAY PRINCIPLES

PHILOSOPHY

- Think like your coach!!!
- Most games are won or lost in the trenches...WE MUST OWN THE PAINT....It belongs to us.
- Post players must want the ball and then demand the ball
- Score as simply as possible
- Try to take shots closer to basket than where you catch it.
- You are either a seeker or avoider of contact.
- Take what the defense gives you and beat them at that.
- Good post players shoot 50% from the field and 75% from free throw line.
- Know the goal or purpose of whatever play is called
- Have a scorer's mentality. Think score (be selfish); create your shot
- Should always hear that Post Player's voice

ATTRIBUTES OF GREAT POST PLAYERS:

- Have a scorer's mentality
- Don't get the ball batted down or stolen in the post
- Loves contact and bullies their defender
- Ability and Willingness to learn
- Finishes inside
- Gets to the free throw line
- Get open and Stay open
- Want the basketball
- Decisive...know what they are supposed to do and then do it aggressively
- Rebound every shot (including your own)
- Be tough (and mean)

POSITIONING:

- Key Points
 - On average, it takes 2-3 seconds to have ball delivered to post, keep working. Control defender's feet
 - Post must get so open that they embarrass the ball handler if they do not throw it in.
 - Post play occurs from the waist down. "It's a foot game." Never let your feet stop moving.
 - Play BIG! Play STRONG! Get lower than defender.
 - GET A PIECE OF THE PAINT!
 - DEMAND the basketball with authority.
 - Mentality must be that one person defending our post cannot keep them from getting the ball.
- "Burying"
 - Having a defender on your back but continuing to back them down farther and farther into the paint.
 - Keep head up and back straight. Do not lean; you will be off balance. Sit on defender and stay low. Weight on balls of feet.
 - Keep moving defender back by continuing to move your feet. Keep your balance though.
 - You should see the back of your hands. Have arms at a 90-degree angle creating a strong arm bar so defender can't get around you.
 - Show your numbers to the passer.



POST PLAY PRINCIPLES

- “Sealing for lob”
 - Keeping defender in front of you so that you can receive a lob pass.
 - Maintain control of your defender and don't release until the lob is above your head
 - Use an arm bar on the defender's hip—but don't push off
 - Show a target hand to the passer
 - To setup sealing, get into defender's body
 - As soon as defense fronts and takes away passing lane, think seal for the lob.
- No-No's
 - “Tweener”
 - Between positions. Seal for lob or bury your defender. Make it easy for the passer to know what kind of pass to make to you.
 - “Statue of Liberty”
 - Standing up in the post with a hand up (often with another hand feeling where you defender is).
 - Not catching the ball
 - If you demand the ball and it is passed to you, then it is your responsibility to catch the ball. If you are one-on-one, then deflections and steals are unacceptable.
 - Defender controlling you
 - You must be the aggressor. If you can't get open then you are either not tough enough or aren't working hard enough...either way, we can't play you because you are not helping us.
 - Not Demanding the Ball
 - Whoever controls the paint oftentimes controls the game. If you don't demand the ball, then it is because you don't want it or you are timid...either way, you don't help us.

GETTING OPEN

- Receiving Screens
 - Be patient and wait for the screen—set your man up
 - Your first move should be opposite of where you want to end up
- Setting Screens
 - First responsibility is to set a wide, solid screen
 - Open up and step to the ball after setting screen
 - Screener should always be open if switch occurs
- I-Cut from Block (Step outs)
 - Slide/Step out to short corner on middle drive
 - Must create passing lane on penetration
- I-Cut from Block (Step ups)
 - Slide/Step up lane line on baseline drive
 - You must create passing lane on penetration
- Give & Go
 - Cut hard...look ball into hands...be ready for contact
- Low-to-High Cuts
 - Set your man
- Leg Whip
 - Run straight at the defender and whip your leg through them establishing a strong post position.
- Pin and Spin



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- Initiate contact with lower body first
- Step between defenders (pin) and then reverse pivot into defender (spin)
- Must get into their body
- Transition
 - Bust your tail to the paint and HIT the first different color jersey that you see (using your lower body) and manhandle them.
 - Usually “leg whip” or “pin and spin”
- Release and Repost
 - Don't fight with the defender—beat them.
 - Sometimes you'll have to quickly surrender (release) and lose the immediate battle to win the war. You don't want to continue fighting with them and be a “tweener”, thus making it difficult on the passer.
 - Step away to break contact or relax for a second to let the defender guard you the way that they want then take advantage of their defensive positioning.

RECEIVING THE BALL:

- You catch with 2-eyes, 2-feet, and 2-hands...IN THAT ORDER.
- Move your feet to catch a pass before you move your upper body (hands) to catch the ball. This will cut down steals and deflections.
- Best way to successfully catch the ball is to keep your defender from getting to the ball. Be strong, hold them off and catch the ball.
- Catch the ball with 10 fingers, not your palms. Look the ball in.
- Keep ball at chin at all times with elbows out strong when in the post position.
- Must do all of these things within seconds! Must be HABIT.
- Catch high; shoot high
- On lobs, wait until the ball is above your head

POST SCORING AREAS:

- Low Post
 - Pivot & Score
 - Up and under (no dribble)
 - Drop step w/1 power dribble (baseline/middle)
- Mid Post (after a Step Up off of an I-Cut)
 - Catch & Shoot
 - Drive Middle
 - Up & Under off middle drive
- High Post
 - Catch & Shoot
 - “Show & Go” drive
 - Rip Through & Go drive
- Short Corner
 - Catch & Shoot
 - Baseline Slide Step



POST PLAY PRINCIPLES

POST MOVES:

- Key Points
 - If we post up properly with aggression, we shouldn't need a "post move".
 - All shots should be closer to basket than where you catch it.
 - If you catch the ball in the paint, you really shouldn't need a dribble.
 - Many post players are stuck in a "paralysis by analysis" or in other words, "which move should I go to? Train post players with a mindset that is simple and will hold true regardless of the opposing player's defensive scheme or positioning. Confidence is built through skill development that is absorbed through repetition. Habits, Habits, Habits
 - Take advantage of what the defense gives you & make them pay.
 - Dribbling in the paint is normally unnecessary
- "Turn & Score"
 - Easiest or highest percentage shot
 - Turn and score. Think of Shaquille O'Neal in his prime.
 - Your great positioning allows you to just catch and score.
 - Included with sealing for the lob (catching and scoring)
- "Drop Step"
 - Get to the basket
 - Use a strong power dribble. Protect the basketball from the defense.
 - Stay low and dribble below your knees, then explode up
- "Facing Up"
 - Pivot (front or reverse) and face up to the basket with your feet set for an immediate shot if the defense gives it to you.
 - Think shot when you pivot.
 - Get turned all the way around and squared up to the basket so you can take a high percentage shot or execute a believable shot fake.
- "Show & Go"
 - Once you have faced up to the basket, execute a believable shot fake (get the ball above your head)
 - After the shot fake, quickly explode to the basket
- "Rip Through & Go"
 - Immediately upon catching the basketball, rip the ball through and explode to the basket.
 - Don't expose the ball to the defense. Bring your leg through at the same time you are ripping the ball through.
- "Up-and-Under"
 - Don't waste dribble.
 - Catch and pivot thinking shot first ("up")
 - If you don't have the shot then attack with or without dribble, depending on how close you are to the basket ("under")
- "Baseline Slide Step"
 - Catch the ball and execute a ½ turn so your shoulders are square with the baseline. While you are doing this pivot, you should use a power dribble and then a hop step to get to the basket.
- "Step Back"
 - Catch in the mid-to-high post area; pivot and rip-through then execute a step back move