



POST PLAY

Keys to great post play

1. Be Low
2. Positioning/(asking for the ball)
3. Finishing
4. Rebounding
5. Every post should control 3 dribbles

Being Low

Balance is KEY

- 1. Legs are a little more then shoulder width apart*
- 2. Elbows out, thumbs to ears(ask for lob= arm bar and opposite arm extended)*
- 3. Bend at the hips(like sitting in a chair)*
- 4. Numbers facing ball (except when asking for lob)*

DRILLS

- 1. Chair Drill (stay low, hold position, jump to ball)*
- 2. Wall Sits*
- 3. Block to Block (two balls on each block, player drop steps and finishes)*
- 4. Short Stop((player in middle of lane ball thrown from side to side player has to stay and retrieve)*
- 5. Pad Drill (staying low drill begins with player touching the floor, "D" is playing behind– Offense needs to move feet to keep the seal)*



2. POSITIONING/(asking for the ball)

ARMS

1. **SWIM** (going under the arm (shorter offensive player))
2. **RIP** (over the top/open hand)
3. **BULL** (attacking opponents shoulder)

LEGS

1. **Cut opponents leg**
 2. **Find contact (sit) and keep it**
 3. **Toes pointed to the ball (except for lob)**
- ***on every catch you jump to the ball**
- *** Posts must ALWAYS BEG for the ball!!!! Cause the guards will always shoot! :) (I used to be a guard :))**

DRILLS

1. **3 out, 1 on 1 in (3 players outside the 3 pt area, two players in the paint playing 1 on 1)**
2. **Transition D and O (offense starts at half court. Defense at the circle) On "GO" D tries to sprint ahead and turn and face the offense. They bump the cut. The offense uses 1 of the 3 attacks on the arm of the D. Then looks to cut or seal the leg of the defender.**
3. **1 on 1 weak side to strong side.**
4. **Warrior (coaches have two pads, player has to fight through the lane to win position and finish)**



3. FINISHING - One of the most important beliefs I have is that a player should have at least one good move and a counter!

A. Hands

B. Footwork

C. Power

D. Finesse

HANDS

Developing good , soft , strong, hands.

- 1. finger tip push ups***
- 2. tennis ball squeezes***
- 3. wrist curls***
- 4. catching bad passes***
- 5. catching hard passes***
- 6. Mikan(one and two balls)***
- 7. Tips (two handed and one handed you decide the reps, they finish after the last one)***
- 8. Jump, jump finish***
- 9. Face away from coach, pivot catch***

FOOTWORK: moves (low post)

- | | |
|---|--------------------------------|
| <i>1. Drop Step (Drop w/ dribble , Crab drop)</i> | <i>5. Up and under</i> |
| <i>2. Front pivot turn</i> | <i>6. Reverse pivot</i> |
| <i>3. Hook</i> | <i>7. Baseline spin</i> |
| <i>4. Baby (quick) hook</i> | <i>8. Kiki</i> |



FOOTWORK: short corner, mid post

- 1. Power slide baseline***
- 2. Shot***
- 3. Reverse pivot***
- 4. Spin***
- 5. Kiki***
- 6. Drop step on the catch (over play)***

FOOTWORK: high post

- 1. Catch shoot***
- 2. Rip take***
- 3. Drop step on catch***
- 4. Rocker***
- 5. Kiki***

DRILLS

- 1. Ten in a row***
- 2. Move/ Counter***
- 3. Move (after shot they get rebound and finish again short hook or you (coach) makes another post pass)***
- 4. 3 out, 1 on1 in (controlled by move)***
- 5. 1 on 1 from short corner and high post***



Defensive Footwork

1. *X step(obviously, post defense could a topic to talk about alone...)*

REBOUNDING

1. *Annie over (start with ball on one side of the goal, toss to the other side, catch on the peak toss back (3x's) catch and finish (add shot fake)*
2. *Weak-side rebounding (2 players start strong side defending 2 players, ball is passed to weak side and shot. Players must touch the hand of the coach and return to box their players out)*
3. *Chicago (3 players in a line facing shooter below free throw line, ball is shot, players go after the rebound, who gets it finishes 1 vs2)*
4. *React to the flight (player starts off the court under the basket, ball is shot, player watches flight of the ball, pursues and finishes)*
5. *Battle rebounding (3 players start outside the 3pt area, they crash for the board, outlet ball, run to half court, return to free throw line, crash again(this time finish 1 vs 2, after the score, 3 vs 0 transition.*
6. *Weak side 1 on 1 (coach shoots the ball, player is in weak side "D" she must find player and box)*
7. *Rebound put backs*



SHOOTING SERIES

(timed :30 seconds / or go by made baskets) (add delete what you like! Be sharp with footwork and positioning on the court!)

- 1. Block to block (drop step)***
- 2. Turn and shoot***
- 3. Hook***
- 4. Up and under***
- 5. Power slide***
- 6. Mid post drop step***
- 7. Power lay-ups (no dribble/ one dribble)***
- 8. Turn shoot (reverse pivot option)***
- 9. Kiki***
- 10.High post drop on the catch***
- 11.Turn shoot (reverse pivot option)***
- 12. Rocker step***
- 13.Rip take finish opposite side***
- 14.Kiki***



In conclusion, we all know basketball is subjective. Many coaches have different ideas and ways of doing things. I have shared with you what I feel worked for me as a player, worked for friends, and worked for players I have coached. I was fortunate to be able to play many positions during my career. I learned that a lot of the same principles and moves can work for guard play as well as post play. In the post you just have a lot smaller area to perform. I am always open to learn more... If you feel I have left something out or just want to comment or critique what I have to say, please feel free to contact me:

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