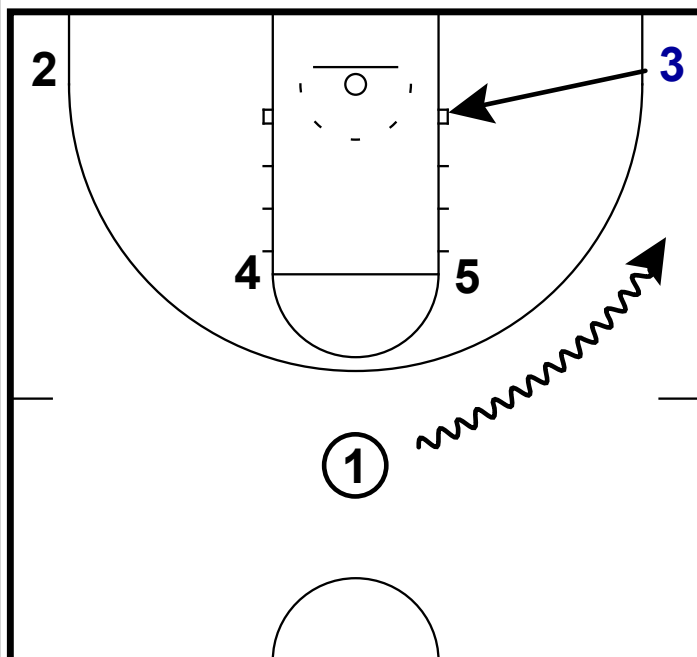
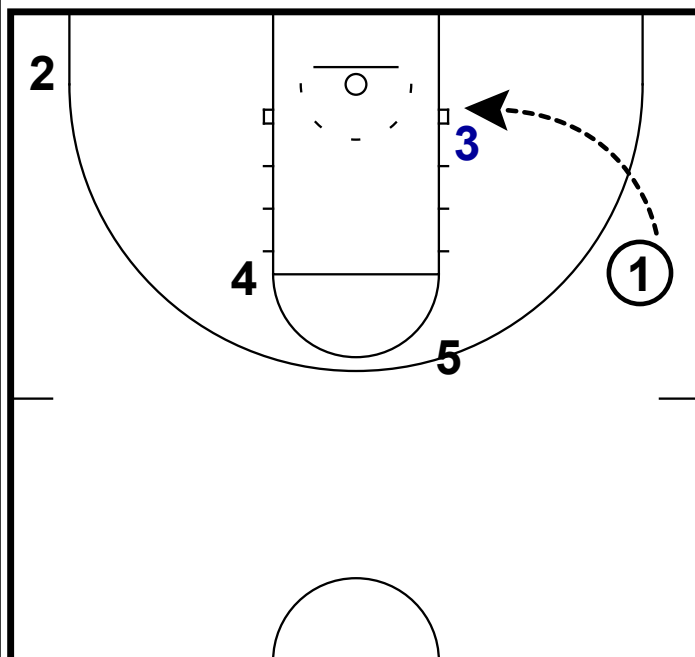


#07 SIERRA CALHOUN: POST UP ISO



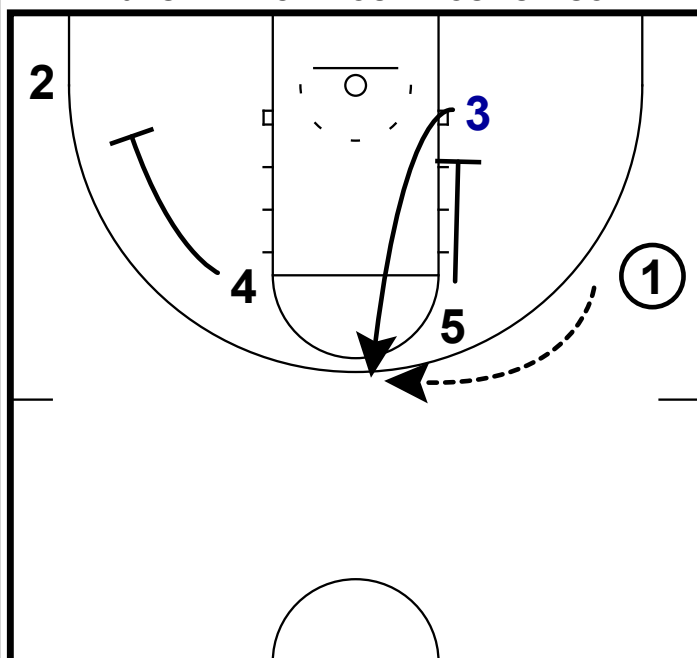
- 1) **Sierra Calhoun** is a big wing with a diverse skill set. She can handle the ball as a point, score the ball as a wing or score over smaller defenders as a post.
- 2) In this set, we start with her in the corner in a "Horns" set. The point guard will dribble the ball it to her side.
- 3) 3 (Calhoun) will dive to the block here.

#07 SIERRA CALHOUN: POST UP ISO



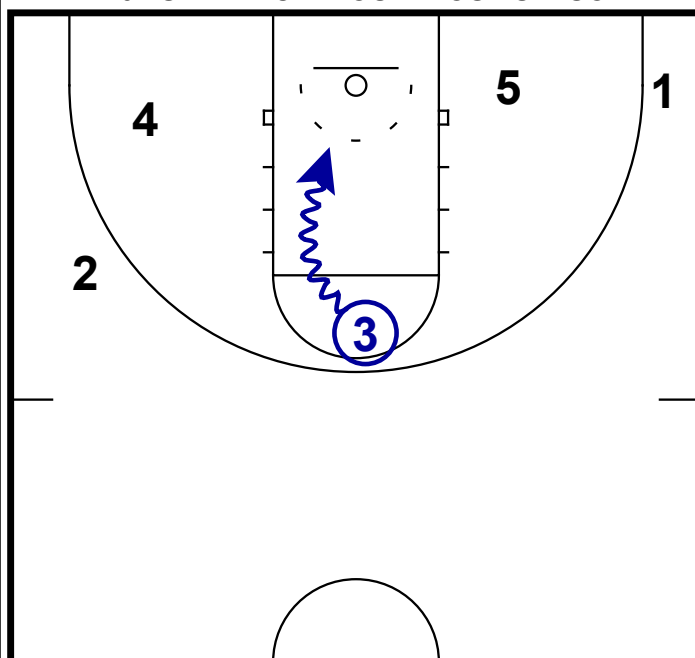
- 1) This is a good opportunity to take advantage of a mismatch situation. Or even to take a defender into the post who is foul trouble.
- 2) Notice that 5 will step out to create space. Also the other players will keep their spacing in case of a double team situation - in that situation **Calhoun** or the pg will find the open shooter spotting up.

#07 SIERRA CALHOUN: POST UP ISO



- 1) If the post up opportunity isn't there, the ballside post will set a pin down screen for **Calhoun**.
- 2) Notice on the other side that the post player goes and sets down screen for the wing. This should be timed up so that the screen does not occur until 3 catches the ball at the top.

#07 SIERRA CALHOUN: POST UP ISO



- 1) Now with **Calhoun** in the middle of the court she can really take advantage of the defense. She is good enough to knock down the midrange jumper.
- 2) Also, she is good enough hit a player open on an over-help situation.
- 3) As a coach, you want to put your best play-maker in this situation.