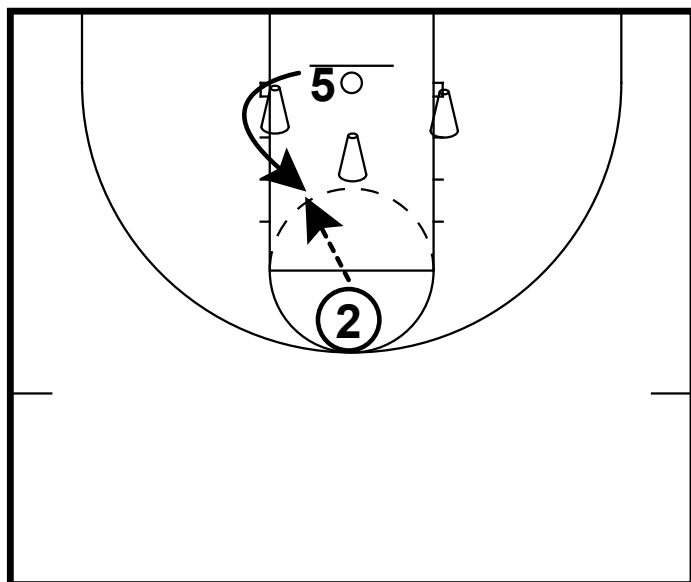
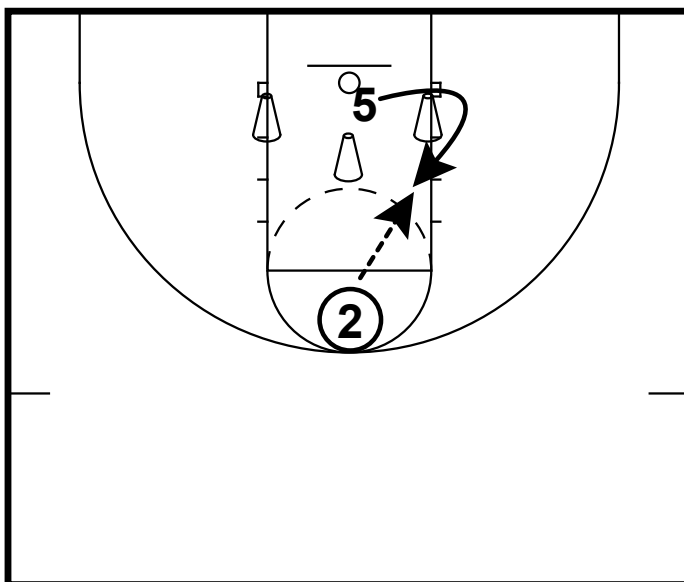


PRO POST DRILL



This "pro" post drill has become very popular for your more skilled players. You can work on every post move while using proper footwork. 5 starts under the goal and curls around the cone. The coach will pass 5 the ball. The has the freedom to do whatever move the coach wants him to do.

PRO POST DRILL



5 rebounds his own shot and passes back out to the coach. Now the 5 curls around the other cone and makes the same move from the right side.