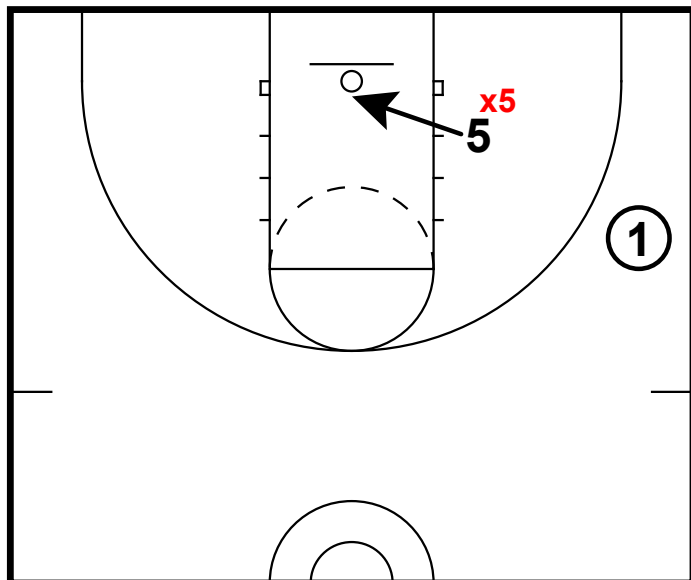


Coach Hemi

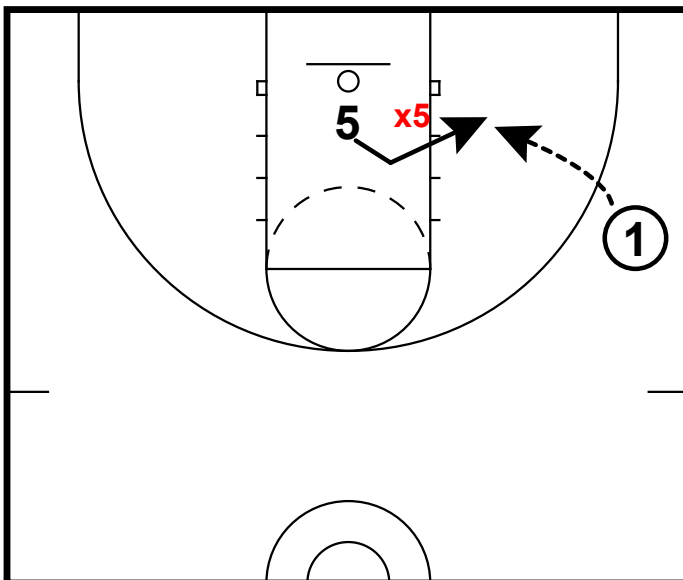
POST DRILLS CONT...



WALK AWAY & FLASH

At times the best thing to do when a post can not get a good angle to score is to break contact, walk away & then re-post.

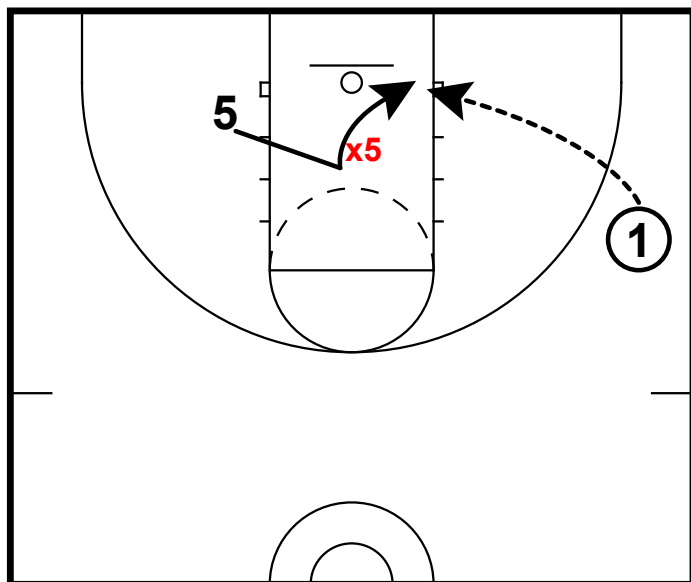
POST DRILLS CONT...



WALK AWAY & FLASH

Here you see the post putting his head under the rim and then flashing back to the block. The post player should read the defenses eyes and cut to the area where he is not looking.

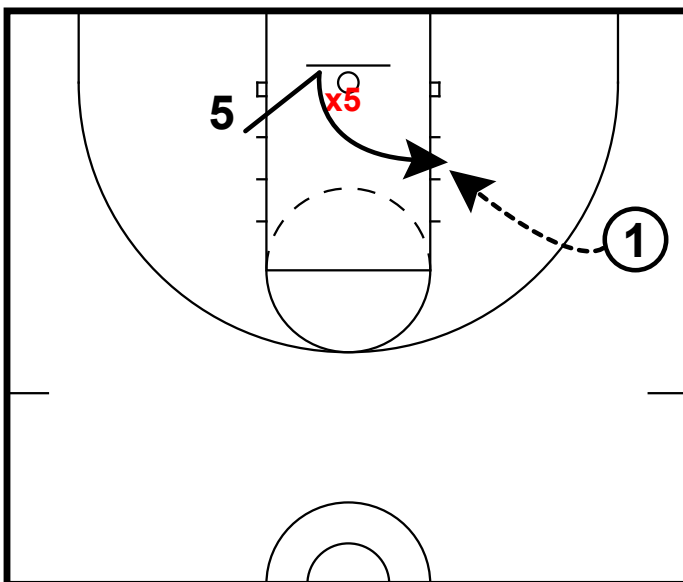
POST DRILLS CONT...



V-CUTTING

When the post player is away from the basketball, setting up a good v-cut is important. The rule is if the defender is 'high,' take him higher. Then cut quickly low.

POST DRILLS CONT...

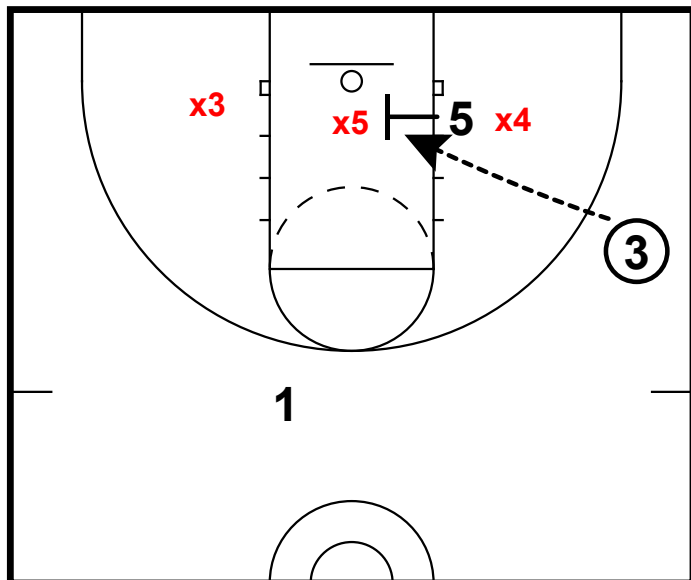


V-CUTTING

If the defender is lower than you, take the lower and then flash high.

Coach Hemi

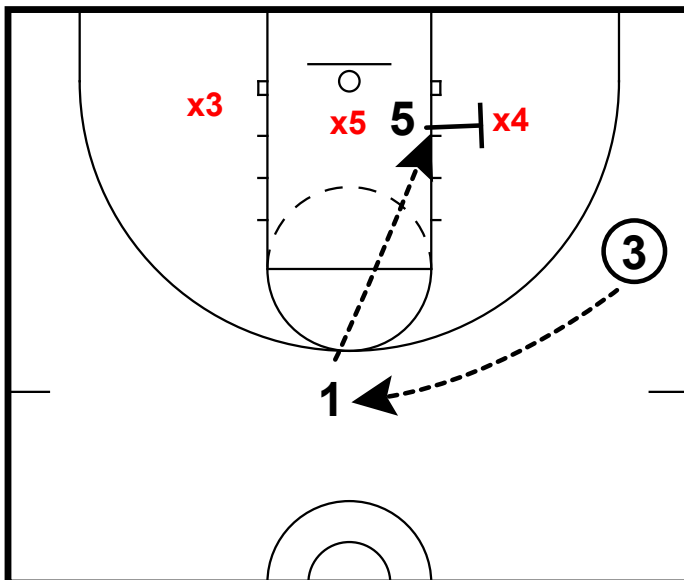
POST DRILLS CONT...



ZONE SEALING

When the ball is on the wing, the post player should look to "SEAL IN" the middle defender in a 2-3 zone. If the wing take the ball low enough, x4 should open up to allow a passing lane.

POST DRILLS CONT...



ZONE SEALING

When the ball goes to the top, the post player should look to "SEAL OUT." This creates an angle for a hi-lo pass.