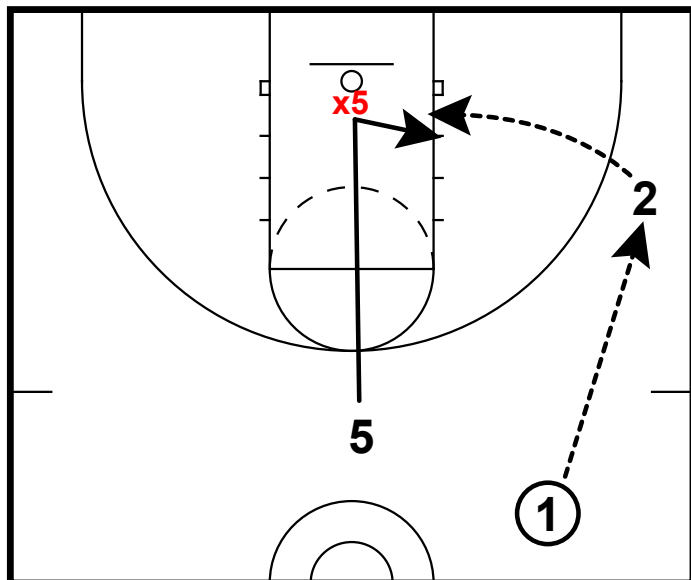


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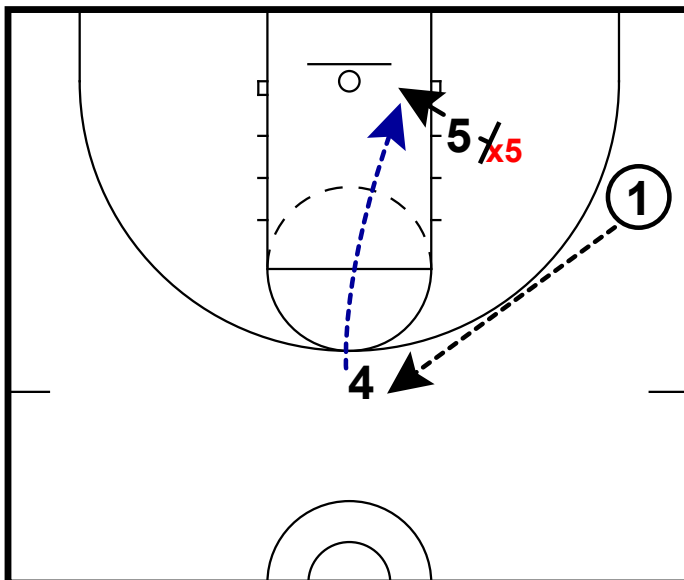
POST DRILLS



TRANSITION POSTING

Teach your post players to run "Rim to Rim." By running to the mouth of the basket it puts pressure on the defense to retreat a greater distance. Once the the post player has made contact with the defender, working back out to the ball side block allows the ball handler to find an angle to pass.

POST DRILLS

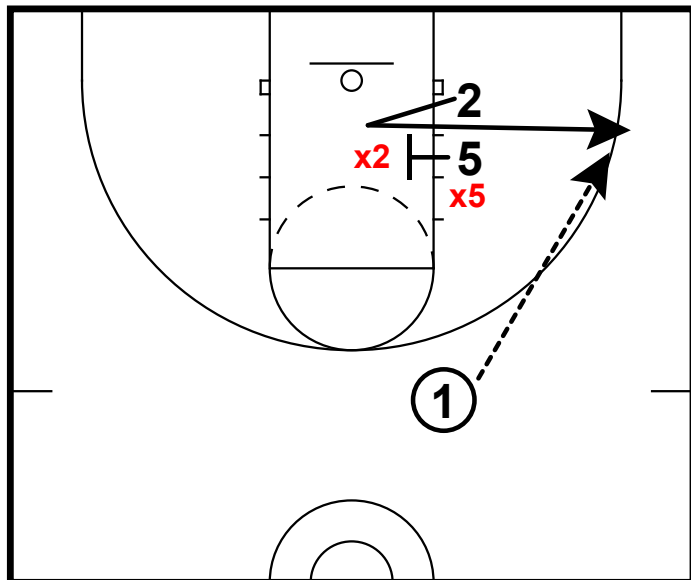


HI-LO FEED

When defenders try to play in front or on the side of your post player, it is important to teach your offensive player how to post up for the hi-lo feed.

The key teaching point should be to get your foot closest to the ball in front of the defender's foot. That can be done with a **step-across** or a **spin**.

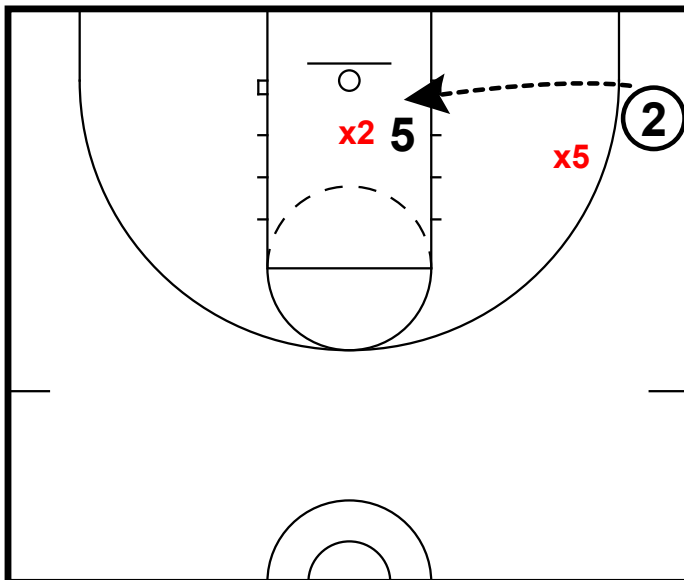
POST DRILLS



Screen and Seal

One of the easiest ways to get your post player a feed is by setting a screen. Sometimes the defense will switch the screen.

POST DRILLS

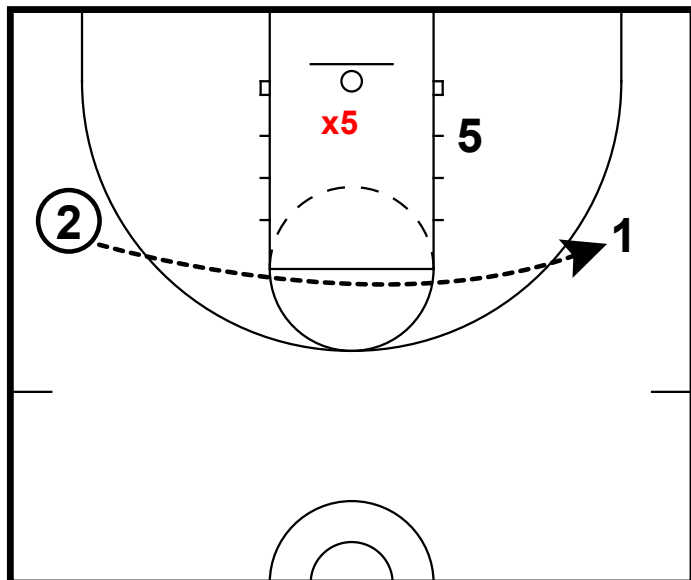


Screen and Seal

Pinning the defense in the middle of the lane and getting a good position is the key to taking advantage of the switch.

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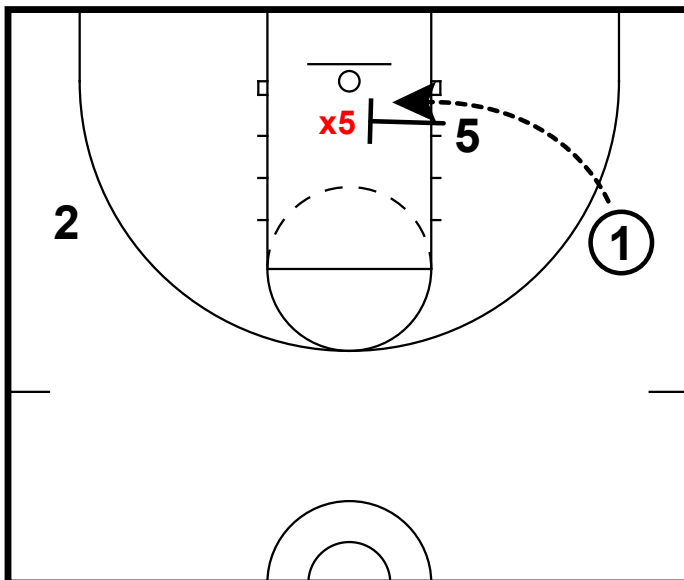
POST DRILLS



Seal on the Skip

Post players do not always have to chase the ball from side to side. In fact, staying away from the ball side can open up other opportunities.

POST DRILLS



Seal on the Skip

Here you see a skip pass. When the ball is in the air, the post player should step towards the defender and find the defense where he/she is at. **DO NOT ALLOW THE DEFENSE TO COME TO YOU.** By making contact first, you make the defense react and not let them shoot the passing lane. *(This is also a good drill to practice versus a zone defense - Seal the Middle Man.)*