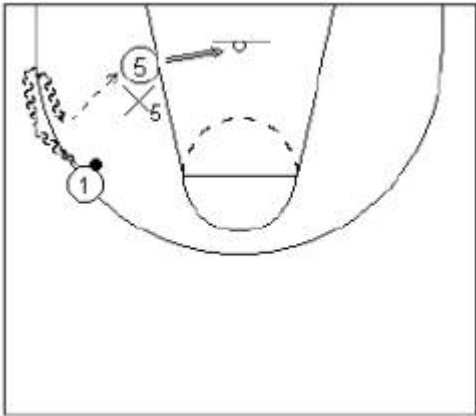


	Drill	Skill
	36 – Post moves	<ul style="list-style-type: none"> ● Individual offense ● Defense

Description	
<ul style="list-style-type: none"> ● Players are in groups of three. ● Player 1 is perimeter passer, player 5 is offensive post, X5 is defensive post. ● Player 5 posts up looking for pass from player 1. ● Player 1 can dribble from wing to corner and back along three point line. Post should attempt to post-up strong or seal defender if possible. ● Upon receiving pass, post reads defense and makes appropriate move. This should include... <ol style="list-style-type: none"> a) Drop-step baseline into power lay-up. b) Drop-step middle into baby hook. c) Turn and face, bank shot. d) Turn and face, drive middle. e) Turn and face, up and under (crossover into power lay-up). ● Post can pass back out if a good shot isn't available. ● Players rotate X5 becomes perimeter passer, post offense becomes post defense, perimeter passer becomes post offense. ● Use two groups at each basket. 	
Variations	
<ol style="list-style-type: none"> a) Token defense only for beginners (coach may instruct defender to overplay one side for offense to practice certain moves). 	
Points of emphasis	
<ol style="list-style-type: none"> 1 Jump stop when receive pass. 2 Chin ball, elbows out, low stance. 3 Read the defense - take what they give you. 4 Avoid rapid movement on offense, rather use your body and leverage to gain position. 5 Get body parallel to backboard for power-lay-up. 6 Go up strong, protect ball with inside arm / elbow. 7 Pump fake. 8 Slash arm, inside leg technique. 9 Defense half-front high or low depending upon position of ball. Correct footwork in front of offense post to change from one position to the other. 	