

# HOOPS 101 DRILLS FOR SKILLS

## POST FUNDAMENTALS

**P**ost play is physically demanding and requires great stamina and toughness. Post play is not just for big men. Guards that can score in the post are that much more difficult to contain. Get yourself in the paint, get ready for the banging and GET IT DONE!!

### COACHING POINTS

1. Set your man up and cut hard to the ball. Position self above the block and below the first marker. This allows an offensive move both middle and baseline.
2. Be a "wide body." Keep body down and rear on defenders thigh. Fend off defender with one forearm and present other hand as a target.
3. On the catch "chin the ball." Pull the ball to chest with elbows out.
4. Locate the defender. Read the defense and execute the proper move.

### LOW POST MOVES

#### DROP STEP BASELINE - POWER LAY-UP

1. The defender is playing you on the topside.
2. On the catch, step toward the basket with the baseline foot. (Point toe toward the basket) Keep the defender on your back.
3. On the step, take one power dribble and shoot the power lay-up.
4. If defense recovers, ball fake and look to complete the three point play.

#### DROP STEP MIDDLE - JUMP HOOK

1. The defender is playing on the bottom side.
2. On the catch, step into the lane with the top foot. (Foot parallel to the baseline) Keep the defender on your back.
3. Point the non-shooting shoulder at the rim and elevate off both feet and shoot the jump hook.
4. Turn and face the basket and follow your shot.

#### DROP STEP MIDDLE - UP AND UNDER

1. The defender is playing on the bottom side.
2. Step into the lane as above.
3. Fake the hook shot and step through with the ball side foot. Concentrate on keeping pivot foot planted to avoid traveling.
4. Finish with a strong power lay-up.

#### TURN AND FACE

1. If the defender is playing full behind, chin the ball, turn and face the basket. Keep knees bent and protect the ball.
2. If the defender has his hands down, shoot the ball.
3. If the defender has his hands up, shot fake and take the ball either baseline for the power lay-up or to the middle for the hook shot.