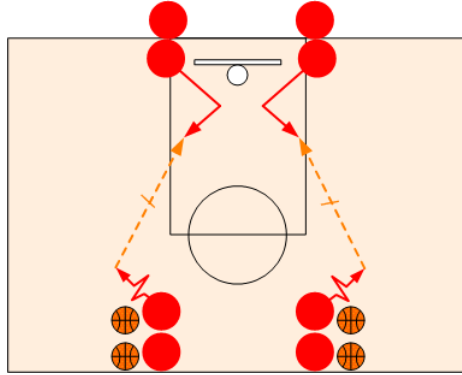


Posting Up One-on-One: "Basic Post Moves" Drill

Drill Objectives:

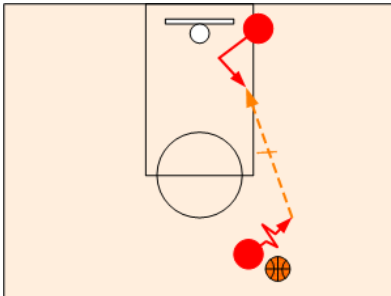
- To teach & refine basic low post moves.
- To learn the importance of reading and attacking post defenders.
- To develop an attitude, as well as a aptitude, for a strong inside game.



This simple two line drill is excellent for teaching and reviewing basic post moves. Because of its simplicity, it allows players to really concentrate on proper execution. It is also a great drill to use as a pre-game or practice warm drill. Every player regardless of size or position must be very proficient with the following four basic inside moves:

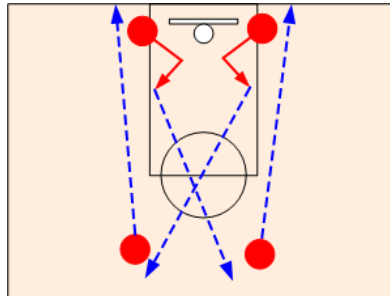
1. Power Lay-Up – Defense plays on the HIGH side of the post.
2. Baby Hook – Defense plays on the BASELINE side of the post.
3. Turn & Face-Up – Defense plays BEHIND the post.
4. Lob – Defense FRONTS the post.

Level I. Introducing or Reviewing Basic Post Moves



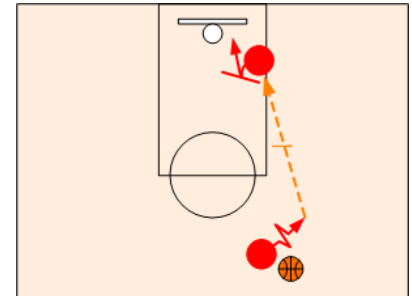
No Defense

Work on precise footwork and execution of each basic read and counter option. Players, posting up strong, execute each basic post read and counter.



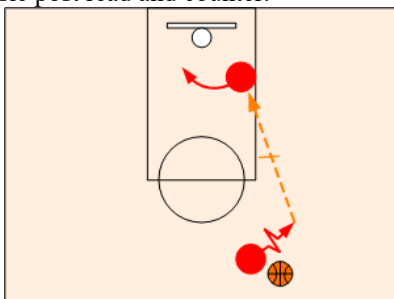
Drill Rotation

Passing line to shooting line. Players cross over going from shooting line to passing lines.



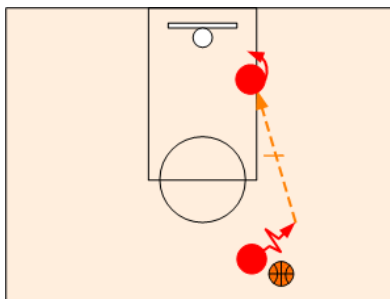
1. Power Lay-up

Read: Defender playing 3/4 denial on high side.
Counter: Seal off defender and execute a power layup jumping off both feet.



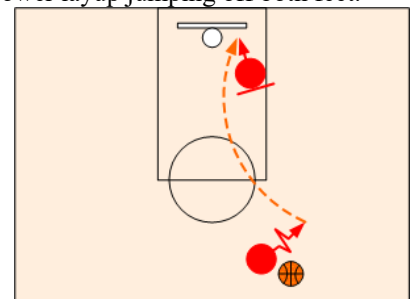
2. Middle

Read: Defender playing on baseline side.
Counter: Dunk, Lay-up or hook options using long first stride.



3. Turn & Face Up

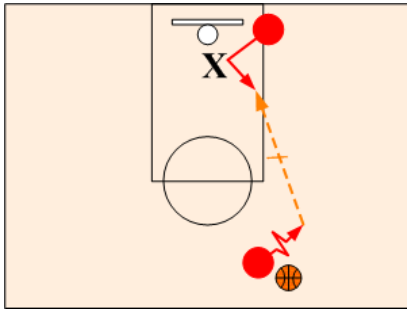
Read: Defender playing behind.
Counters: a) Turn and shoot off back board whenever possible. B) Fake shot and drive.



3. Lob Pass

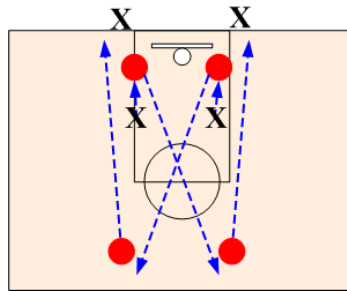
Read: Defender fronts.
Counter: Seal off defender, holding both hands high. Do NOT release for pass until ball is overhead.

Level II. Add a Defender



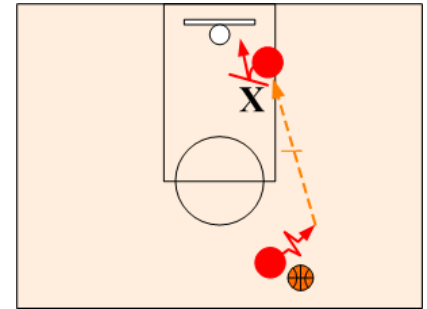
Add Defender

Defender plays passively at first and increases intensity as drill is refined.



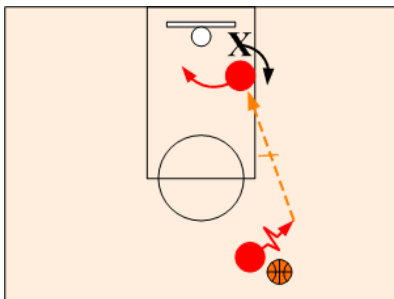
Rotation

Defense to offense to opposite side passing line. Passing line to defensive line on baseline.



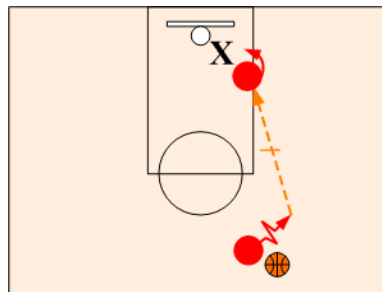
1. Power Lay-up

Read: Defender playing 3/4 denial on high side.
Counter: Seal off defender and execute a power layup jumping off both feet.



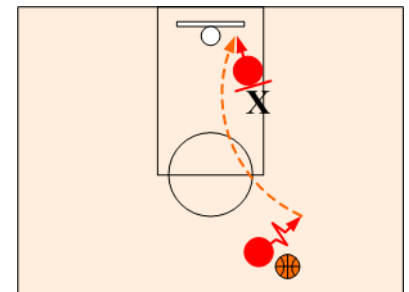
2. Middle

Read: Defender playing on baseline side.
Counter: Dunk, Lay-up or hook options using long first stride.



3. Turn & Face Up

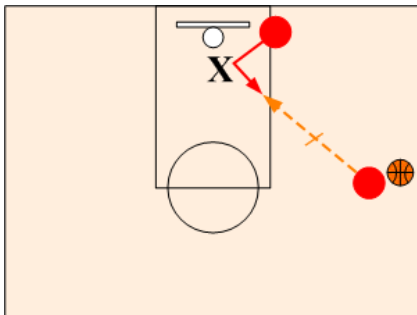
Read: Defender playing behind.
Counters: a) Turn and shoot off back board whenever possible. B) Fake shot and drive.



4. Lob Pass

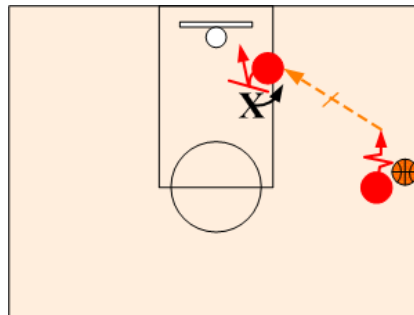
Read: Defender fronts.
Counter: Seal off defender, holding both hands high. Do NOT release for pass until ball is overhead.

Level II. Feed from Wings



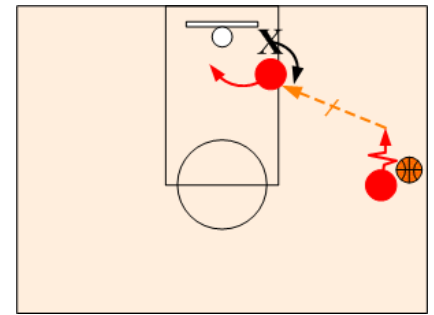
Add Defender

Defender plays passively at first and increases intensity as drill is refined.



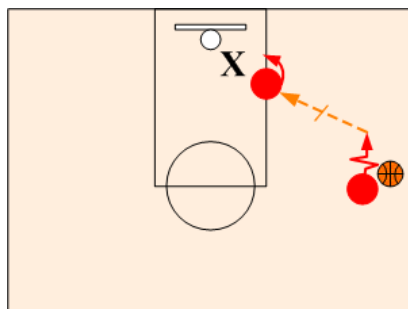
1. Power Lay-up

Read: Defender playing 3/4 denial on high side.
Counter: Seal off defender and execute a power layup jumping off both feet.



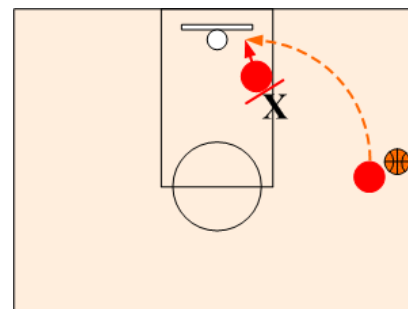
2. Middle

Read: Defender playing on baseline side.
Counter: Dunk, Lay-up or hook options using long first stride.



3. Turn & Face Up

Read: Defender playing behind.
Counters: a) Turn and shoot off back board whenever possible. B) Fake shot and drive.



4. Lob Pass

Read: Defender fronts.
Counter: Seal off defender, holding both hands high. Do NOT release for pass until ball is overhead.

Points of Emphasis

Posting up is a big part of the game of basketball. It is truly an advantage to have a dominant force inside.

However, post ups are not limited to just big men, look for all teams to exploit size mismatches at any position (Note: On mismatches is much better to take your defender inside than to go one on one outside).

All players, regardless of size, should be proficient in posting up strong and executing basic post moves.

Passing: Post feeds are just as important as the post movers. "A good shot starts with a good pass."

Players should work just as hard on mastering the basic post moves as they do on their outside moves.

Power Layup: When the defender assumes a 3/4 pass denial position on the top side (above the line of deployment) of the post, the post should cheat up the lane, seal off the defender, and give the passer a target with the baseline hand. Passer should lead the post to the basket for power layup. When the defense assumes a 3/4 pass denial position on the top side of the post, the wing O3 has option of passing the ball to the corner for a better passing angle into the post.

Baby Hook: When the defender assumes a 3/4 pass denial position on the baseline side (below the line of deployment) of the post, the post should cheat down the lane, seal off the defender, and present the passer a target with the top hand. Passer should lead the post to the middle for baby hook, layup or dunk. The baby hook should be executed with a quick, long, lead step into the middle with the foot pointing toward sideline or corner. Shooting arm should be kept straight using a flipping wrist motion. Shooter should be end up facing the basket on follow through. Note: the wing also has option of reversing the ball to the top of the circle for a better passing angle into the post.

Turn & Face: When the defender plays behind the post, the post should seal off the defender with a strong low, knees flexed stance, and give the passer a target with both hands. Upon receiving the pass, the post should make a strong pivot and face the basket assuming a triple threat position (drive, shoot or pass). Unless the defensive post is an extremely good shot blocker, the defensive player is at a big disadvantage. Triple Threat Shot Options

1. **Bank Shot.** Defender has hands down.
2. **Pump Fake and Drive.** Defender anticipates and challenges shot.
3. **Step Back.** One dribble drive step toward basket then a quick step back to create separation from the defense.

Note: All three Triple Threat shot options are sequential read and attack moves.

Post Lob: When the defender assumes a full front denial position on the post, the post should force the defense out away from the basket, seal off the defender, and give the passer a target with the baseline hand. Passer should make a pass just over the top of the fronting defensive player. Note: It is important for the post to wait and not release the defensive seal until the ball is overhead.

Once the four basic post moves are mastered, players can start adding advance moves such as Jump Hooks, Up & Under, etc.