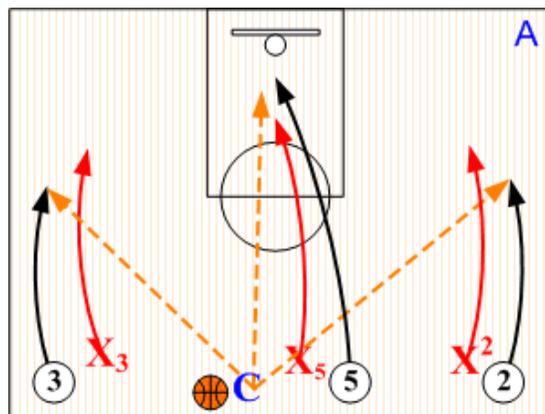


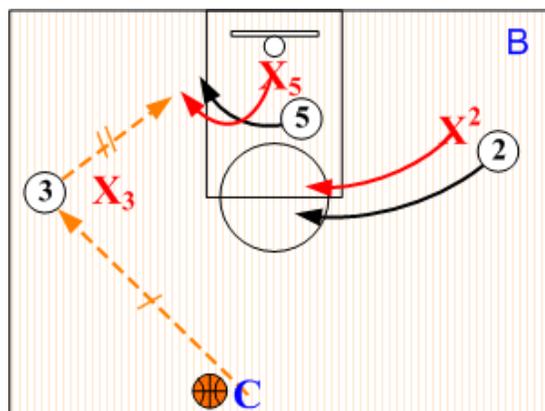
“High/Low Post Disruption” – 3-on-3 Drill

When the opponent has two offensive posts, they will invariably try to employ a high/low attack in an effort to get the ball inside to an active low post player. Since the high post feed comes from the middle of the court (Red Zone), it eliminates all defensive help isolating the low post one on one. If the high post can shoot from the outside it adds to the High/Low’s effectiveness. Therefore, this high/low alignment can cause severe problems if players are not prepared properly to defend it. This 3-on-3 drill is very helpful in preparing players to successfully defend High/Low Post situations.



Phase 1. Defensive Transition

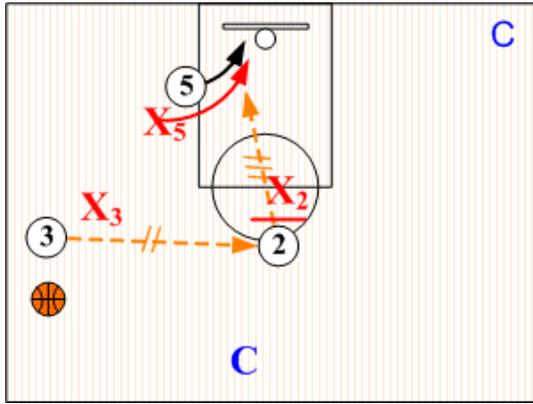
Players align 3-on-3 at half court with the coach having the ball. On the coach’s signal offensive players break to the basket. Defenders X2, X3 and X5 deny passing lanes. Coach will pass the ball to any player open on the basket cut.



Phase 2. Post Up

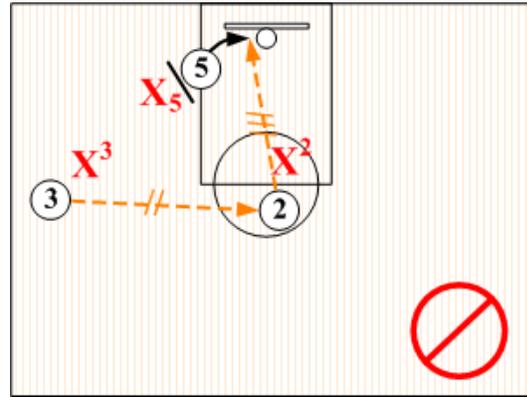
When a wing pass is made, post O5 posts up on that side. Defender X5 must deny the post pass while X3 exerts maximum pressure on the passer. Opposite wing O2 breaks to the free throw line. X2 sags off into a Helpside I position and disrupts O2’s flash cut to the ball.

Note: Ball can be entered to either wing.

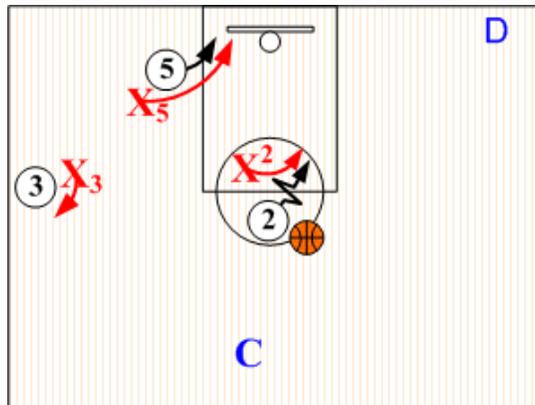


Phase 3. High/Low Feed

If wing O3 cannot feed low post O5, O1 then passes to O2 for a high/low feed.



Defender X5 must deny any pass from O2. X2 must pressure the passer while X3 assumes a strong pass denial position on O3.



Phase 4. High Post Drive

If O2 cannot feed O5 in low post, O2 goes one-on-one against X2. X2 pushes O2 to corner pushpoint. Then go live 3-on-3.