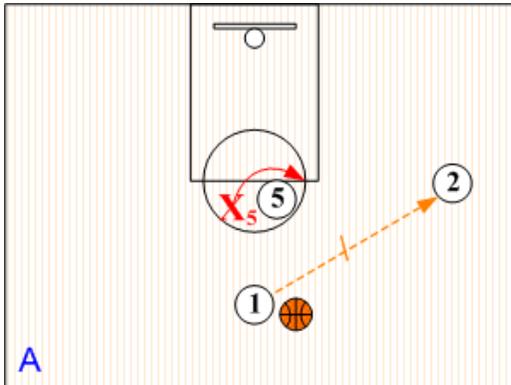


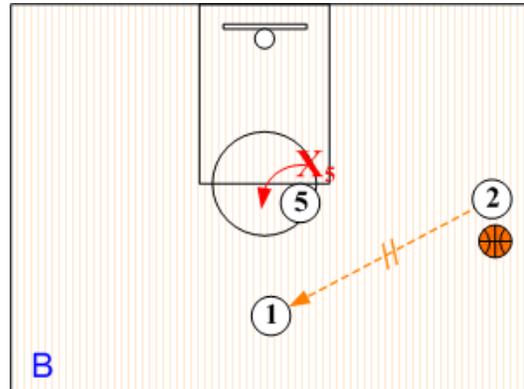
## “Defending the High Post” – Post Denial Drill

Being able to defend the post area is crucial in basketball. Post defense is not just limited to the tallest players on a team; on the contrary, with today’s interchangeable offenses smaller players can expect to be posted up. Post defense is played before the post receives the ball, not after. All attempts should be made to prevent the offensive post from receiving the ball.

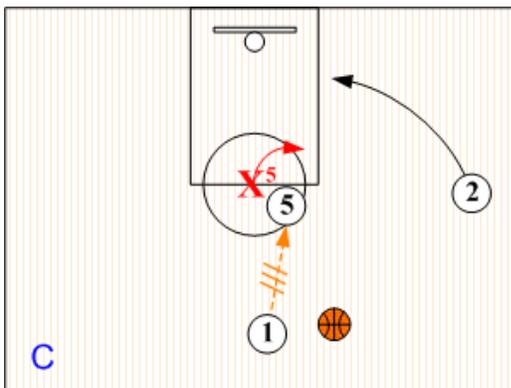
### High Post Shifting



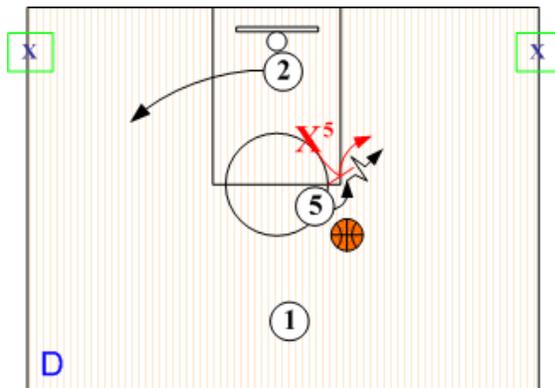
**Phase 1.** Defender X5 assumes a top pass denial position against O5. X5 must be alert to the over the top lob pass to O5. When O1 passes to O2, X5 moves behind to a pass denial position on the opposite side preventing any roll to basket



**Phase 2.** When O2 makes a return pass out to O1, X5 changes sides on O5 maintaining an pass denial position. X5 must move while the ball is in the air.

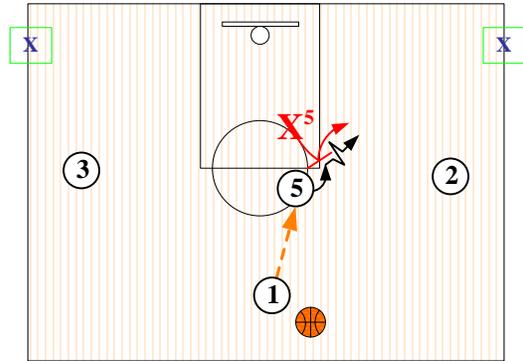
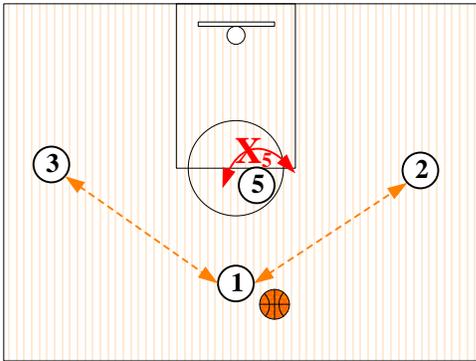


**Phase 3.** Anytime O1 passes to post O5, wing O2 back cuts to the basket. When post O5 receives the ball with back to basket, X5 plays off (arms length) and defends the passing lane to O2 on back door cut.



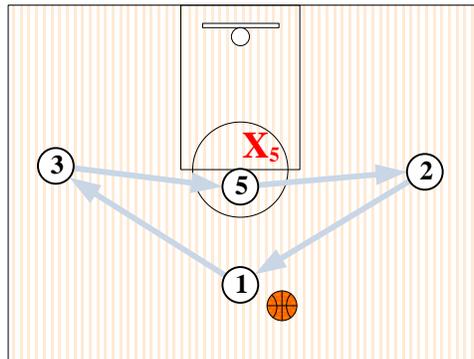
**Phase 4.** When high post O5 receives the ball and faces up to the basket, defender X5 steps up and "JAMS." Defender X5 then pushes O5 to the corner checkpoint.

## Live One-on-One



Once basic high post shifting and footwork has been taught and learned, go live one-on-one with the defender working hard to deny the post the ball. O1, O2 and O3 are feeders passing the ball around looking to feed O5. Defender X5 works hard to deny O5 the ball. Upon receiving the ball post O5 looks to score. If the high post scores or when the defender gets the ball, the drill resets.

## Rotation



Once the defender obtains ball possession or the offensive post scores, the outside players rotate positions clockwise. O1 moves to O3, O3 becomes offensive post, O5 steps out to O2, and O2 moves to O1 position. The high post defender X5 goes against all four outside feeders before going to offense. This will create mismatches and provide a variety of post up situations for each player to defend. Once the high post defender has defended all four outside players they move to offense and a new defender steps in.