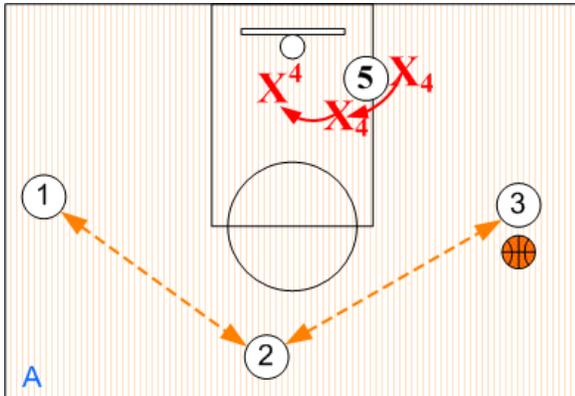


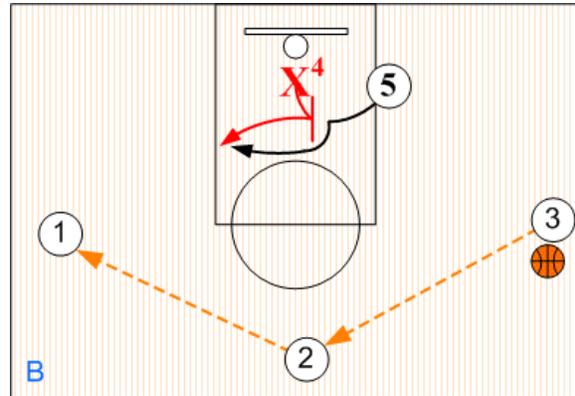
“Defending the Low Post” – Post Denial Drill

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.

Post Shifting

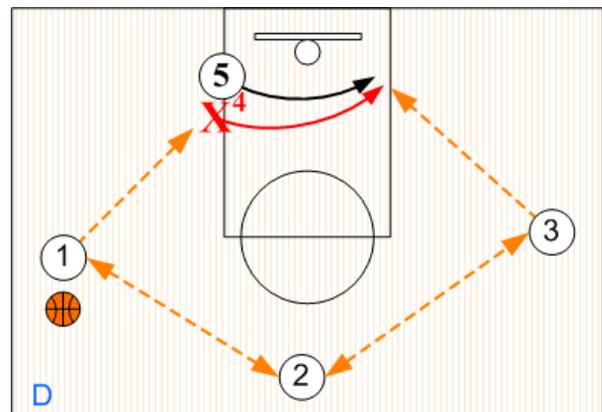
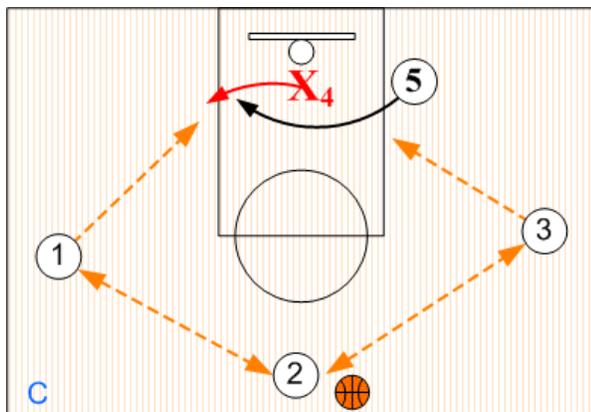


O1, O2 and O3 pass the ball around. Post defender X4 adjusts defensive position according to location of the ball. X4 must move while ball is in the air.

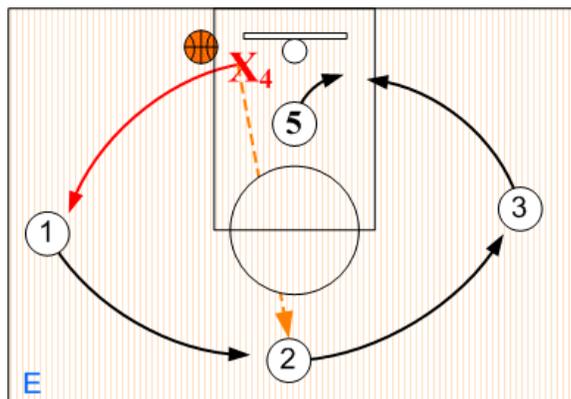


Flash Denial. When O1 has the ball, O5 makes a flash cut to opposite post. X4 physical blocks the flash cut. Once O5 post ups on ball side, O1, O2 and O3 pass the ball around with X4 adjusting defensive position on each pass.

Live one-on-one



Once basic 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. If the post scores or when the defender gets the ball, the drill resets. O1, O2 and O3 are feeders. The ball starts out on opposite wing. Post O5 flashes across the lane and goes live one on one against X4. Defender X4 tries to deny O5 the ball. O1, O2, and O3 pass the ball around looking to feed O5.



Rotation. Once the defender obtains ball possession or the offensive post scores, players rotate positions. O1 moves to O2, O2 moves to O3, O3 becomes offensive post, O5 becomes post defender, and X4 rotates out to the O1 position. The post defender 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.