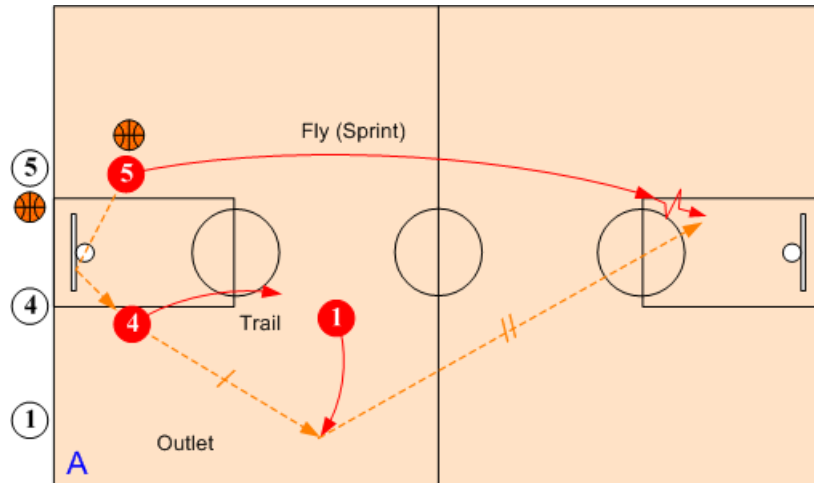


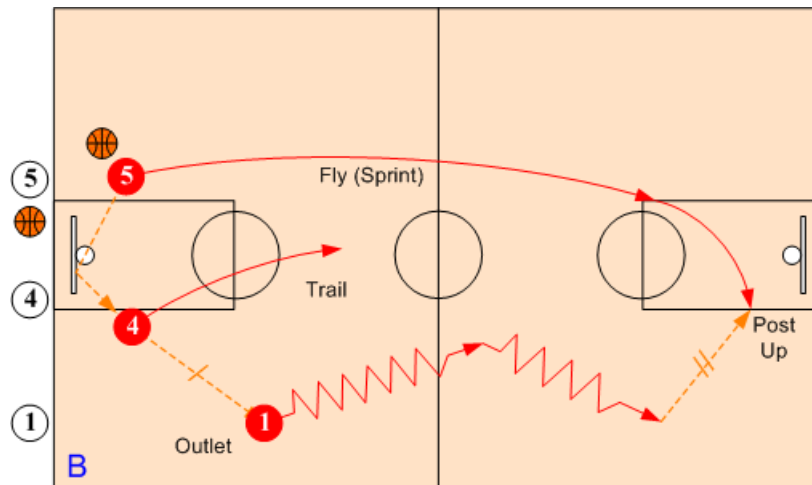
“Post Fly”

Post Fly is a three player full court break drill that incorporates post and trailer action. Often time neglected or overlook, the post and trailer are very important components to a successful break. Coaches spend considerable amount of time working with posts on individual moves, but little or no time working with them on transition into the post. The Post Fly drill is an excellent drill for practicing both transition and posting up.



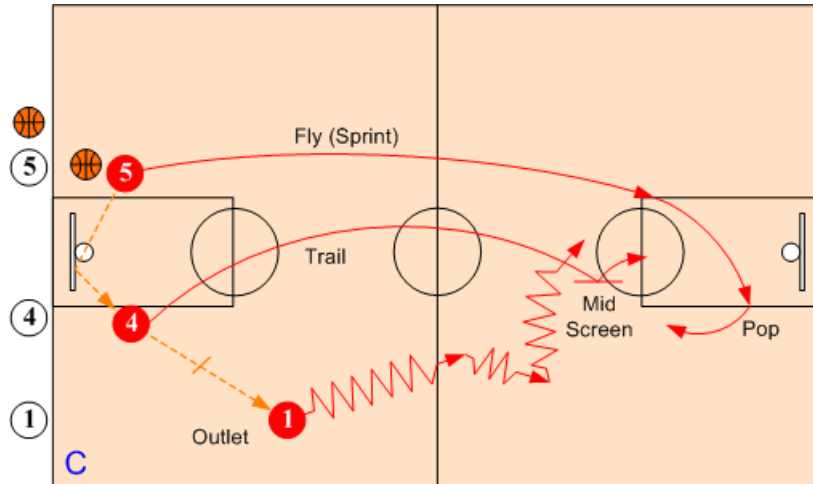
Option 1: Post Fly

Post O5 throws the ball high off backboard to O4 and sprints ("Fly's") to opposite end of court looking for a quick release pass from O1. O4 rebounds the ball and makes an outlet pass to O1. O1 then leads O5 with a quick release baseball or chest pass to the opposite free throw circle. O4 trails play. Optional: O4 can also throw the baseball pass on this drill.



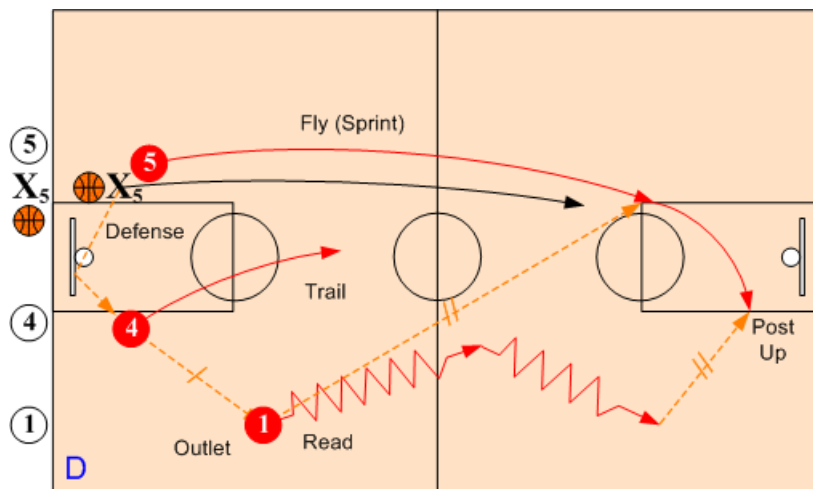
Option 2: Post Up

If O1 does not throw the baseball pass, O5 posts up ball side. O1 dribble penetrates to the wing and feeds O5 posting up. O1 also has the option to pass to trailer O4 for shot or post feed.



Option Three: Trailer

If O1 does not throw the baseball pass and does not feed O5 posting up, trailer O4 sets an on ball mid screen for O1. All on ball screen options are in effect.



Option Four(Optional): Post Reads

If desired, a post defender X5 can be added to the drill (a defender X1 can also be added on O1). Defender X5 throws the ball high off backboard to O4 and then defends O5. Post O5 sprints ("Fly's") out to opposite end of court looking for a quick release baseball pass from O1. O4 rebounds the ball and makes an outlet pass to O1. O1 then reads the defense. If O5 is open on fly, O1 throws a quick release baseball pass leading O5 to the opposite free throw circle. If the baseball pass is not available, O1 penetrates on the dribble to wing and feeds O5 posting up against X5.

NOTE: Feeding the post is one of the most neglected fundamentals of the game.