

BOILERMAKER POST PLAY DRILLS AND SKILLS



**THE “KEYS” TO GOOD
POST PLAY**



KEY # 1 - KNOWLEDGE

- **UNDERSTAND PROPER POSITION**
- **GET OPEN WHERE YOU CAN SCORE**
- **UNDERSTAND AND APPLY BALANCE**
- **THE CLOSER TO THE BASKET, THE **SLOWER** YOU PLAY**

KEY # 2 - FUNDAMENTALS

- **BE IN “TRIPLE THREAT” FOR BACK-TO-THE-BASKET PLAY**
- **BE A “SPACE EATER”**
- **“HOP-CATCH-CHIN”**
- **ARM BARS**
- **SIT ON THE THIGHS OF THE OPPONENT**
- **“LOW TO LOWER”**

FOUNDATION FOR ANY IMPROVEMENT:

BLAME NO ONE.

EXPECT NOTHING.

DO SOMETHING.

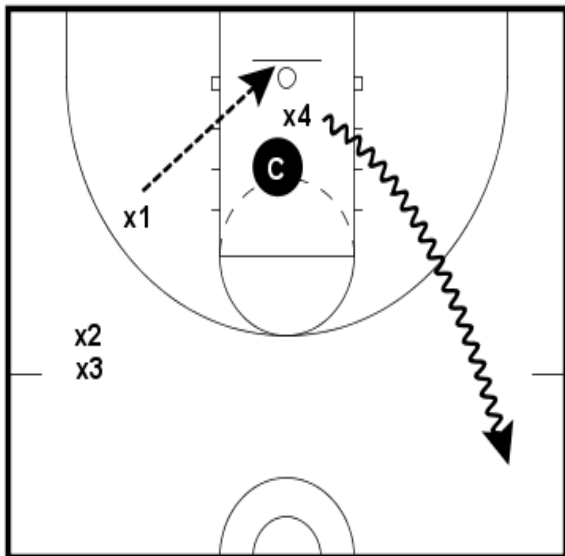
COACHING POST PLAYERS

1. Coaches need plenty of patience when developing post players. Taller players are slower to establish themselves and play with confidence necessary to be effective from game to game.
2. Some practice time must be used daily for post practice.
3. Good post players should be very coachable, pay attention to detail, and play with intelligence.
4. If post players cannot catch the ball, see if they can do stats instead. Catching the ball is a **MUST!!!!!!!!!!**
5. They should love the weight room.
6. Dunking is genetics! Be Boring ...and effective. All you do is win.
7. A power move is all ten toes facing the baseline, shoulders squared to the baseline. If the defense wants the ball, they must go through the post player.
8. The post's "TRIPLE THREAT":
 - a. Hop & Stop – must be done *heel to toe* for better balance
 - b. Always *half-step* to pass
 - c. Chin ball upon catch – and keep it there.
 - d. Arms are at right angles to head: use them for position, strength, dominators, and balance.
 - e. Search for the defense, maintain contact, reseal on pass out and get BETTER position!
9. Screening: teach post players to screen a lot. This helps them get open easier, frees them to offensive rebound more effectively, helps them to learn to flash to the ball and be more alert after a screen, and can open you scorers by bigger bodies screening.
10. Communicate with them every day. Chart their rebounding at practice. Get them used to being in double figures. No two post players are the same; each possesses different talents and skills. Don't try to make them the same.
11. BIG POINT: have post people touch the ball a minimum of one out of every three times down the floor (especially if the post player is a good one!!) A touch does not necessarily mean a shot, but it keeps the post players "in" the game mentally. They should know the habits of the point guard; these positions should "read" each other well. If post players do not touch the ball fairly often, then a tendency to let down, stop rebounding, or running the floor, lose interest, etc.
12. Don't always expect an "A." Always expect an "A Effort."

Various Drills and Skill Work

Post Putback

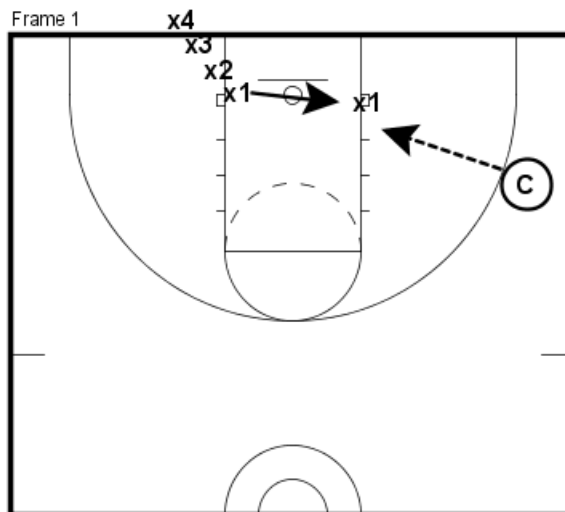
Frame 1



X1 shots to miss. X4 tracks the rebound while the uses a pad to make contact with post player. Once X4 gets the rebound, puts it back in the basket. After the made basket, grabs rebound and power dribbles to half court. Shooter rotates to rebounder, and the drill continues.

Triple Threat Stance

Frame 1

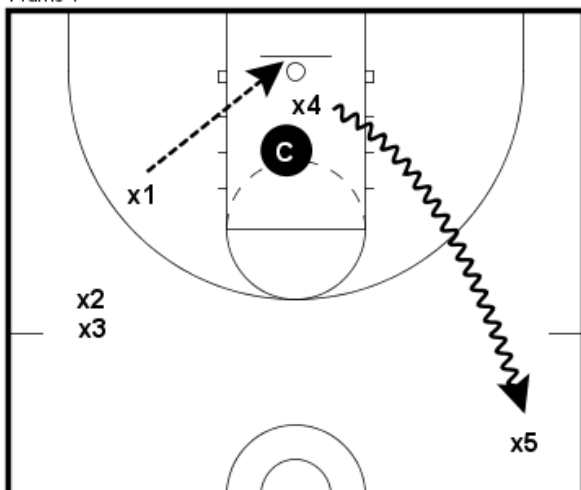


X1 cuts from line Block position. Positions him/her self upon receiving a pass from the coach. After establishing position can do the following drills:

1. Hop & Catch - pivot to basket
2. Hop & Catch - Drop Step to basket
3. Hop & Catch - Various counter(s)
4. Hop & Catch - Pass out and reseal - can add a defender

Post Putback

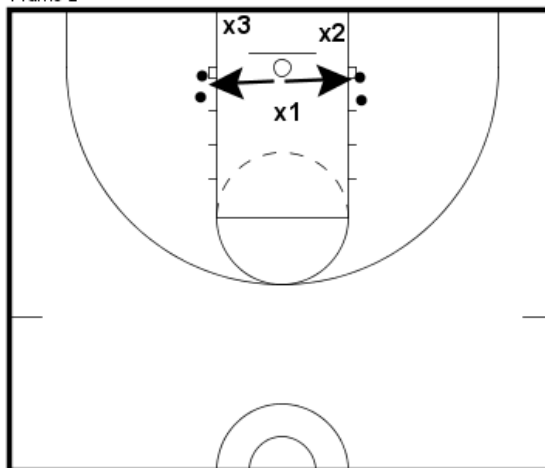
Frame 1



X1 shoots to miss. X4 tracks the rebound while the coach uses a pad to make contact with post player. Once X4 gets the rebound, puts it back in the basket. After the made basket, grabs rebound and power dribbles to half court. Shooter rotates to rebounder, and the drill continues.

Block to Block

Frame 2



X1 goes block to block. "SIT" before picking the ball up off the ground. Keep the back straight. Scoop the ball to the chin. Drop Step.

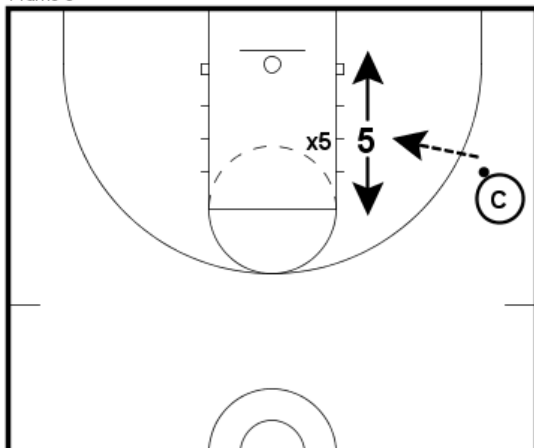
Ball NEVER goes below the chin - unless one dribble

HEEL - to TOE Stops !!!!!!!!

X 2 and X3 are rebounders - ball is put back on the block to await the shot.

Block to Elbow

Frame 3



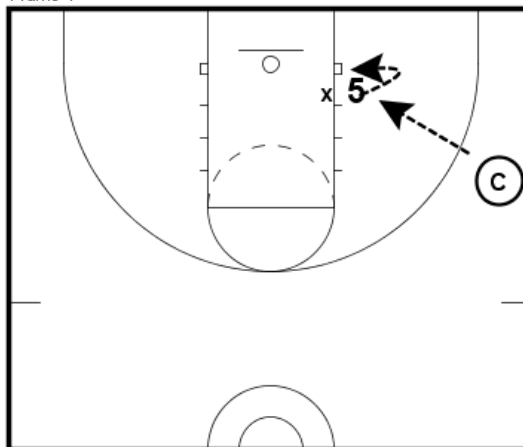
5 and X5 play one on one in the post. The main focus is offensive positioning.

1. Sit on the thighs of the defender
2. Offense must keep Defense away from the ball
3. Offense moves up and down the lane for 5 to 8 seconds.

Defense - work on fronting, top side, 3/4 front, and baseline side positioning

Outside the Paint

Frame 4

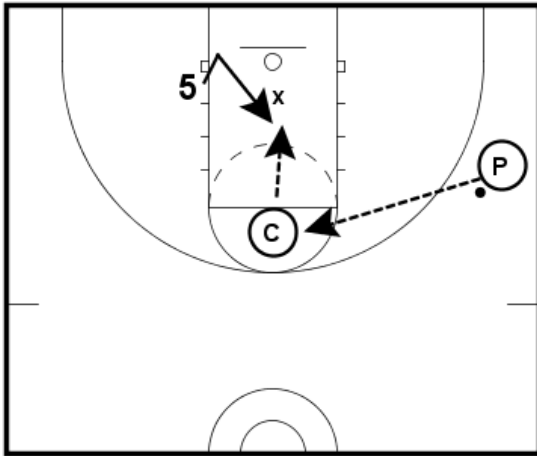


OUTSIDE PAINT

5 posts outside the lane for a pass from coach. 5 can do baseline turnaround jump shots 25 for each side of the lane. 5 at a time each side. Focus on straight up not fading.

Duck - In

Frame 5

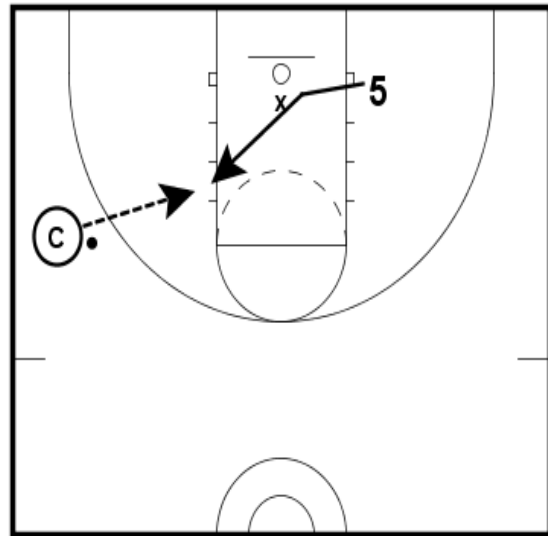


DUCK - IN

Ball starts with "P" pass goes to the "C" as the pass comes to the "C", 5 v-cuts baseline and cuts in front of the defense and seals looking for a pass from "C"
This is a quick post play position when defense is sagging and post player sees an open spot.

Flash to the Ball

Frame 6



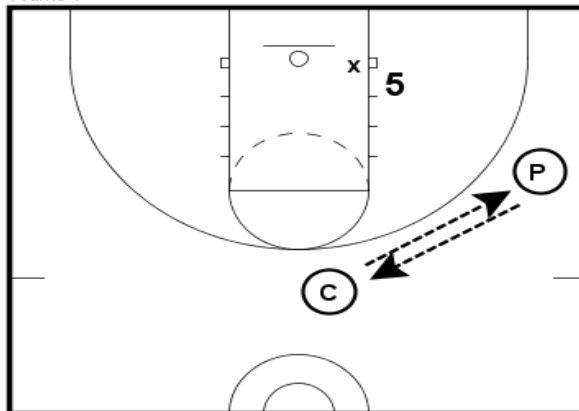
Flash to the ball

Coach has ball. 5 cuts at the defense and quickly flashes to the mid to high post for pass from coach.

NOTE: Before any type of 1 on 1 games are done, ample time should be spent teaching and practicing individual moves and any counters that go along with each move.

Seal Backs

Frame 1

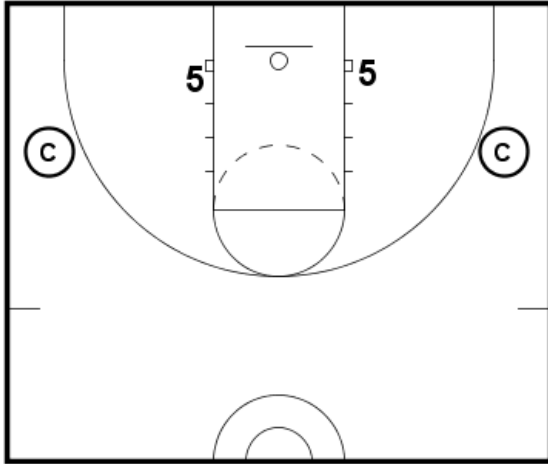


5 works on posting and sealing post to allow for pass from either "P" (teammate) or from the "C" (coach).
If the defense fronts the post, hold and maintain the seal to allow for a pass from either P or C.

POST SHOOTING SPOTS

Low Post

Frame 1

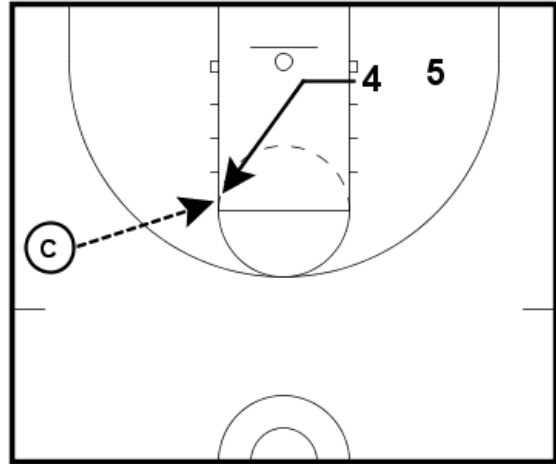


For these drills all post players should shoot 50 shots from each side of the lane. Do each drill 10 times each side.

- #1 Drop step baseline
- #2 Turn and pivot middle for Jump shot
- #3 Drop step to middle for hook shot
- #4 Turn and pivot baseline - focus on a bank shot
- #5 Up and Unders

Hi Post Flash

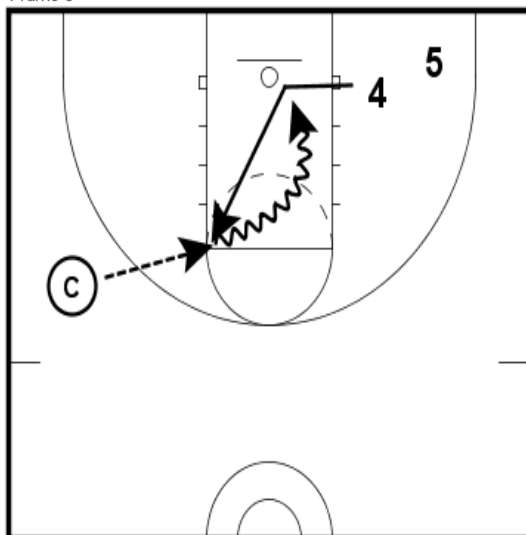
Frame 2



All 4 and 5 post players line up under basket on the opposite block from the coach. Player cuts to middle lane and then flashes high post. Coach passes as player reaches elbow. Player pivots middle or outside for a 12' to 15' jumpshot. Have each player to 10 each direction. After shot, get their own rebound, put back all misses and outlet back to coach.

Hi Post Sweep and Drive

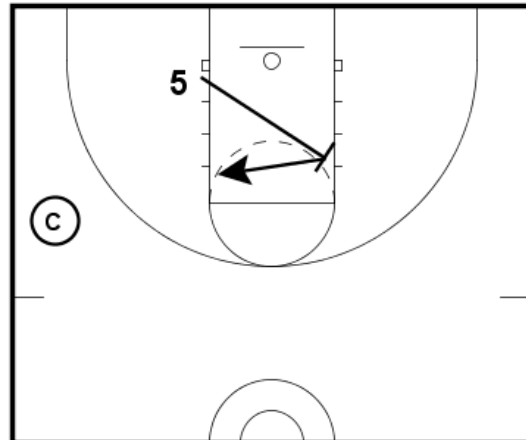
Frame 3



All 4's and 5's line up on opposite block from the coach. They will cut middle lane then flash to high post/elbow. Here they will receive a pass from the coach, pivot middle and sweep the ball and drive to the basket.

Screen and Flash

Frame 4

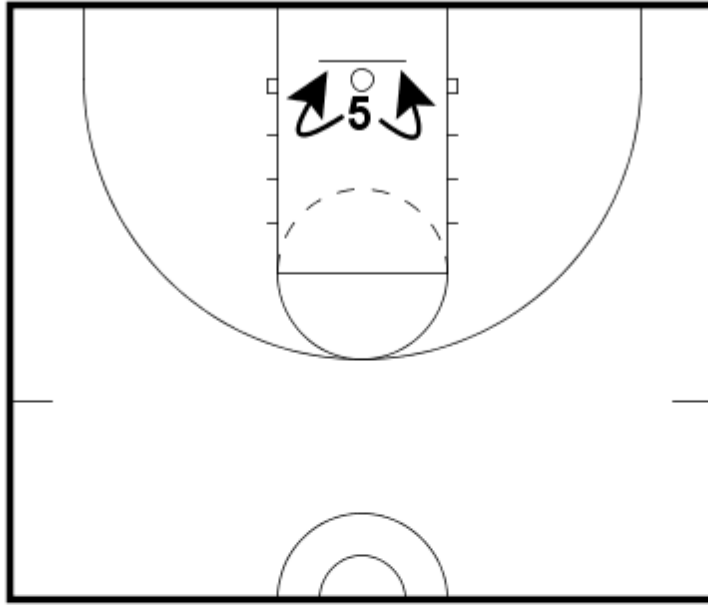


Post players line up same side as the coach on the block. Post up for 2 second count, then will go and screen away to opposite high post. You can place a defender here to simulate defense. After the screen is set, post player releases and flashes back to coach. Player is looking for a pass from the coach.

You can change and make variations to this based on personnel or offensive sets.

Miken and Reverse Miken

Frame 5



The Miken Drill is done in a quick but deliberate pattern. Do not let the ball hit the ground. Keep it chin high. Use layup form to go back and forth using the backboard. begin with 45 second intervals, increasing to one minute, multiple times. Repetition develops a comfort level around the basket.

Mikens are done in front of the basket, it. Reverse Mikens follow the same pattern but are done from behind the basket, similar to that of a reverse layup. Always try to challenge yourself to make more each time you do this drill.