

COACH DICK DAVEY
UNIVERSITY OF SANTA CLARA

POST PLAY

I. POST PLAY

This material is designed to help in the development of post play. We will attempt to expose you to a variety of offensive and defensive drills that should aid in this development.

You need a starting point to begin working with your players. I have listed some General Thoughts that might be worth considering when working with big men.

1. Each of your players is different.
They will respond in different ways to your teaching.
2. Big guys take longer.
Be patient with their physical limitations.
3. You must be realistic.
With what you say and how you teach. Many times we say things that sound good but are not practical.
4. Be willing to adjust.
Your teaching and techniques to meet the needs of your players.
5. Let your player express himself.
Find out what he feels are his strengths and weaknesses. See if you are on the same page.
6. Spend individual time on the court and in the film room.
This may be the single most important aspect in the players development.
7. Avoid using the words ALWAYS and NEVER.
They seldom apply in this sport.
8. Practice game-like situations.
Try to simulate the game in as many ways as possible.
9. Free throw practice.
Develop a system and a rhythm - a big area for big men.

We hope to improve physically in these areas:

- | | |
|-------------------------|------------------|
| 1. Strength | 5. Jumping |
| 2. Stamina | 6. Ball Handling |
| 3. Quickness | 7. Catching |
| 4. Balance and Footwork | |

Using these general thoughts as a basic guideline, we ask our big men to concentrate on these specific techniques with their back to the basket.

1. When you don't have the ball, see it.
2. When you have the ball see the rim.
3. Catch it, chin it, check baseline first.
4. When pivoting, eyes go early, the ball stays back.
5. Keep a wide base for balance.
6. Stay off your heels.
7. Don't lift your baseline foot unless you are going to the basket. (Sikma exception)
8. Make your fakes realistic--your eyes; the ball and your body will help in this area.
9. When pivoting keep your head in the same plain.

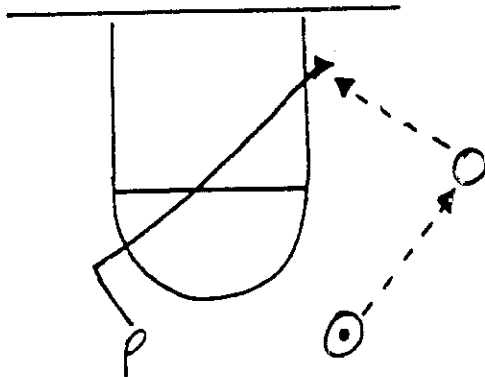
II. POSTING

A. Important Considerations:

1. Defense will determine position to a certain extent. Work early, read the defense.
2. Know where you are on the court--too high or too low can hurt opportunities.
3. Post position is related to ball position. Try and keep a straight line between the ball and the basket as often as possible.
4. Keep a wide but balanced position. Try to stay off your heels.
5. Use legs, arms, and butt to hold position.
6. Never give up on positioning. If the defense takes away something keep working to establish something else.
7. Think ahead. If one option is taken away, anticipate your next move.

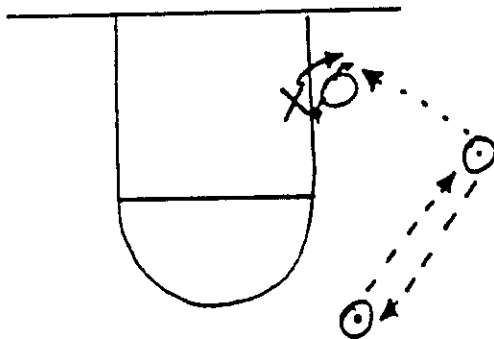
B. Different types of post ups.

1. Fast Break Posting.



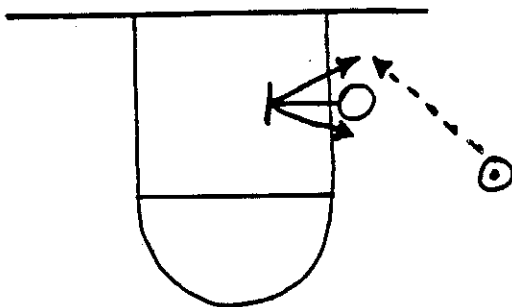
In transition you will head and shoulder, fake away and cut to the ball on the side it is passed to. If the defense beats you to the spot, point for the cross court pass or the pass back to the coach.

2. Basic Post Up.



You attempt to hold off the defense and create a passing lane for the ball.

3. Screen and Post



Screen your defender to hold him behind you, then pivot and post up. You can use a front pivot or a reverse pivot.

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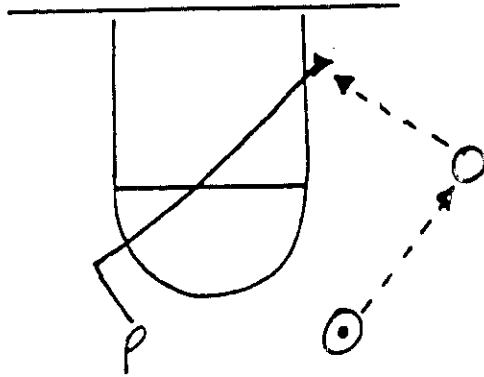
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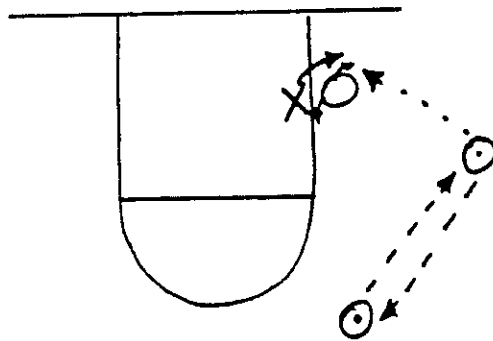
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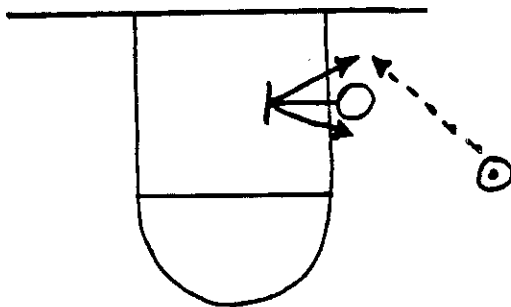
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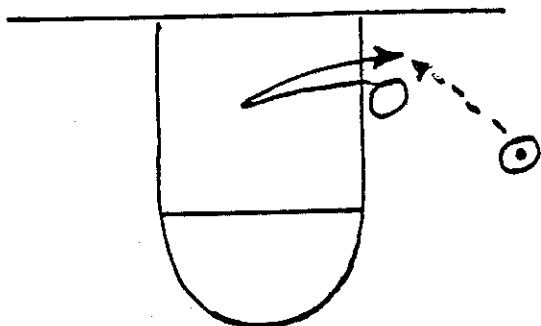
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3. Screen and Post



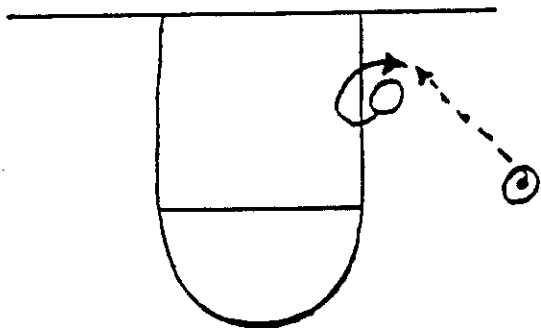
Screen your defender to hold him behind you, then pivot and post up. You can use a front pivot or a reverse pivot.

4. Walk away and Post.



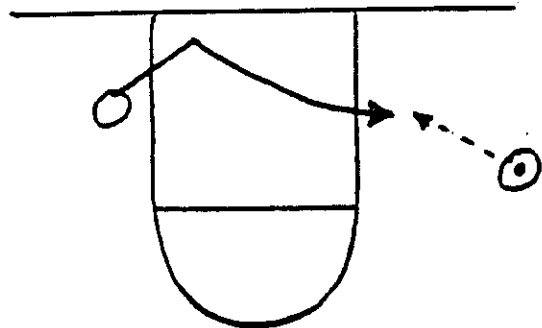
When your defender establishes a good position, walk away and flash back. Change your pace as you come back to the ball.

5. Circle Post.



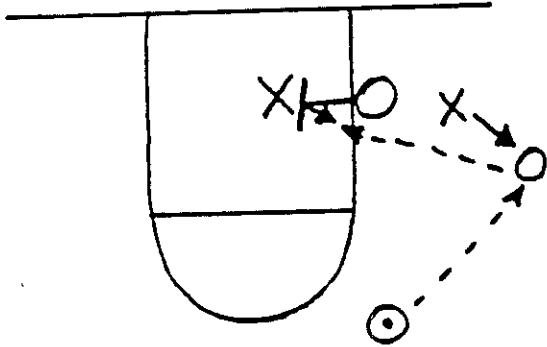
As your defender gets a leg on top, spin around and get back on top.

6. Flash Post.



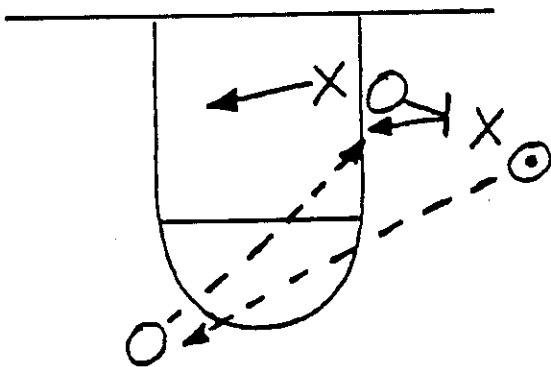
Come from the weak side to the ball. Set your defender up either high or low and cut to the ball. You can use this technique when coming into the post off the fast break.

7. Seal the Post.



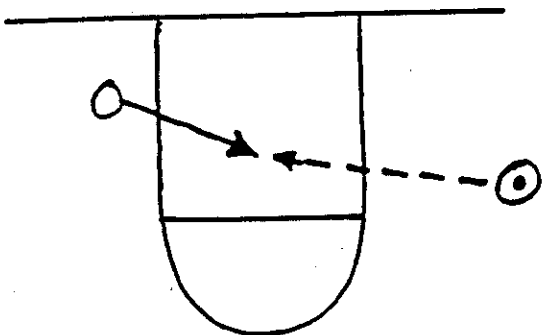
When ball is moved from point to wing, step in and seal the defensive post man.

8. Seal the Forward.



When ball moves from wing to guard position, step out and seal the defensive forward.

9. Straight Cut.

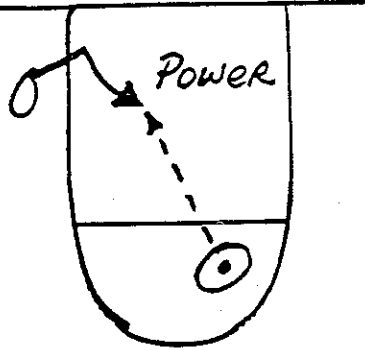


A quick reaction to ball movement.

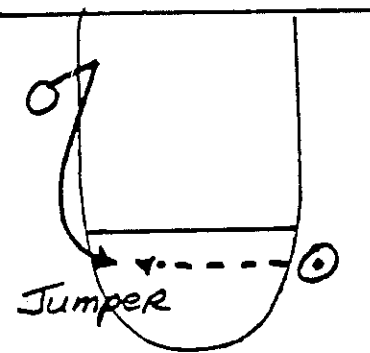
III. CUTTING DRILLS

Here are some cutting drills that can be used to develop footwork. These drills can be developed so that they fit your offensive concepts. Work both sides of the floor when executing these cuts.

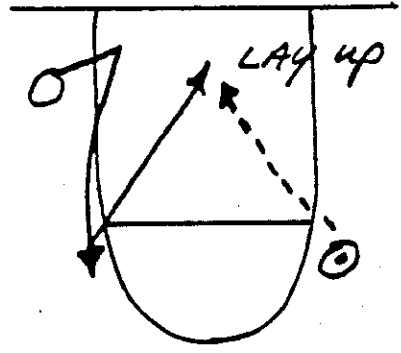
PINCH



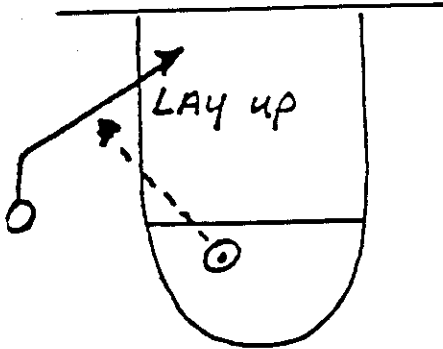
"17"



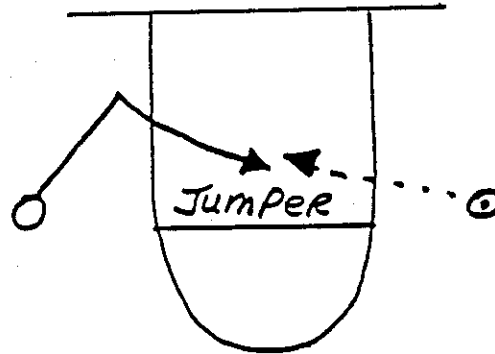
"17" BACKCUT



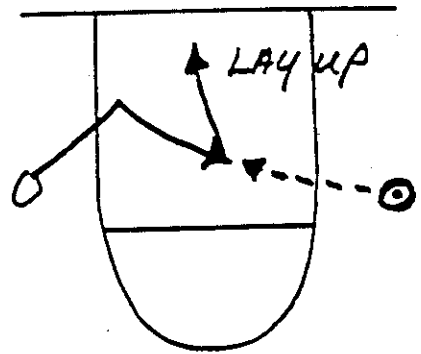
FAST BREAK



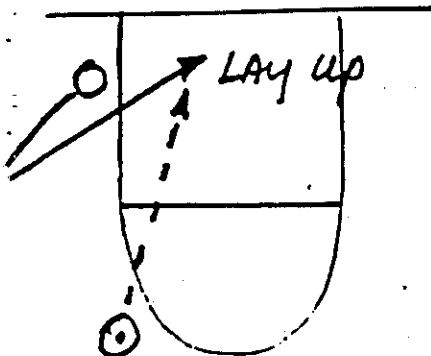
FAST BREAK FLASH



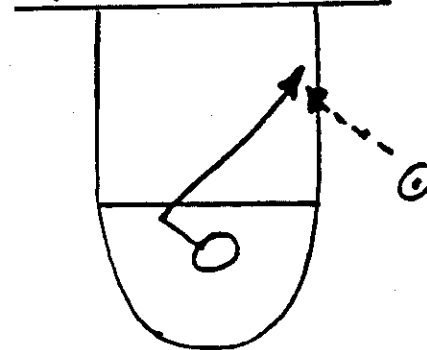
FLASH-CROSSOVER



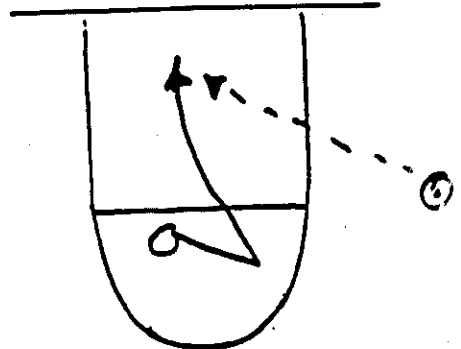
BACK CUT



"V" CUT AND FLASH



LOB



IV. FEEDING AND CATCHING

- A. Some thoughts on Feeding the ball to the post.
1. See the target.
 2. See the defense.
 3. Use ball fakes.
 4. Use passing footwork.
 5. Try to establish a good angle for your pass.
Dribble to improve the angle if needed.
 6. Look away from your pass to relax the defense then look back inside.
 7. Don't stare down your pass. If it's not there, don't force it.
 8. Know who you are passing to.
- B. Some thoughts on Catching the ball.
1. Try to catch with two hands.
 2. Give your target away from the defense.
 3. Move to the ball--stay off your heels.
 4. Try to keep your knees flexed.
 5. Use your butt, hips and legs to keep yourself between the ball and your defender.
 6. Use your arm bar to hold off the defender.
 7. As you catch and chin the ball, your eyes find your defender and the best path to score.
 8. Keep the ball on your back ear as you make your moves.
 9. Work on one-handed catching drills and lob catching.

V. CATCHING DRILLS

1. One ball tennis ball catching. Catch the tennis ball with two hands.
2. Two ball tennis catching. Catch the tennis ball with two hands.
3. Call name catching.
4. Pepper catching.
5. One-handed one ball catching.
6. One-handed two ball catching.
7. Wall catching.
8. Bad pass catching.
9. Football pass catching with basketball.

VI. POST MOVES

Remember the specific techniques on page 2 when executing these post moves.

GENERAL INFORMATION

- A. The game is won in this area more often than not.
- B. A strong scoring opportunity at close range.
- C. Presents foul problems for your opponents.
- D. It distorts your opponent's defense when the ball goes inside.
- E. Strong post play can slow down the running game.
- F. The footwork used in the post can help all players.
- G. The following moves are being executed with your back to the bucket when you start the move.

We will assume on all the post moves the starting point is the left lane, just above the block.

A. Power Move to the Baseline

1. After reading the defense and feeling pressure on the high side, execute the power move. Step straight to the basket with your baseline foot and take one short power dribble. Push the ball down with the baseline hand and make sure it is a low dribble with the ball kept between the legs. Bring the other leg to the basket.
2. Use the backboard on the power move when possible.
3. Use your body as a shield.
4. Come down in balance with hands ready to rebound any missed shot.

B. Short Swing Across the Middle or "Drop Step"

1. After reading the defense and feeling baseline pressure you should execute the "Drop Step." Remember the specific techniques of inside play that are used in all moves.
2. Step across the lane with the left foot as far as you can step comfortably, and as close to the basket as possible. When the left foot comes down, kick up with the right leg just as if you were shooting a lay up or high jumping.
3. The drop step can also be shot on the other side of the lane by stepping down the lane if the defender is playing highside.
4. A sound inside player will learn to post with either hand from both sides of the lane.
5. After shooting the drop step shot come down balanced.

C. Spin Jumper

1. Read the baseline foot.
2. After catching the ball, pivot on the baseline foot.

3. Go straight up and shoot the jump shot trying to use the backboard if possible.
4. Come down in balance and be ready to rebound.
5. You can also pivot to the high side if the defense starts cheating.

D. Spin - Lift Jumper

1. Execute the Spin move and assume the defender is still in good position. Use the lift fake, which is a ball and head fake toward the basket. Keep the knees bent during the fake so that when you do get ready to shoot, you can spring without having to flex the knees again.
2. It might be necessary to use more than one lift fake in order to make the defender commit himself.
3. Use the backboard when possible and be ready to rebound any miss in balance.

E. Spin - Lift Crossover

1. Execute the Spin move. Assume the defender guarding you is a jumper and leaves his feet often. When he jumps at the lift fake, cross over by bringing the left foot in front of your right and shooting the Hook Shot. This is a "Baseline Crossover" when you start the move by pivoting to the baseline.
2. On the Crossover Step be sure and pull the ball through from the left hip to the right hip and protect the ball with your backside.
3. Step straight across the lane with the left foot and then kick up with the right foot and release the ball at the peak of your jump.
4. It is very important that you keep your pivot foot planted and don't drag it when making this move.
5. The Crossover only needs to be used on occasion to keep the defense honest. A "Front Crossover" would start by pivoting to the front of the basket instead of the baseline.

F. 1/2 Spin to Spin

1. Execute the Spin move to the baseline. Your feet should end up parallel to the baseline.
2. As your defender reacts, spin back across the lane for the short hook shot.
3. Put the ball in the middle of the square and come down ready to rebound.
4. You must keep your weight on the balls of your feet when making these moves and stay low to maintain your balance.

G. Sikma High and Low

1. If the defense is playing directly behind you this is an effective move.
2. Use a reverse pivot and face the defense.
3. From this position you can execute the Jump Shot, a Lift Jumper, or a Crossover move.

VII. "FACING MOVES" - MOVES USED AROUND THE LANE AREA

A. Direct Step

1. This is a simple lay-up shot that can be made from either side of the lane with either hand.
2. Step around your defender with the right leg.
3. Use your body to shield the ball from the defender.

B. Lift Jumper

1. After a simple ~~fake~~^{head} and ball fake, then execute the jump shot.
2. You are trying to freeze the defender or make him lift up with your lift fake.
3. Do not bring the ball above your chin when executing the lift fake.
4. Keep your knees flexed on the fake.

C. Crossover

1. Make a two foot stop with the ball in the chest area, elbows wide.
2. You must pull the ball through as you make the move.
3. Crossover with the left foot in front of the defender and shoot the short hook shot.
4. As in the "Direct Step" move, you use your body to shield the ball from the defender.
5. Put the ball in the middle of the square on the backboard.
6. Come down in a position so that you can rebound a missed shot.

D. Lift Crossover

1. Same move as the "Crossover" with the lift fake added.
2. On the lift fake, you must maintain your quickness by keeping the knees flexed.

E. Spin

1. Two foot stop position with the ball in the chest area.
2. Pivot on the right foot and go 180 degrees with the left foot and shoot the "post shot" or lay up.
3. Execute the move off either foot and with either hand.

F. Spin - Spin Jumper

1. While facing the basket you will execute a reverse pivot across the lane. You are attempting to bring your defender with you as you spin.
2. Now bring your left foot back to the original position.
3. Stay low so you maintain good body balance.
4. Now shoot the jump shot.

G. Spin - Spin Lift Jumper

1. Same as the "Spin to Spin" move, with the lift fake added.
2. Stay low on the lift fake with the knees flexed.

H. Spin - Spin Lift Crossover

1. Same move as the "Spin - Spin Lift" move but now you add the crossover.
2. Remember the techniques used in the "Crossover."

VIII. QUICKNESS AND AGILITY DRILLS

Time all drills. Try to do as many repetitions as you can in 20 seconds.

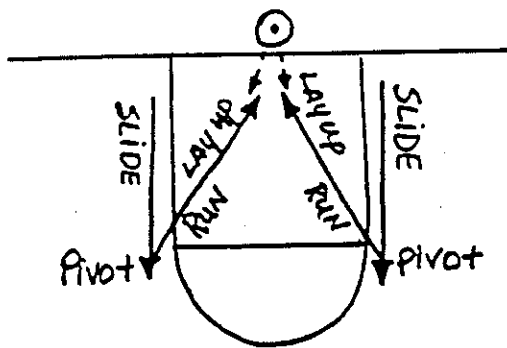
1. Lane Slide.
2. Side to side two foot jumps over a rope 6 inches high.
3. Jump Rope.
4. Speed Dribble.
5. Mikan.
6. Foot Fire.
7. X Out.
8. Cone Dribble.
9. Board taps and slide.
10. Slide - Back peddle - Sprint (lay up)
11. Square Jumping.
12. Toss back left and toss back right.
13. Superman.
14. Short sprint work.
15. Rim tap and tip.
16. Power lay up and slide.

IX. SHOOTING DRILLS

1. V cut shooting.
2. Mikan shooting.
3. Spin shooting.
4. Circle jump hooks.
5. Toss back shooting.
6. Marquette shooting.
7. 40 shot drill (touch shooting).
8. X out shooting.
9. Slide - Check - Flash.
10. 20 shot drill.
11. Back shot shooting drills.
12. Football dummy power shots.

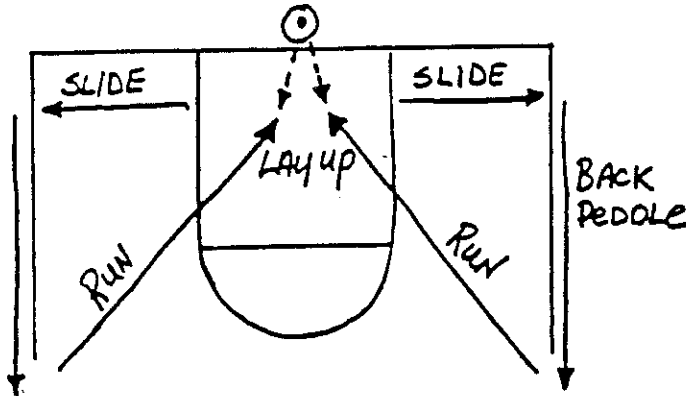
X. SPECIAL DRILLS

1. Slide, pivot, lay up.



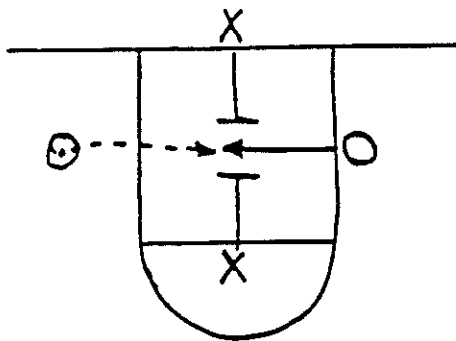
Start off sliding up the lane facing the sideline. Front pivot when you get to the foul line and catch pass from coach and lay the ball up. Then go to other lane and repeat. Go until you have shot 20 lay ups.

2. Slide - Back Peddle - Lay up



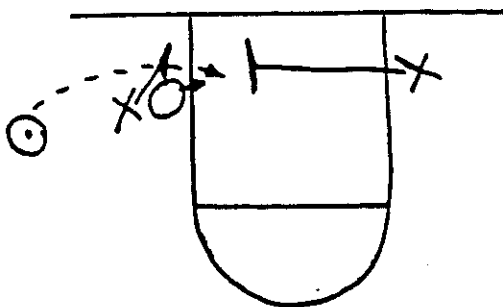
Slide from the lane line to the sideline. Then back peddle to the hash mark stop and sprint to the basket for the lay up. Then go to the other side and repeat. Go until you have shot 6 lay ups.

3. Lane Line Squeeze Drill



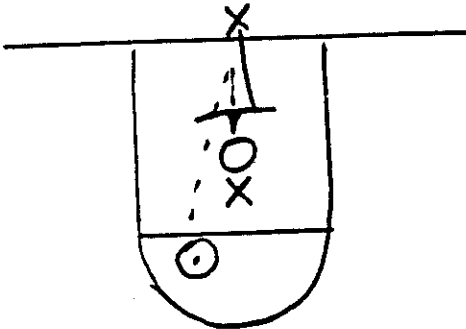
Offense starts on the lane line and sprints across the lane until he catches the ball. The defense squeezes as soon as the ball is passed. Offense tries to score against 2 defenders.

4. Lob Squeeze Drill



Offense goes up and gets the lob pass. As soon as the ball is passed, weak side defender comes to squeeze the offensive player. Offense tries to score against two defenders.

5. Backboard Squeeze

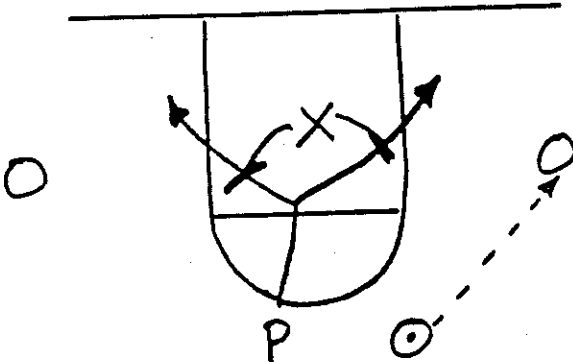


Throw the ball off the backboard. Offense goes up and gets the ball. Both defenders squeeze the offensive player. Offensive player tries to score against two defenders.

XI. POST "D" DRILLS

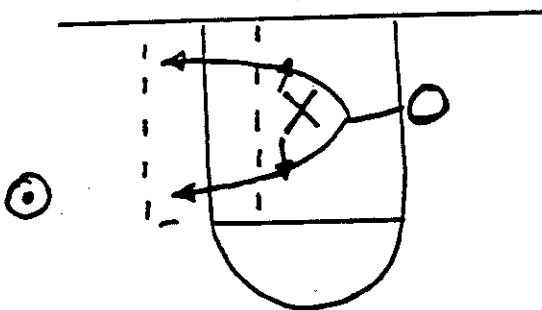
Here are some drills that would help develop techniques we want to use on post defense.

1. Fast Break Post "D"



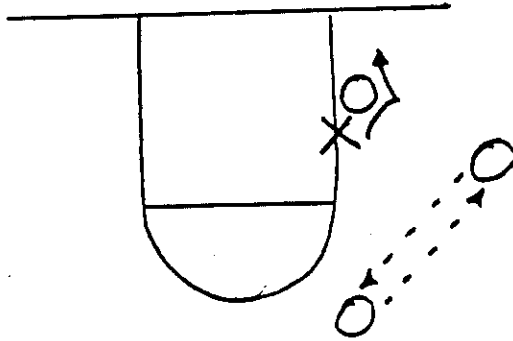
Meet the offensive player and force him out of the low block area. As the ball is reversed, try to beat him to the location he wants and keep the ball out of his hands.

2. Flash post "D"



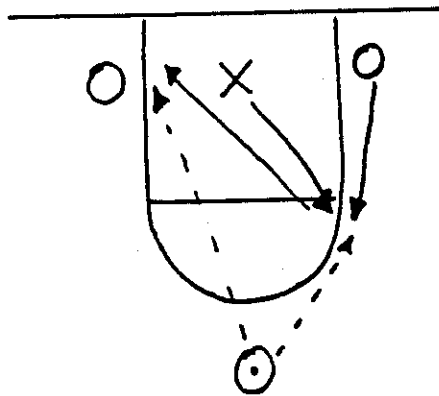
Meet the flash post with your chest and lead arm. Always keep your head below the offensive man's head. If the offensive player tries to back cut to the low post turn your head and use other arm to keep ball out of his hands.

3. Low post "D"



X technique or bear hug and go over the top of the low post when the ball goes from point to wing.

4. 2 ball defensive drill



Defensive player in the middle of the lane with one offensive player on each block. Coach at the point with one ball in his hands, and one ball between his legs. He points to one low post who sprints to the elbow. Defense sprints and knocks ball away then pivots and defends block player.

XII. REBOUNDING

There are two ways a team can secure a basketball more times than their opponent. One way in by means of their defense and the other is thru REBOUNDING! Rebounding is largely a question of desire coupled with knowledge and execution of proper technique. Statistically, few teams make more than 40% of their first shots, so the rebound is there most of the time for the offense or defense. There are three factors that will determine your success as a rebounder; MENTAL, PHYSICAL, and ATTITUDE.

Some basic keys to rebounding:

1. Anticipation - Anticipate the shot
2. Intelligence - Have an idea where the ball may come off and who you are rebounding against.
3. Movement - Make contact with your opponent if your a defensive rebounder, or avoid contact if you are an offensive rebounder.
4. Attitude - Go to the boards on every shot. Consider every shot a missed shot.

Defensive rebounding techniques

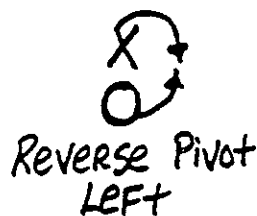
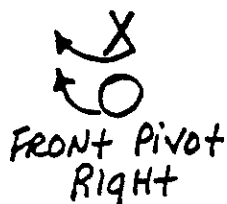
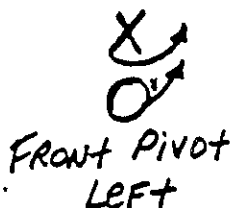
1. Use either front or reverse pivot
2. Feet wide
3. Knees bent - balance
4. Arms wide - take up court space
5. eyes up
6. Rebound ball with two hands when possible

Offensive rebounding techniques

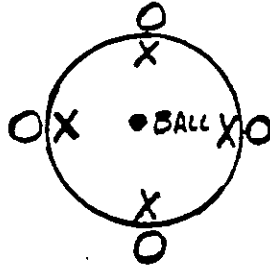
1. Fake and go opposite
2. Back spin and roll
3. Drive man under
4. Go early - Anticipate
5. Get opponent out of prime rebound area

REBOUNDING DRILLS

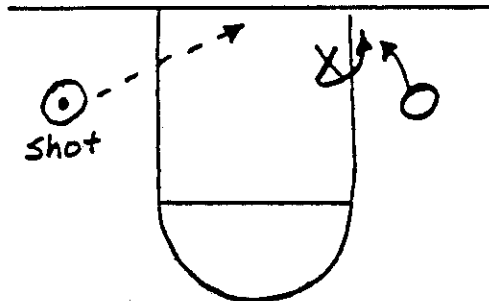
1. Screen out drills - Use front and reverse pivot both ways. Players face each other.



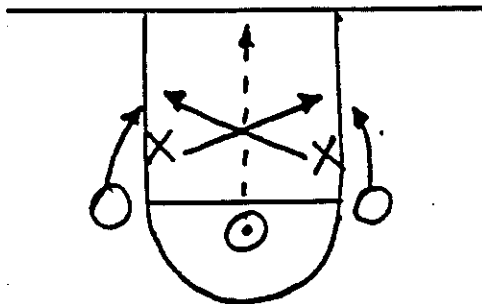
2. Circle block out - Ball is placed in the middle of the jump circle, players face each other. On a command, the offensive players try to get the ball, and the defensive players located inside, try to screen out



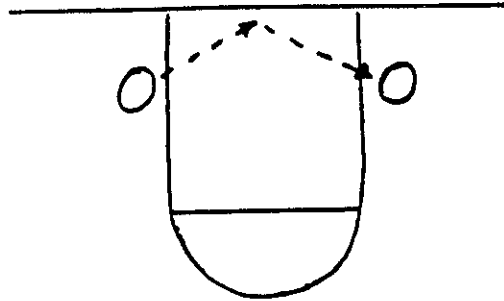
3. 1 on 1 Block out - Move toward the offensive player as the ball is being shot and screen him out. This will give the defensive player a chance to work on front and reverse pivots.



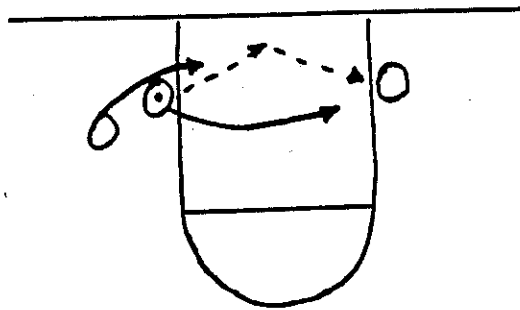
4. 2 on 2 Switch Drill - Switch and block out on opposite side. Ball is shot and defensive players switch and block out on opposite side.



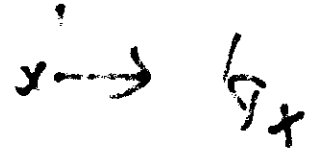
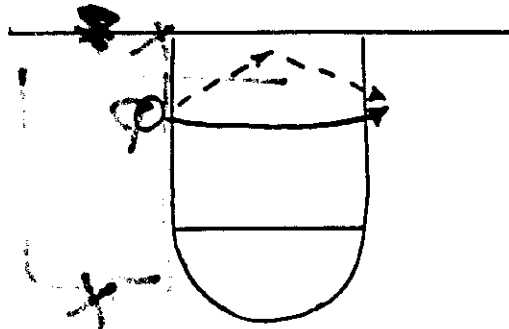
5. 2 Man Volleyball - Two players pass the ball back and forth off the board. The catch and pass is made while the player is in the air.



6. Three Man Rotation - This drill can be done in different ways; 1 handed taps, 2 handed passes over the rim, rebounding the ball while in the air and passing it back over. You can also go up and rebound the ball, come down and then go back up with a pass over the rim. Start the ball on the side of the 2 players and move in a figure eight motion.



7. Superman - Pass the ball off the backboard and sprint across the lane. Catch the ball while jumping out of the lane. Turn and throw the ball off the board and go back across the lane. Do as many as you can in 20 seconds.



part of the lane
 then part of the lane

