



Comment [e1]:

THREE OF A KIND

Course 03: Coach Zeljko Obradovic

Lesson 19: Low Post Defense

Language: English

LOW POST DEFENSE

The low post game can be very dangerous for the defensive team. To put the ball in the heart of the defense is one of the main objectives of teams when on offense. For this reason at Panathinaikos we have different ways to defend the low post.

The first step is to work hard with the intention to deny any inside pass but when the ball arrives in the low post we want to have different solutions for our players.

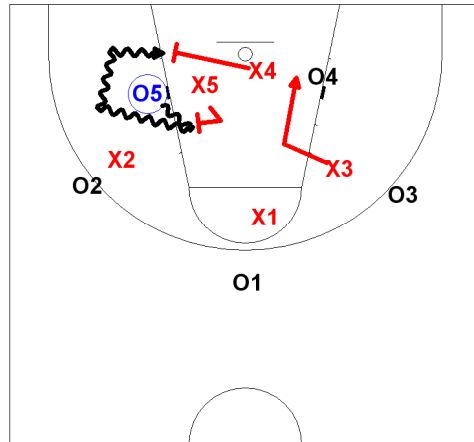
With the aim of choosing the best defensive option in this situation, it is essential to do a great scouting job before the game. It is necessary to know whether the player with the ball in the low post prefers to turn right or left and if he can use only one hand or both. It is also necessary to know the skills of the other players: are they great shooters, cutters or passers.

LOW POST TRAP FROM THE BASELINE

Graphic 01: X5 first stops O5 by beating him to the middle. X4 will be ready to trap/help X5 on the baseline side. X3 will rotate to defend O4.

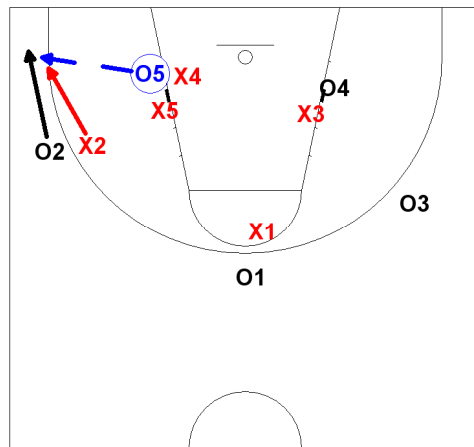
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GRAPHIC 01



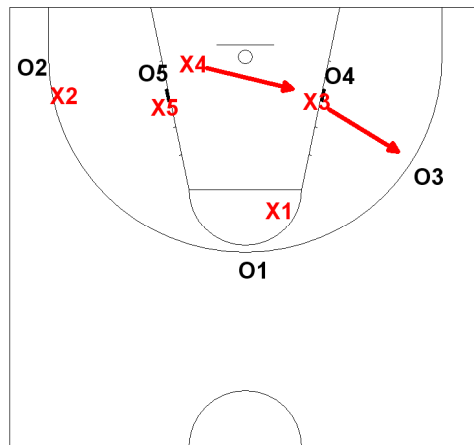
Graphic 02: O5 passes the ball out to O2.

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GRAPHIC 02



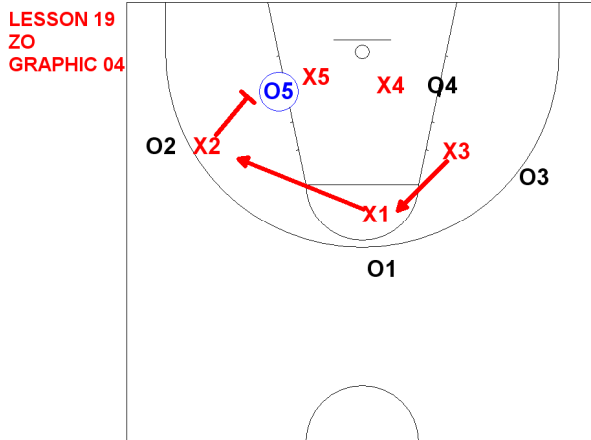
Graphic 03: X4 will go back if O5 has passed out to O2.

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GRAPHIC 03

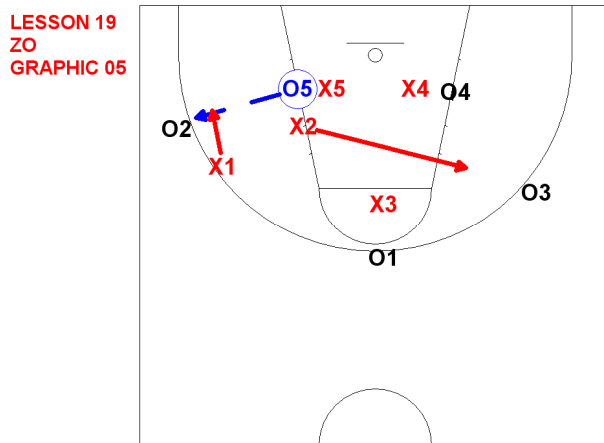


LOW POST TRAP FROM THE STRONG SIDE

Graphic 04: When O5 starts to dribble X2 goes to trap. X1 rotates to O2 and X3 to O1.



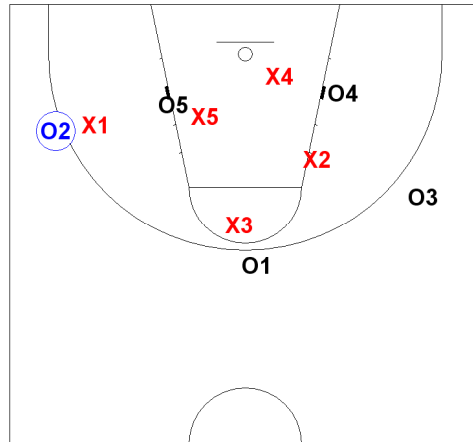
Graphic 05: If O5 passes out to O2 the rotation is easy.



Graphic 06: Positions after the rotation.

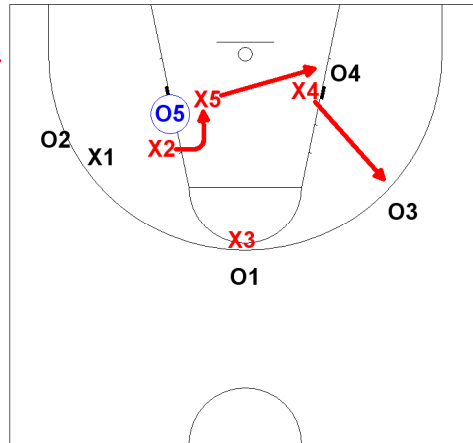
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GRAPHIC 06



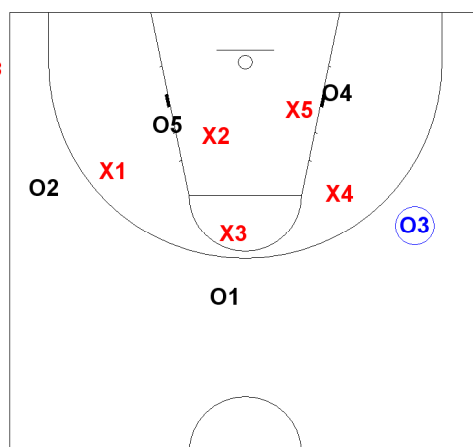
Graphic 07: If O5 passes to O3 the rotation involves X4 going out to O3, X5 defending O4, and X2 defending O5 (mismatch).

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GRAPHIC 07



Graphic 08: Positions after the rotation.

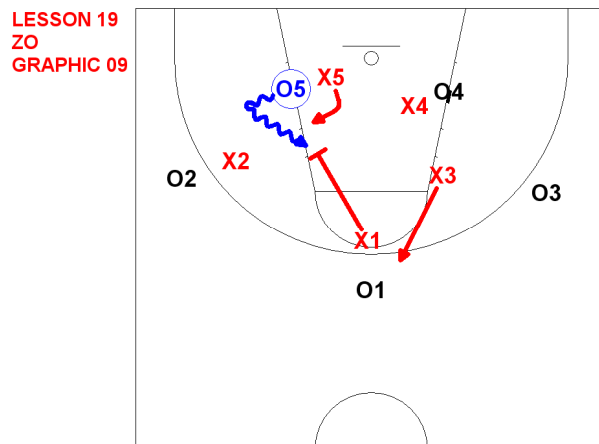
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GRAPHIC 08



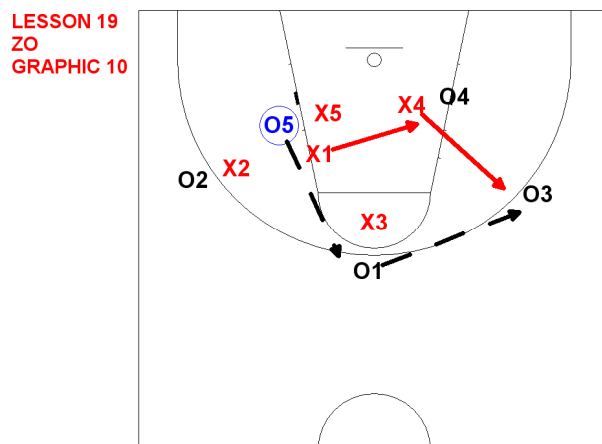
Sometimes it is great to combine these two ways to defend the low post. We can start with a strong side trap and after O5 passes out we can perform a baseline trap if the ball goes inside again. This combination is great because the offensive team never know which will be the next movement of our defense.

LOW POST TRAP FROM THE TOP OR FROM THE OPPOSITE WING

Graphic 09: When O5 starts to dribble, X1 goes with his hands open to trap, X3 rotates to O1.



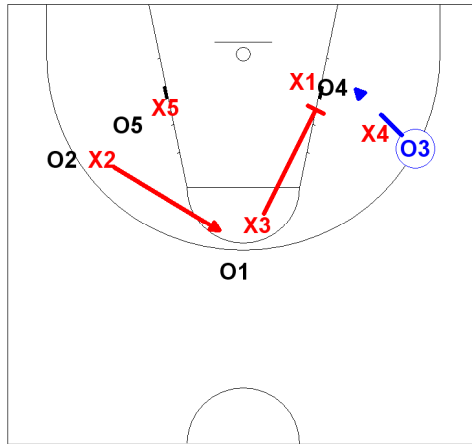
Graphic 10: If O5 passes to O1 and O1 to O3, this is the correct rotation.



Graphic 11: Because of a mismatch O3 passes inside to O4, now we trap on the catch from the top.

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GRAPHIC 11



Graphic 12: X1 & X3 trap and X2 rotates up.

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GRAPHIC 12

