



LOS ANGELES CLIPPERS

POST PLAYERS TEACHING POINTS

- 1. Perfect feet on shots**
- 2. Shoulders/hips on drives.**
- 3. Mini Lane---play in the college/h.s. lane.**
- 4. Post across, not up.**
- 5. Power slide dribble.**
- 6. Attack top shoulder when getting open on block.**
- 7. Attack top foot.**
- 8. Target side and Seal side.**
- 9. Let cutter go first.---it takes away help and allows you to go 1 on 1. If you attack too soon every time is often a 2 on 1 because of the help in the lane.**
- 10. Post-Re-Post**
- 11. Front turn series must be mastered.**
- 12. Free throw line attack game.**
- 13. Own the mid line.**
- 14. Screener becomes the best scorer.**

- 15. Step off the lane for jump shot on penetration.**
- 16. Lob on overplay.**
- 17. Rim Run and Post.**
- 18. Evaluate your "Go To " move.**
- 19. Shoot bank shots every work out.**
- 20. Shoot through fouls every work out.**
- 21. Drill without the ball....just foot work.**
- 22. Pass out of doubles.**
- 23. Vs. doubles:**
 - a. look opposite skip pass.**
 - b. 1 dribble clear.**
 - c. Skip pass and follow.**
 - d. Quick pass out and re-post.**
- 24. Hips, legs and feet give you position---hand gives you catch and shot.**
- 25. Establish position----show where you want the ball----catch and be patient----read the defense----use the defenders body against him----go to your move until they stop, then use the counter.**
- 26. Play with KNEES BENT-----more power.**
- 27. Work to master one go to move----then work to master another.**