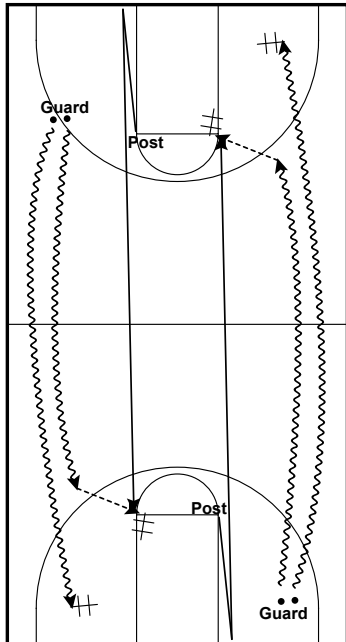


Multiple Effort Offensive and Partner Scoring Drills

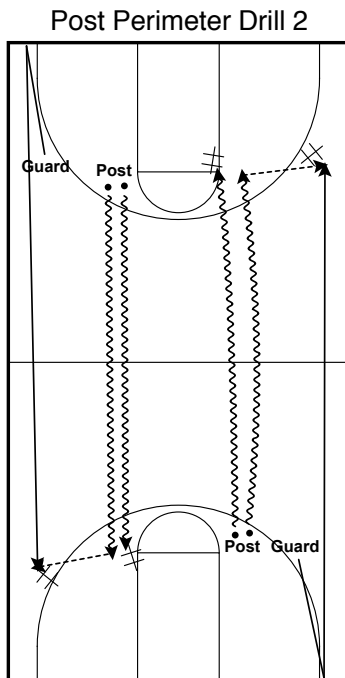
Post Perimeter Drill 1



Frame 1

Perimeter player dribbles two balls down the court and makes a pass with his/her inside hand to the post around the elbow area. Both players take mid-range jump shots.

Multiple Effort Offensive and Partner Scoring Drills

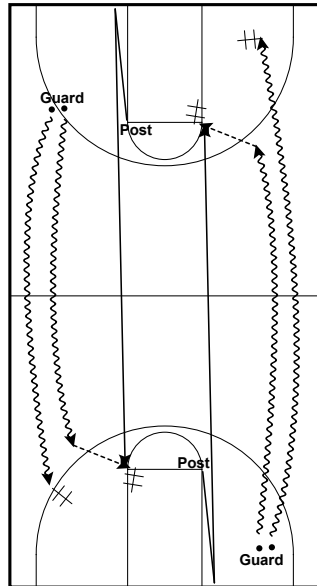


Frame 1

Post player dribbles two balls down the court and makes a pass with his/her outside hand to the perimeter on the wing. The post takes a mid range jump shot and the perimeter a 3 pointer.

Multiple Effort Offensive and Partner Scoring Drills

Post Perimeter Drill 3

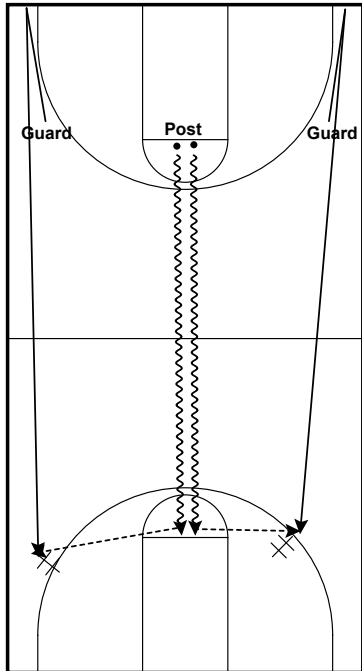


Frame 1

Perimeter player dribbles two balls down the court and makes a pass with his/her inside hand to the post around the elbow area. Post takes a mid range jump shot and the perimeter takes a 3 pointer. On the way back the perimeter player takes a mid range shot, post a mid range shot.

Multiple Effort Offensive and Partner Scoring Drills

Post Perimeter Drill 4

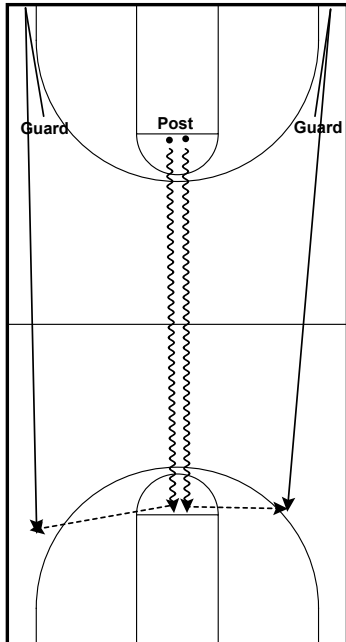


Frame 1

Post player dribbles two balls down the court and makes 2 passes to the perimeter. Both players take 3 pointers.

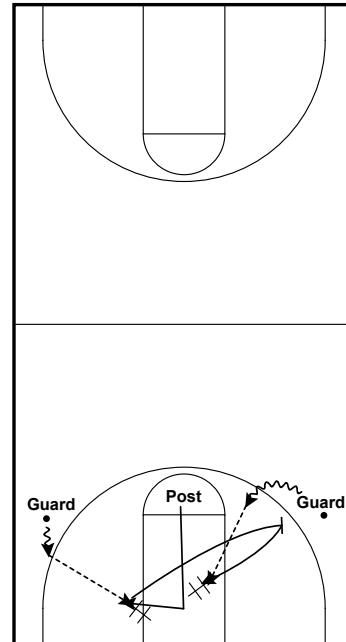
Multiple Effort Offensive and Partner Scoring Drills

Post Perimeter Drill 5



Frame 1

Post Perimeter Drill 5



Frame 2

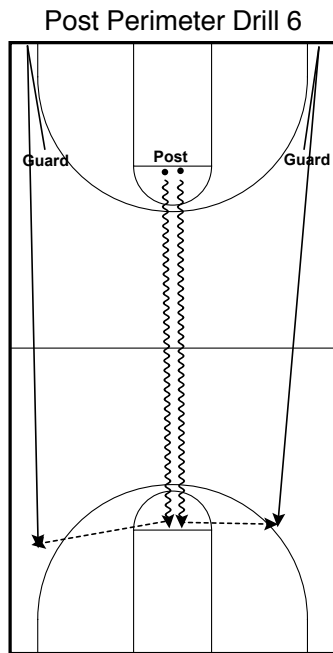
P&R Series

P&R - Flat - P&Pop - Under - Slip

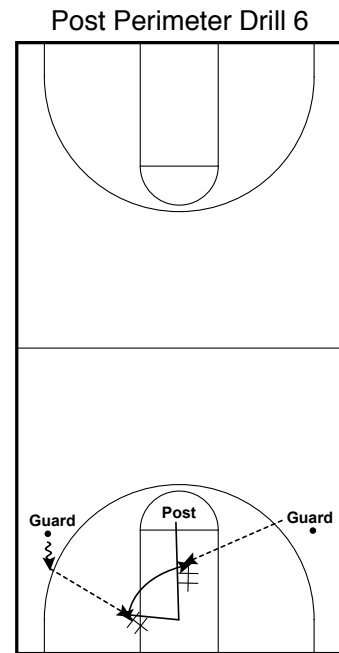
Work on attacking all of the ways the defense can defend the P&R

The Post makes a post move for a score on the first action. The second action the Post scores on the P&R

Multiple Effort Offensive and Partner Scoring Drills



Frame 1

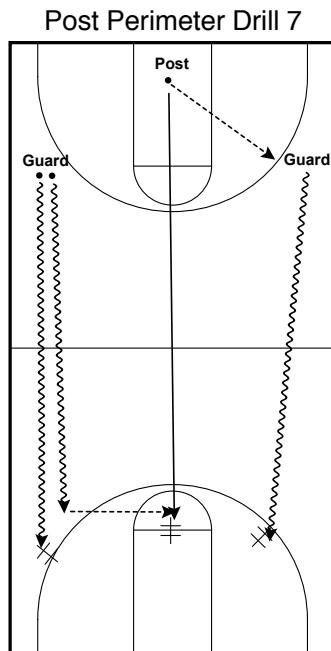


Frame 2

- Flash Jumper Series
- Mid Lane
 - Foul Line
 - 3 Pointer

The Post makes a post move for a score on the first action. The second action the Post scores on the Mid Lane first trip, 2nd Foul Line, and 3rd trip is a 3 pointer

Multiple Effort Offensive and Partner Scoring Drills

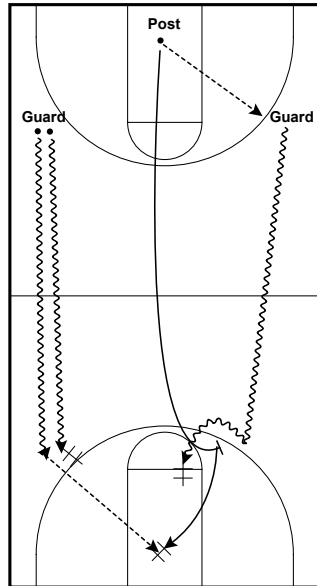


Frame 1

Perimeter player on one side dribbles two balls down the court and makes a pass to the post around the top of the key. The post outlets to the other perimeter player. The perimeter players take 3 pointers and the post takes a mid range jumper.

Multiple Effort Offensive and Partner Scoring Drills

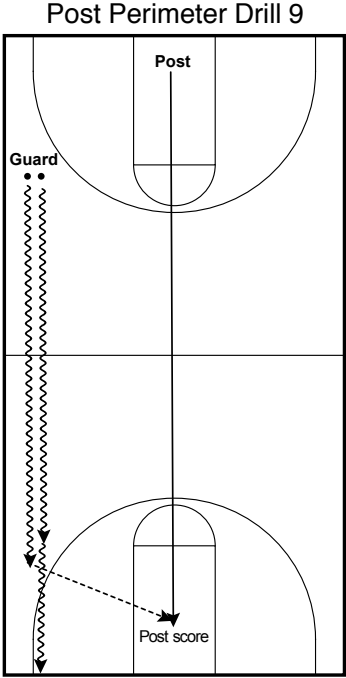
Post Perimeter Drill 8



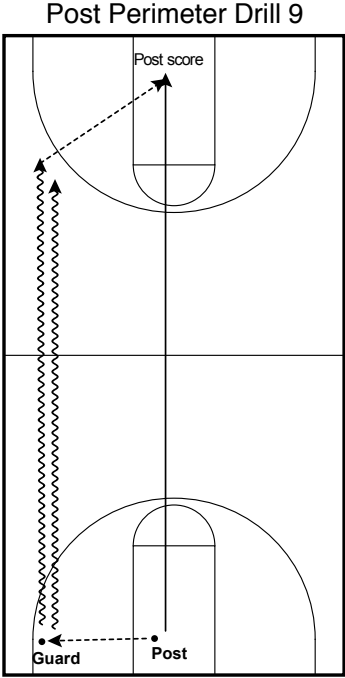
Frame 1

Perimeter player on one side dribbles two balls down the court and shoots a 3 pointer. The post outlets to the other perimeter player and sets a transition ballscreen - this perimeter player shoots a pull up. The perimeter players on the other side then feeds the post after the roll, post player finishes with a post move.

Multiple Effort Offensive and Partner Scoring Drills



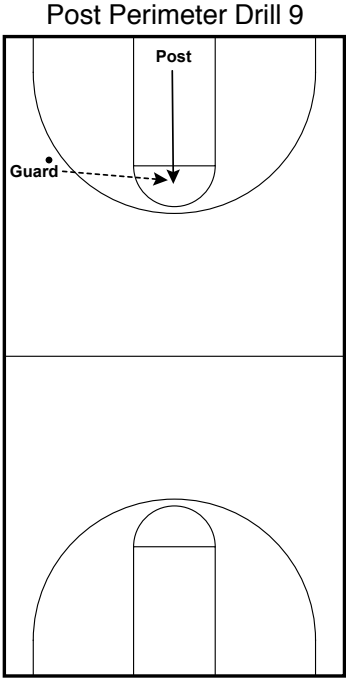
Frame 1



Frame 2

Perimeter player dribbles two balls down the court and makes a pass with his/her outside hand to the low post. The post player finishes with a post move.

Same action on the other end.



Frame 3

Post then flashes to the high post for a final attempt for 3 total.