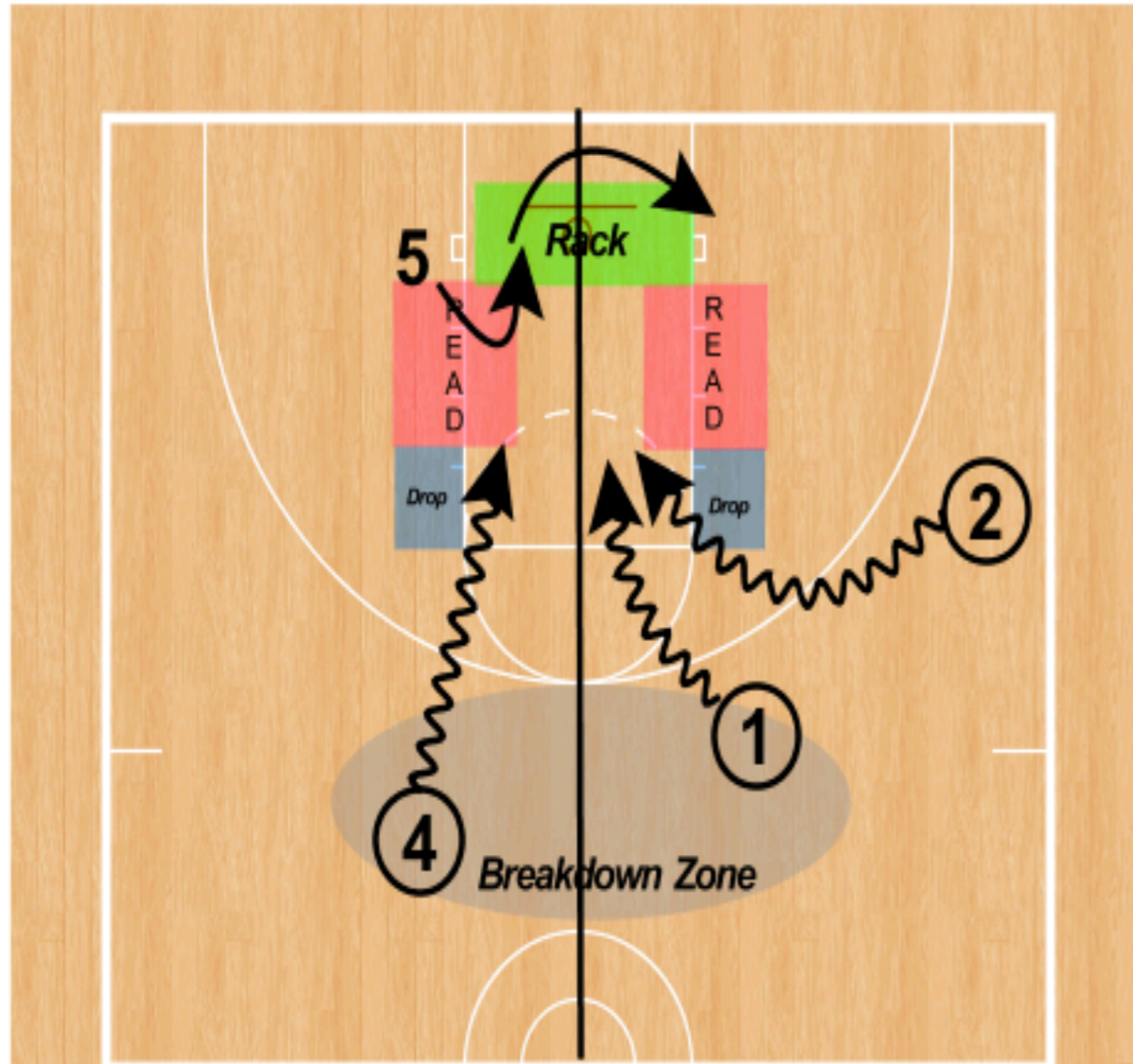


The Relocating Rule For Posts

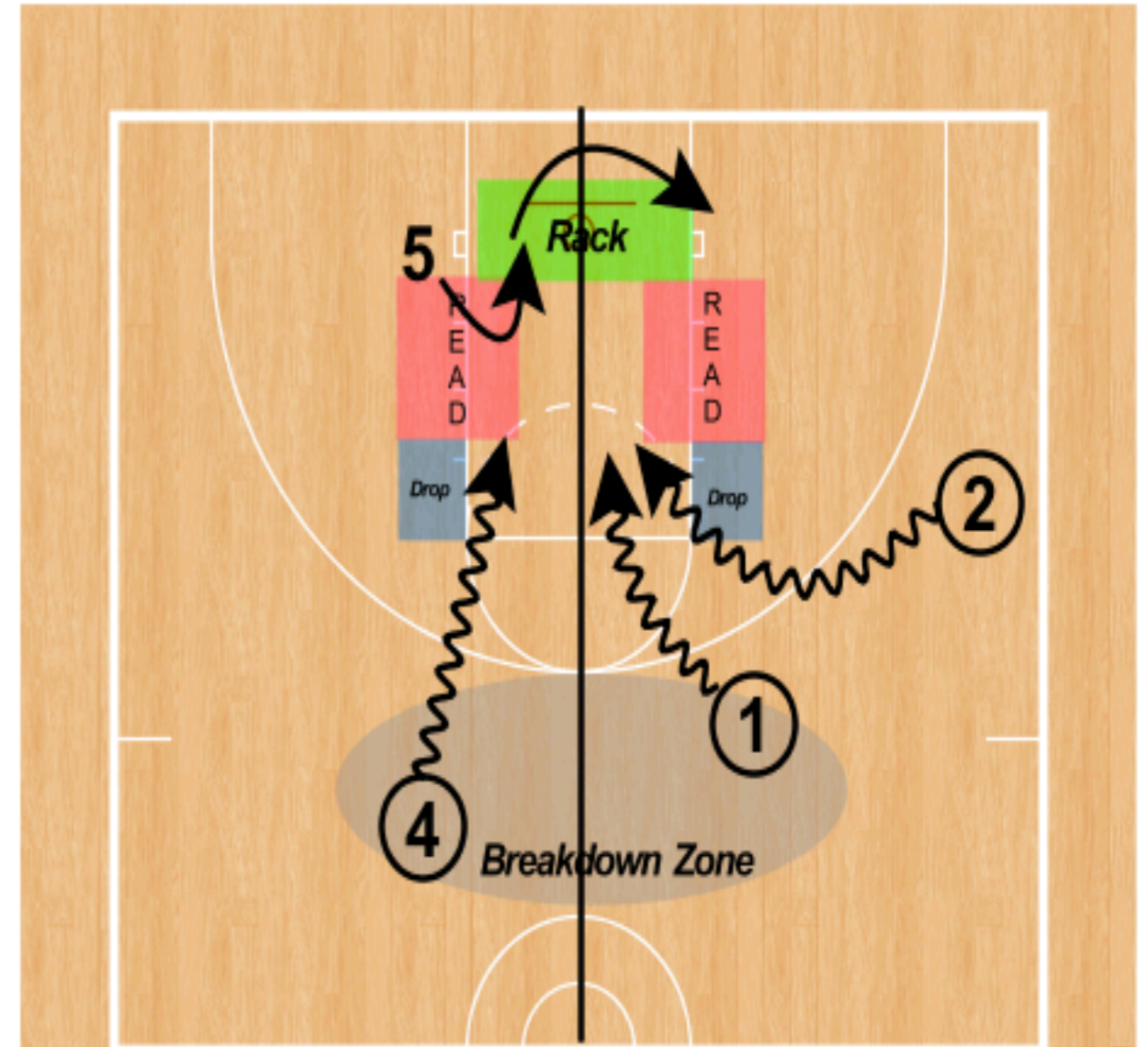
The Relocating Rule For Posts



Post Movement: Is designed to do the following

- 1) Open penetration lanes
- 2) Give the post open looks when his defender helps
- 3) Give posts great opportunities to get into clean up spots when guards shoot

The Relocating Rule For Posts



O5 will always start opposite the ball, and anywhere between the short corner area and the block. Once the ball penetrates towards them, they should relocate opposite away from the dribble. If the ball goes over the top, the post must loop under.

The post will not go to weak side on passes across the X line. She will wait for lane penetration before crossing over. This will create a skip pin.

All passes to the post should be high