

# How to Score More Points in the Post

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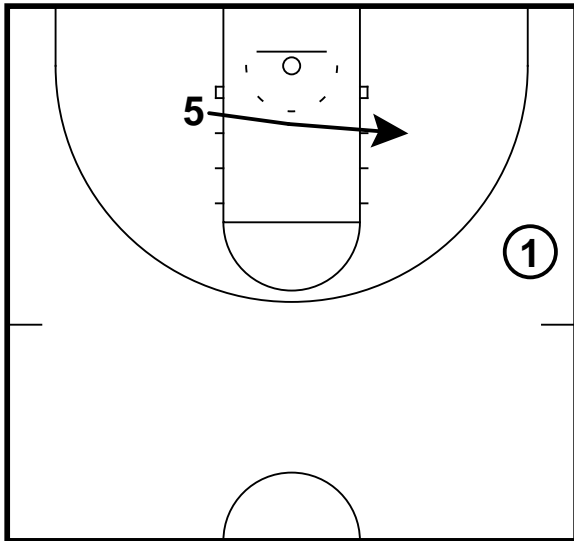
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# How to Score More Points in the Post

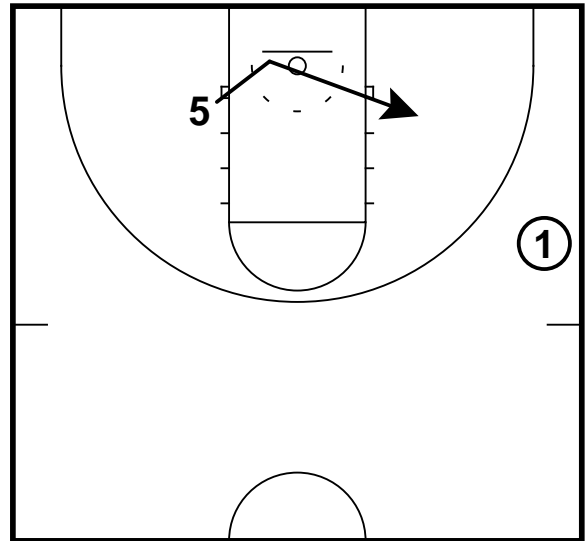
Getting open in the post



Getting open in the post.  
Use a progression to teach players the techniques necessary to get open.

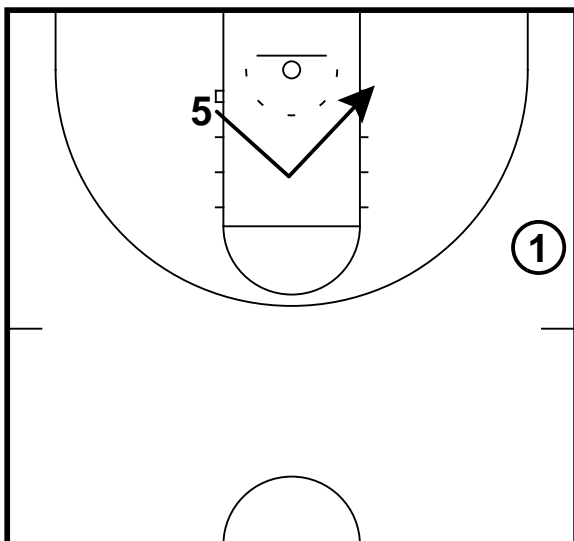
1. Work these moves without the basketball. Players get open with quick feet, hands up and arms wide to provide target to the passer.
2. Add the basketball to work on catching the ball.
3. Add in move to the basket.

Getting open in the post



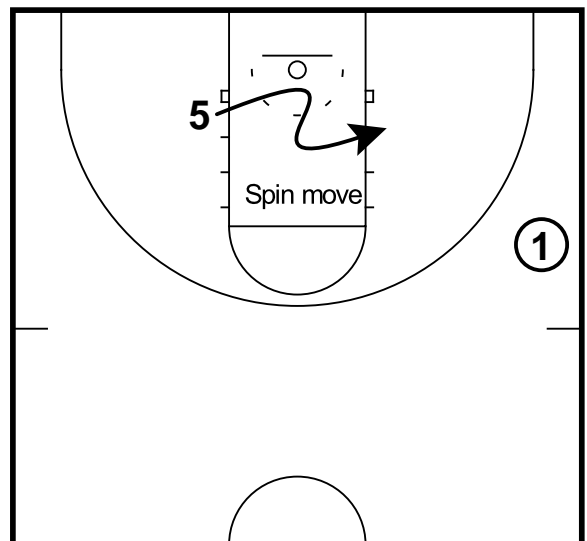
V-Cut across. Take defender low, then move high.

Getting open in the post



Take defender high and cut low. Push off lead foot.

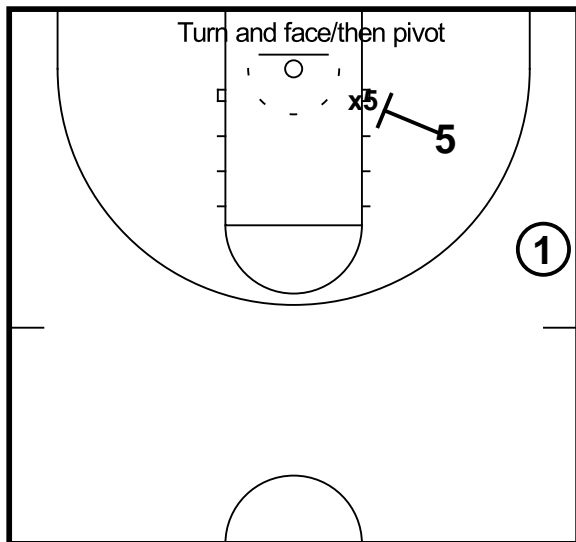
Getting open in the post



Spin into the defender. Come across the lane, get a foot between defenders legs and spin move off them to get open.

# How to Score More Points in the Post

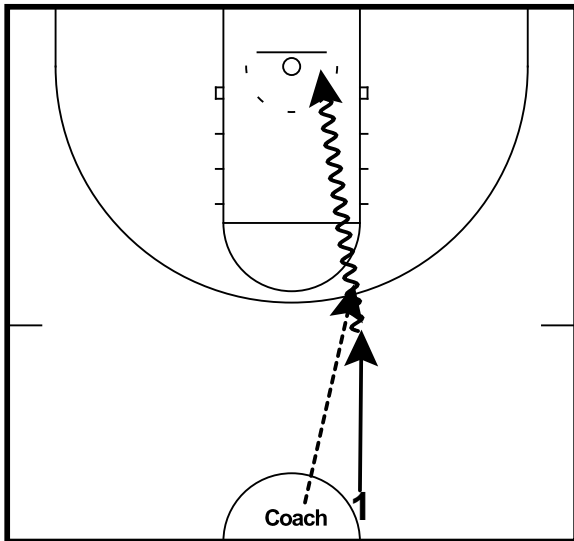
Getting open in the post



Turn and face. Turn and face the defender on the strong side block. Quickly pivot with reverse or front pivot and post up the defense.

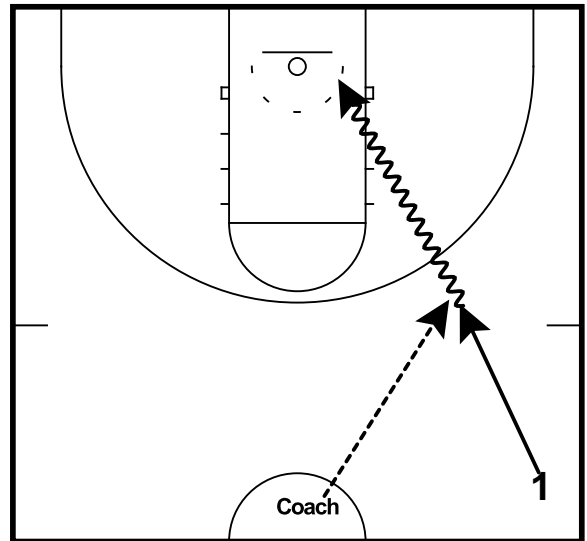
# How to Score More Points in the Post

Pitch aheads



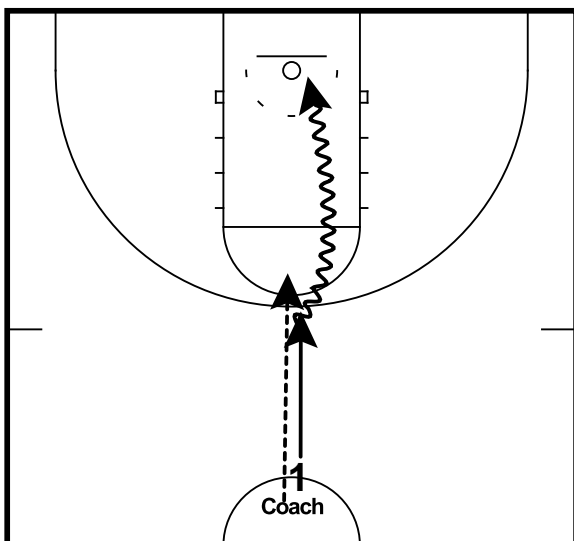
Drill teaches your players to run the floor, make the catch and finish with a made basket. Players will gain confidence in running the floor full speed and being able to make the play. Pitch ball ahead to player running to the basket.

Pitch aheads



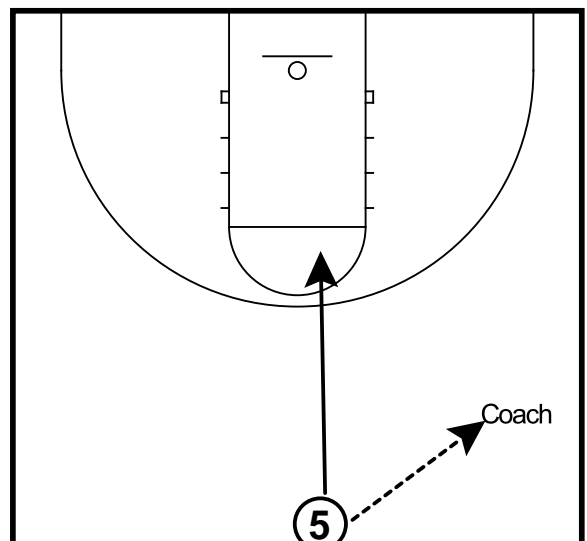
Coach can make the pass hard to catch or easy to catch. Throw it out in front of the player each time so they have to make an effort to go after the basketball.

Pitch aheads



Pass directly over the head of the player. Has to catch the ball over the shoulder or directly over the head.

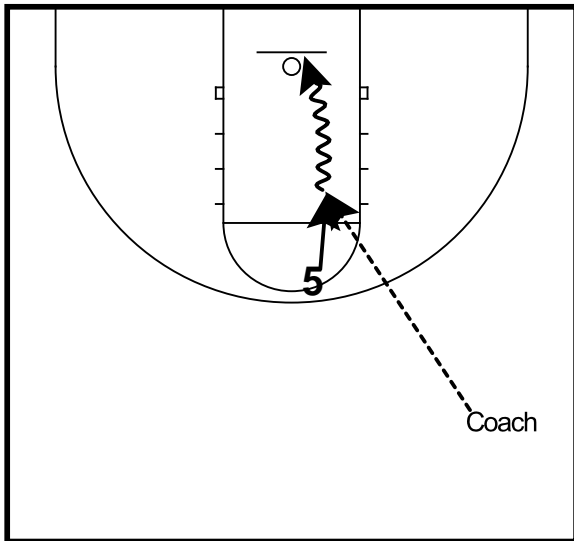
Pitch aheads



You can also have players make pass first then pass the ball back.

# How to Score More Points in the Post

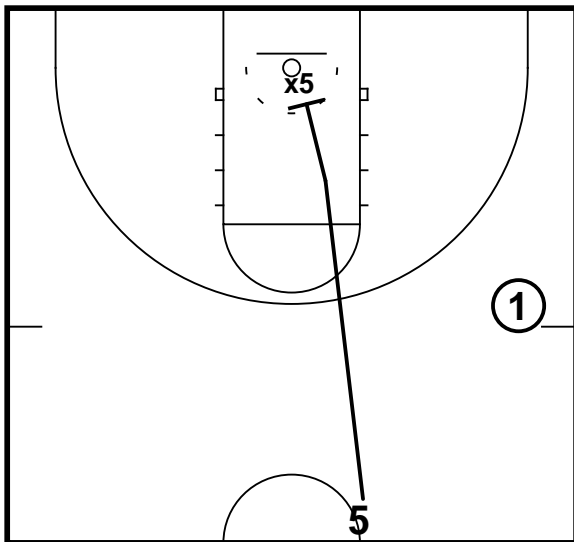
Pitch aheads



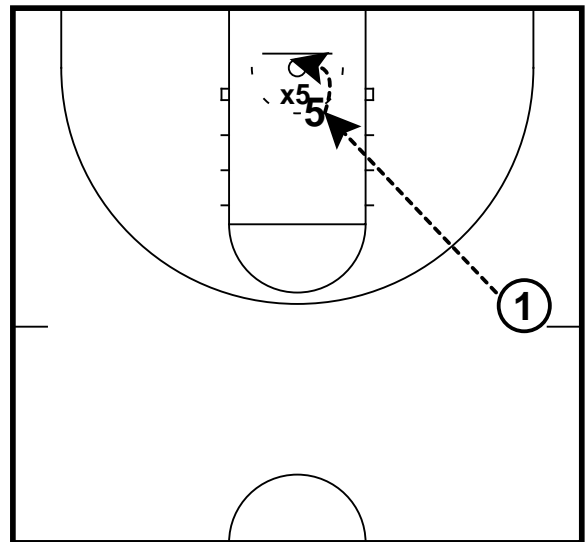
Coach throws the ball back to post player and makes him catch on the run. Player has to catch the ball clean and lay the ball up at the rim.

# How to Score More Points in the Post

Run to the Post



Run to the Post

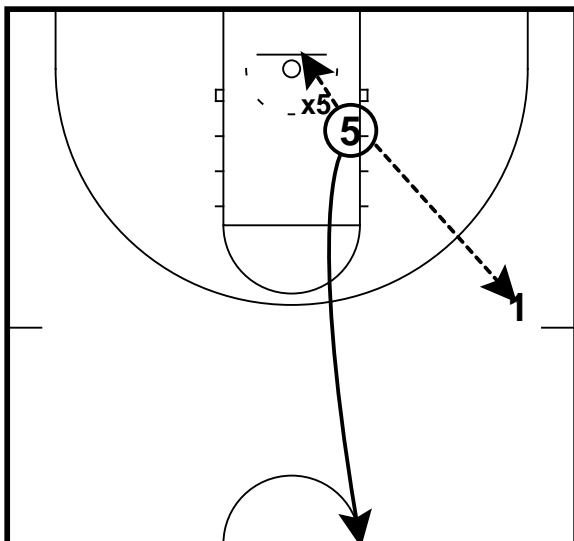


Use blocking dummy, coach or player to increase pressure defense. Player will run to the post area, find the defender and post them up. This drill teaches players how to run to the defender, seal them out and make a move to the basket.

Teach your players to bury the defender further into the paint area. Most post players are taught to run back on defense into the paint to protect the basket. When running down the floor the offensive post player is looking to find the defender. If there is no post defender run right to the rim to catch and score. But when a defender is there find them and post up strong.

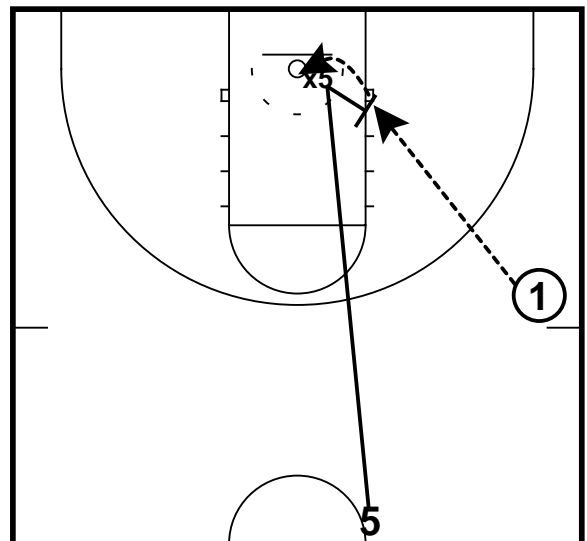
Call for the ball in the paint and finish with made basket. On any miss, put the ball back in the basket quickly.

Run to the Post



Get the ball out and make a good outlet pass. Sprint to half court.

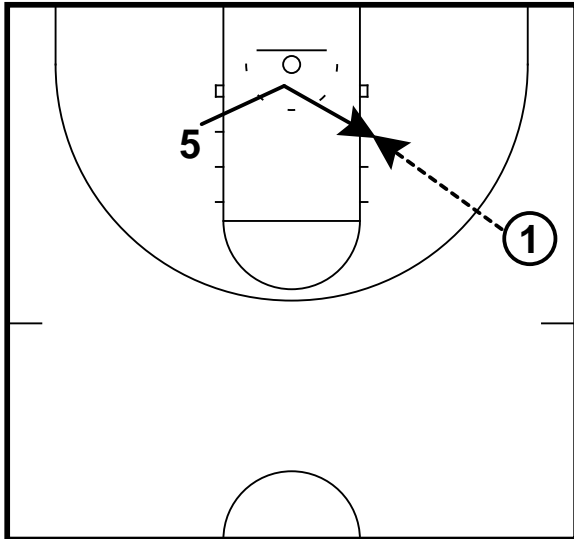
Run to the Post



Make contact on the post up for a good position.

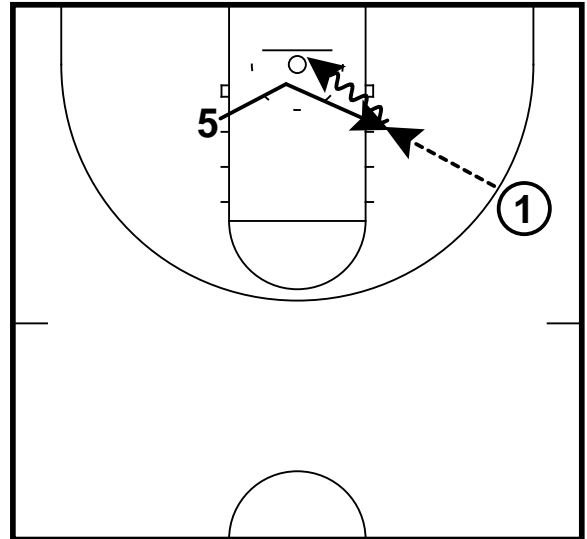
# How to Score More Points in the Post

Power moves



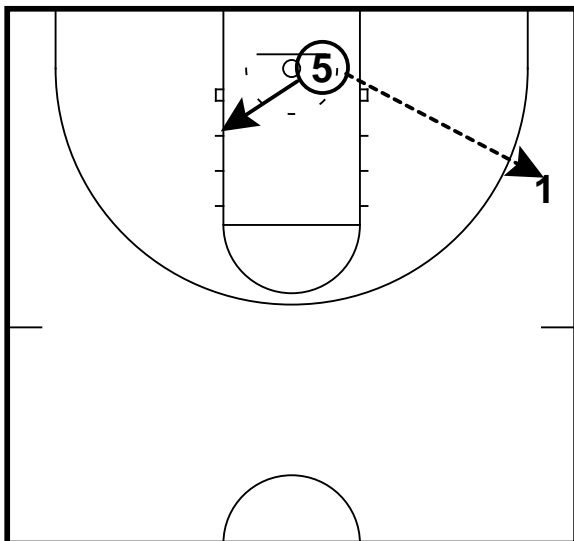
Power move from the block. V-Cut across the lane. Post up above the block.

Power moves



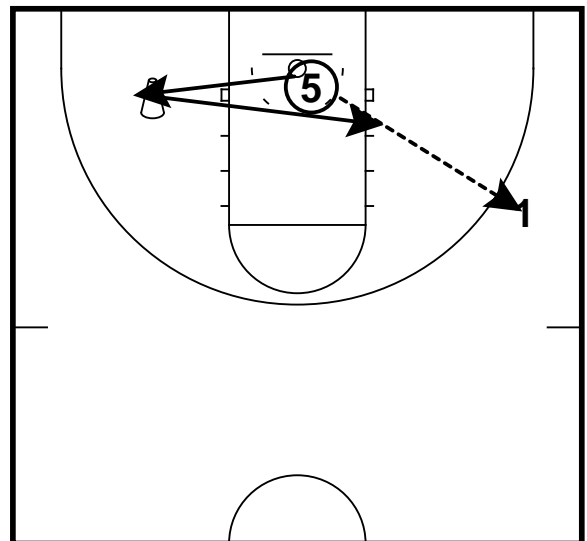
Emphasis placed on one dribble. Put the dribble in the paint. Make the drop step a long, low and deep step to get by the defender using the foot that is closest to the baseline.

Power moves



Outlet back to the passer. Player touches the opposite lane line and sprints back to post up.

Power moves

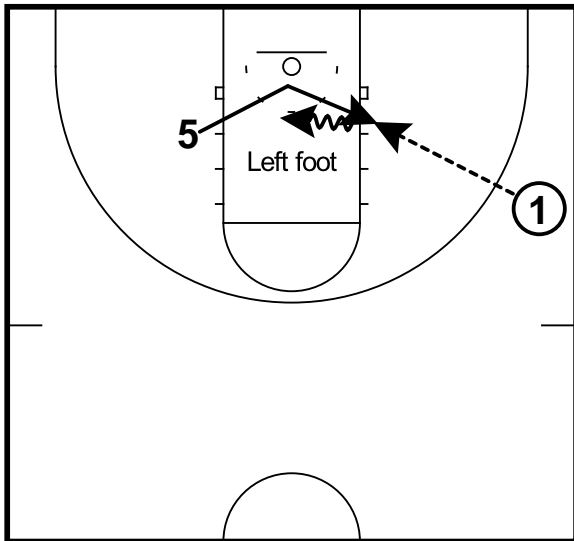


More advanced use the cone to touch and come back to post up. Make sure post players chin the ball once they receive the pass.



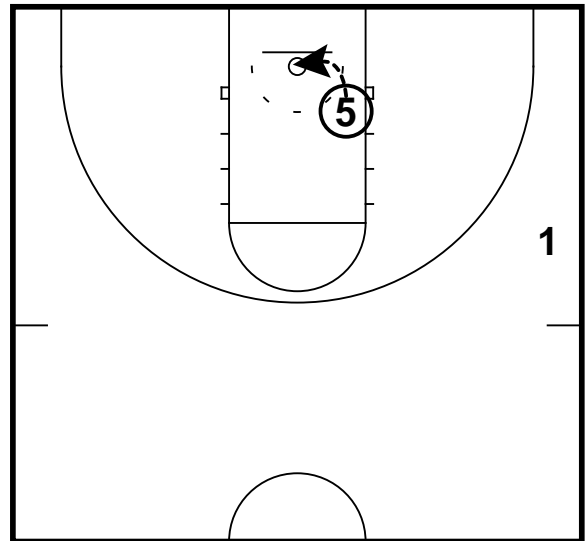
# How to Score More Points in the Post

Up and under post move (New)



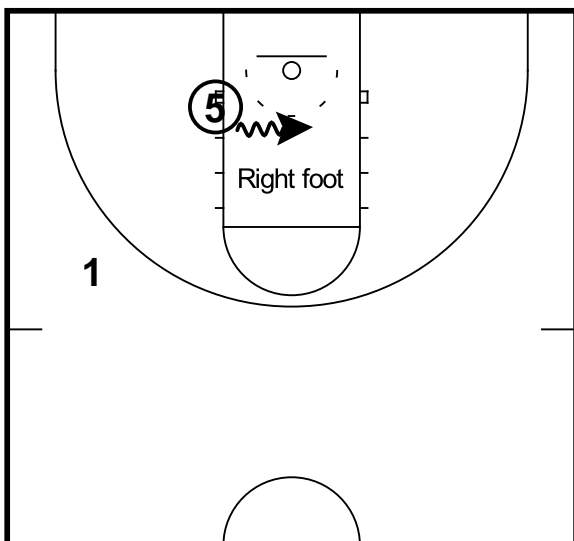
Dribble is made to the middle of the floor with two hands. Pump fake the jump shot in the lane. Step through with left foot when starting on right block.

Up and under post move (New)



After pump fake step through towards the basket. Step across the defense and up towards the basket.

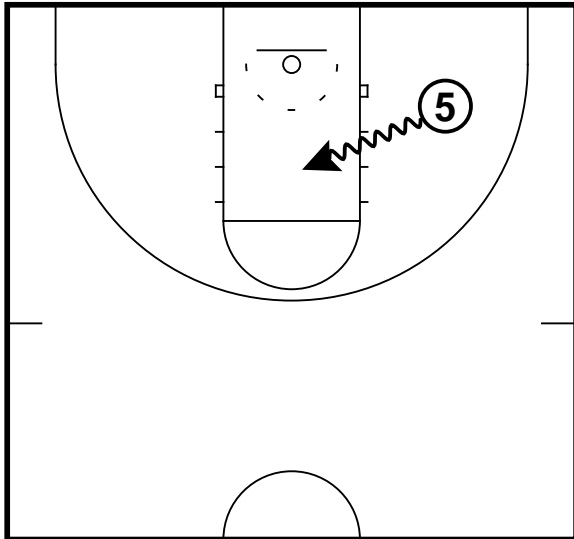
Up and under post move (New)



From the left block. Dribble is made with two hands and step through with the right foot. Shot fake in the middle of the lane. Go up and under to the basket.

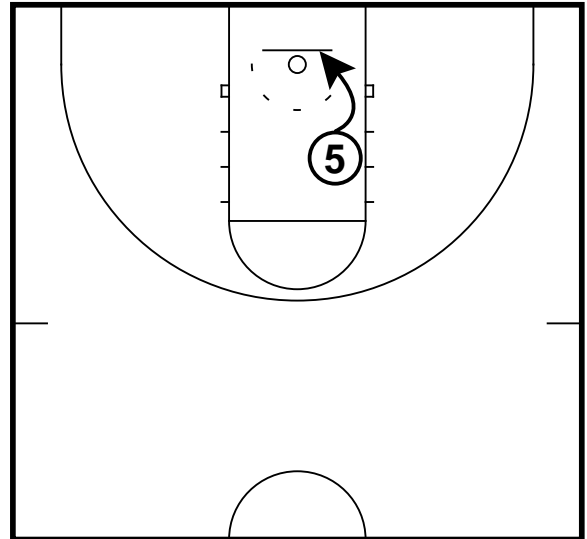
# How to Score More Points in the Post

Barkley Move



Dribble with outside hand (one or two dribbles). Get defender off balance by leaning into them and going into the middle of the lane.

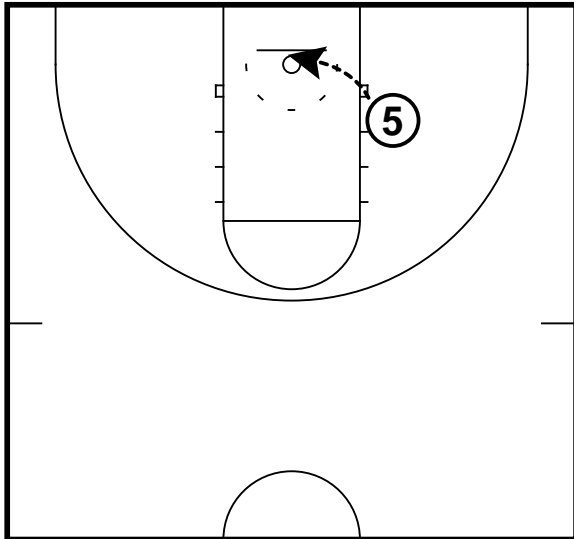
Barkley Move



Long hook with inside leg and drop step for jump hook shot off the glass

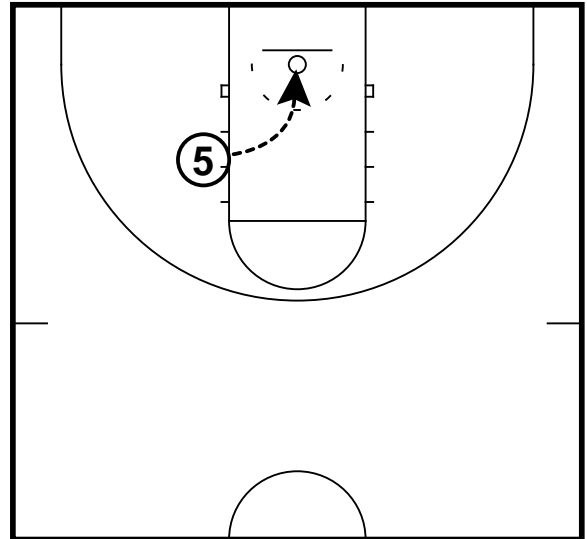
# How to Score More Points in the Post

Reverse Pivot jump shot/drive



Quick reverse pivot in the post. Face up and shoot jump shot. Some call it the Sikma move. It allows post player to create space and make defender come away from the basket.

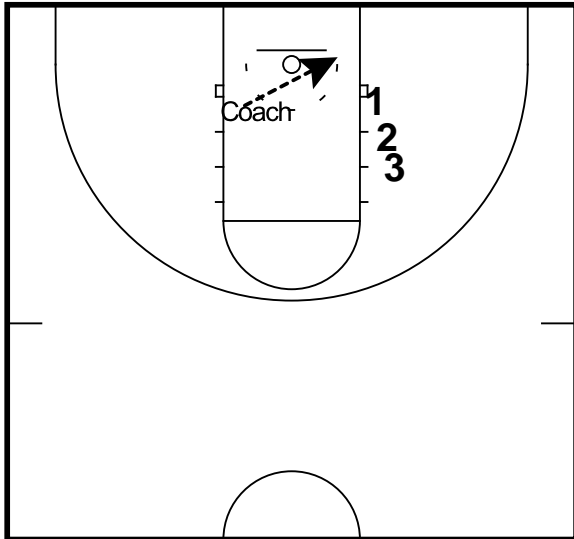
Reverse Pivot jump shot/drive



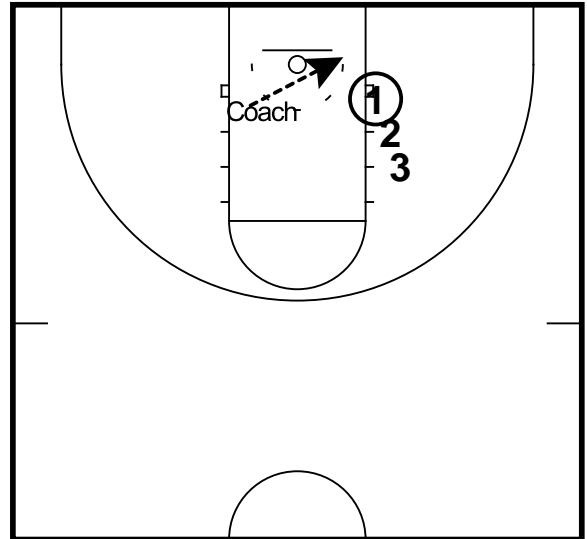
Utilize shot fakes and jab steps close to the basket. Reverse pivots work well in the post when you stay on balance and see the floor.

# How to Score More Points in the Post

Power lay-ins



Power lay-ins

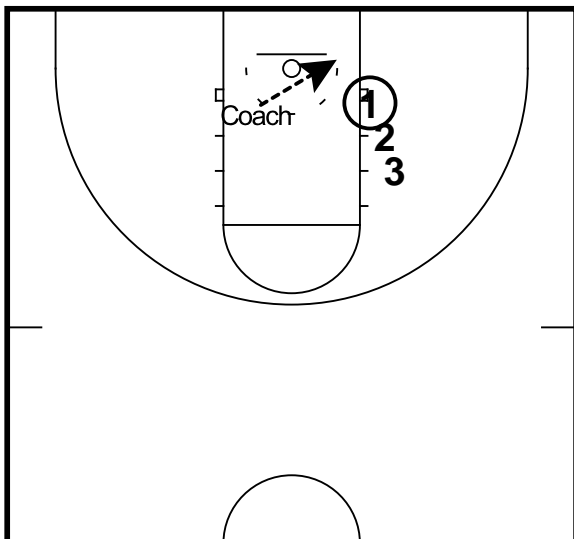


Power Lay in drill.

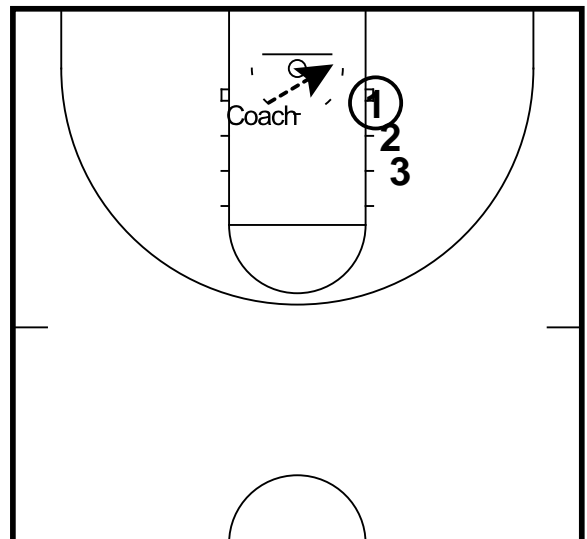
Coach throws ball to hit the opposite side of the backboard. Do not want ball to hit the rim. Players must have hands up and knees bent so they are ready for the ball. On the rebound go up as high as possible and chin the basketball so they are strong with the ball.

1. Pogo. Keep the ball high on the rebound with arms extended and immediately go back up with the shot.

Power lay-ins



Power lay-ins

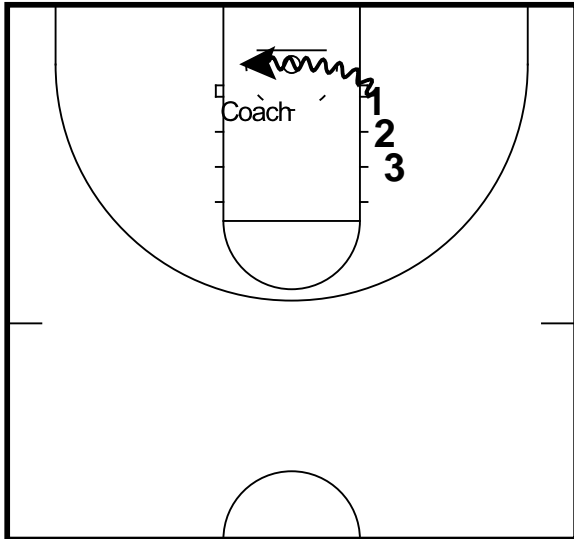


2. Quick put back into the basket. Come down with rebound with wide base and chin the ball go back up with the shot.

3. Shot fake and shot. Rebound and shot fake before going back up with shot. On the shot fake make sure to keep knees bent and the ball chinned. Teaching players to stay in basketball ready position.

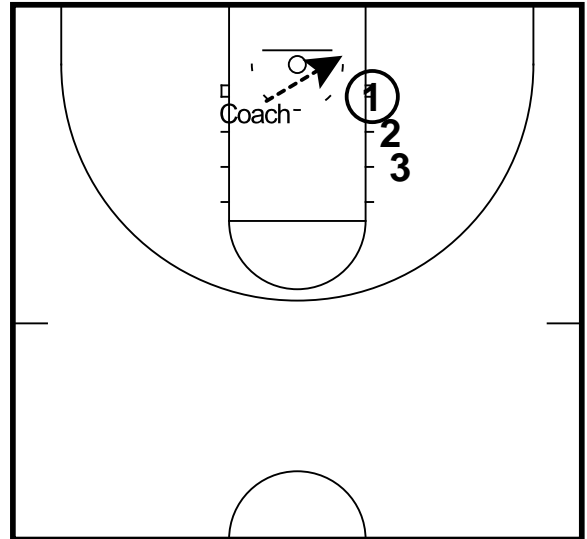
# How to Score More Points in the Post

Power lay-ins



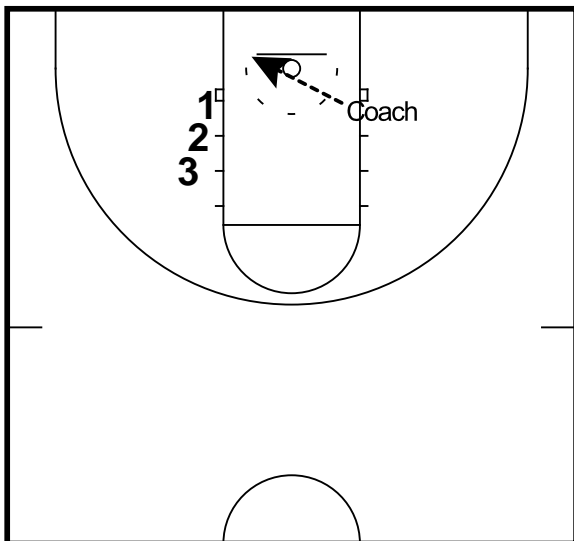
4. Shot fake come to the other side of the rim on one dribble. Keep shoulders parallel to the backboard.

Power lay-ins



5. Catch in the air and put in back in (dunk or tip) Two hands.

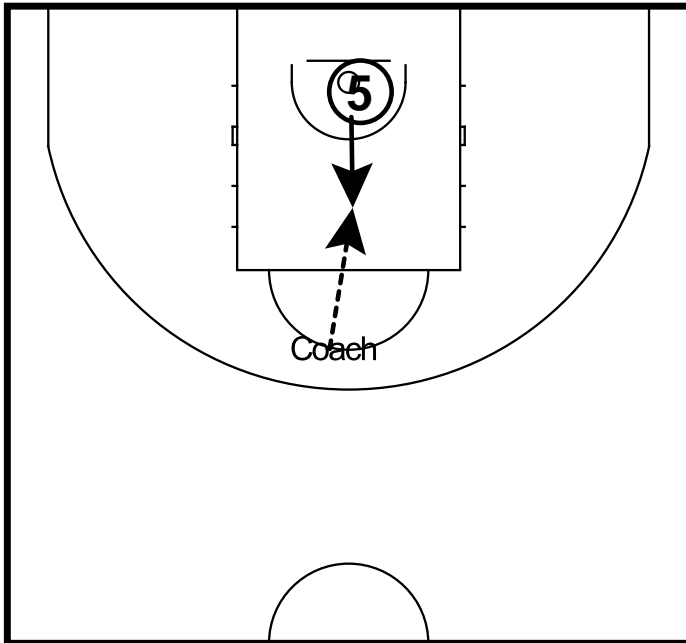
Power lay-ins



Work both sides.

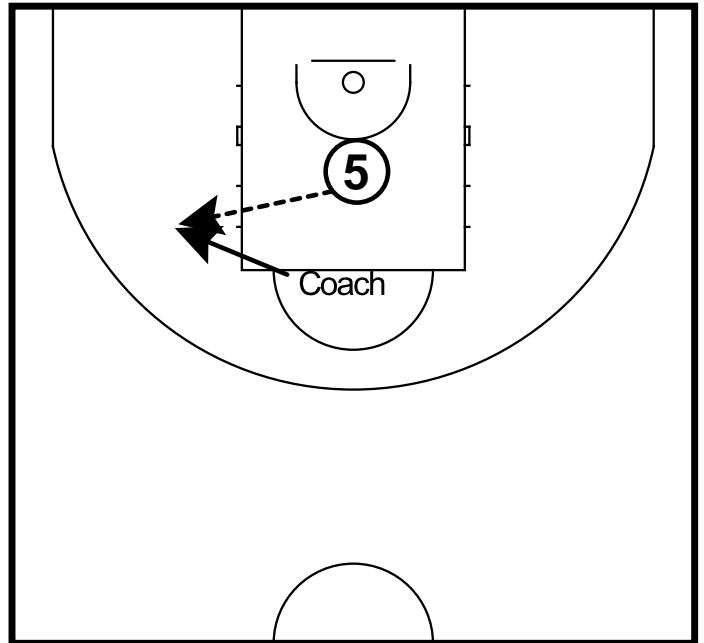
# How to Score More Points in the Post

Quick Shots in the Post



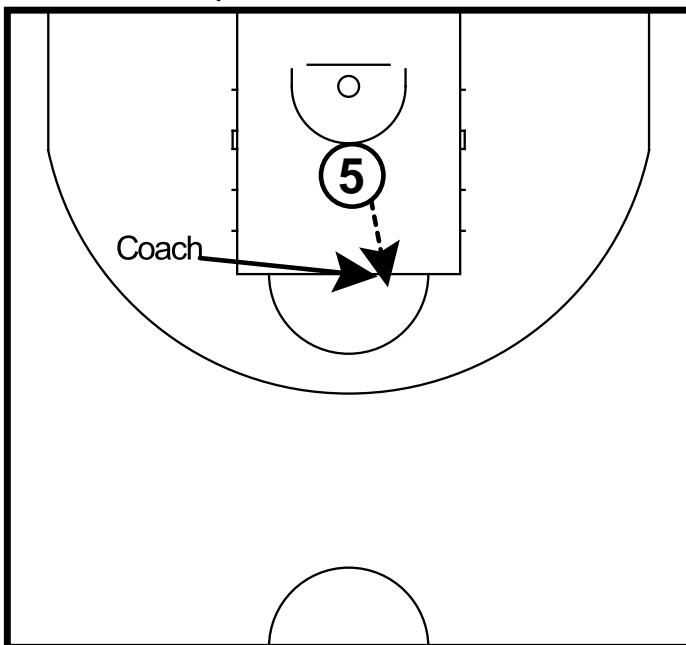
Coach with the ball. Player comes from underneath the rim toward the ball. Coach makes quick pass, Player must turn and finish with the basket. Can do drill with or without the dribble.

Quick Shots in the Post



Coach is on the move once shot is taken. Player must get the ball out of the net and finds coach and makes the pass. Immediately upon catching the ball coach taps or passes back to player. Emphasis in on hands ready, quick feet and making a basket. Player only throws the ball back out after the basket is made. Put the ball back in quick if shot is missed. Teaching your players to stay near the rim on all shots in the lane.

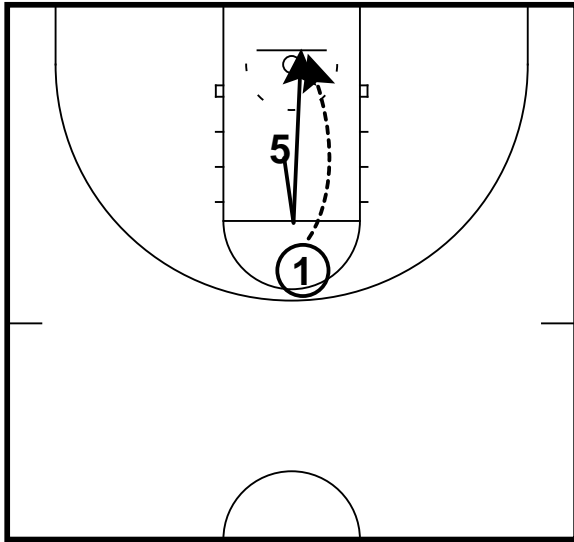
Quick Shots in the Post



Coach wants to stay within 15 feet of the rim. Player is coming toward the ball each time they pass to the coach. Go for set amount of time (30 seconds, 1 minute, 2 minutes) or set amount of made baskets. Great conditioner drill as well.

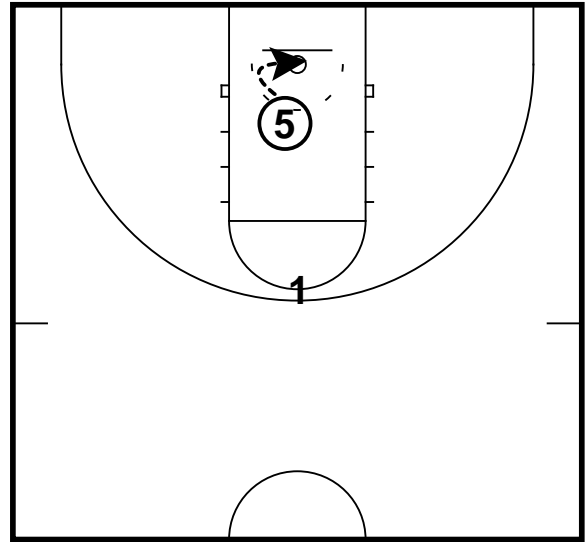
# How to Score More Points in the Post

Catch rebound and score



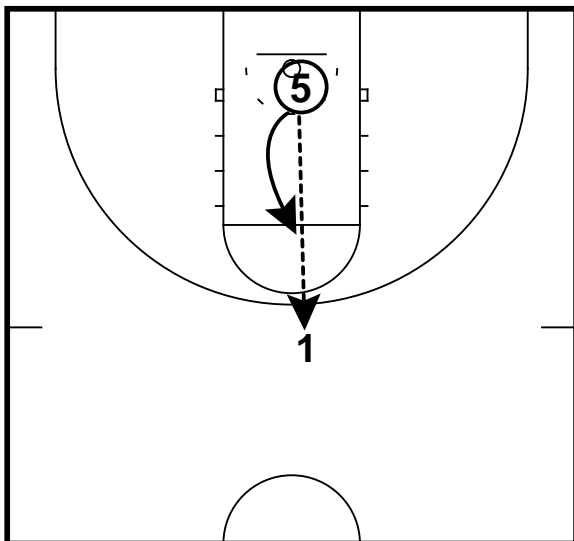
Start in middle of the lane. Touch free throw line go back into the paint. Have teammate or coach throw the ball off the rim or backboard.

Catch rebound and score



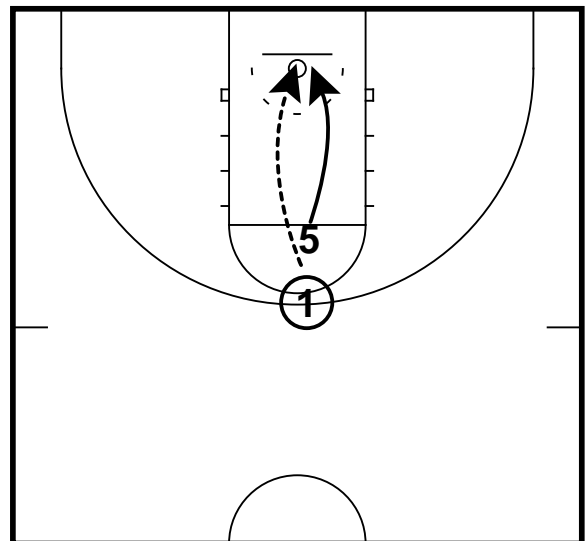
Keep the ball high and put it in the basket.

Catch rebound and score



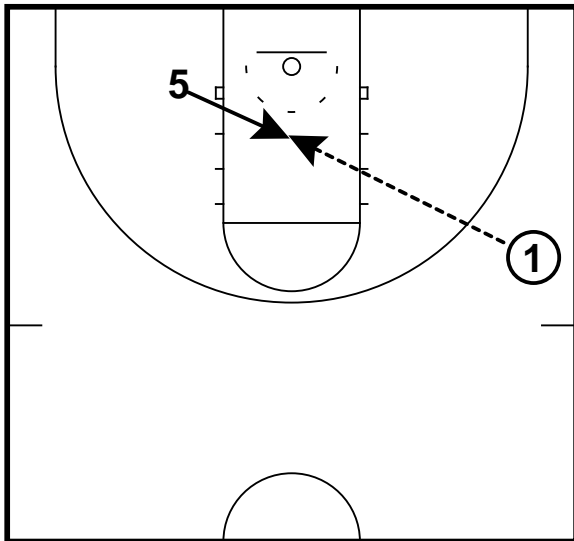
Outlet the ball to the coach or player. As soon as ball is passed touch FT line and sprint back into position to get rebound.

Catch rebound and score

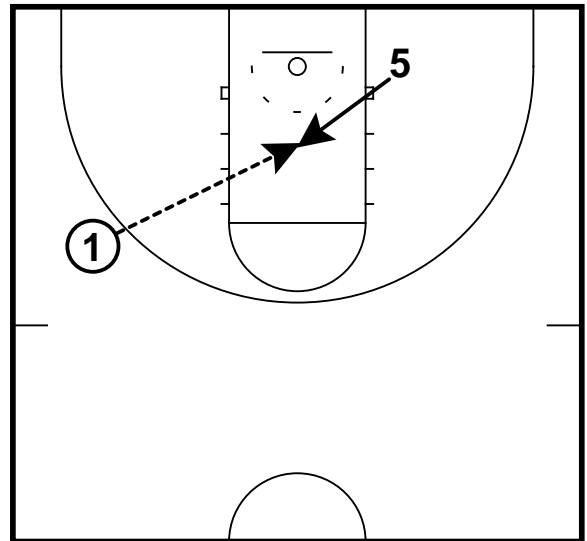


# How to Score More Points in the Post

Flash to the middle



Flash to the middle

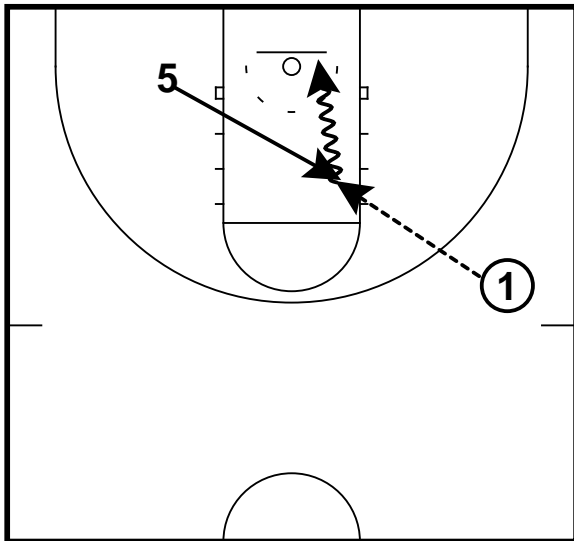


Flash to mid post jump shot and jump hook shot. Players flash across the lane catch turn and shoot either jump shot or jump hook. Getting the ball off quick and following every missed shot with a put back.



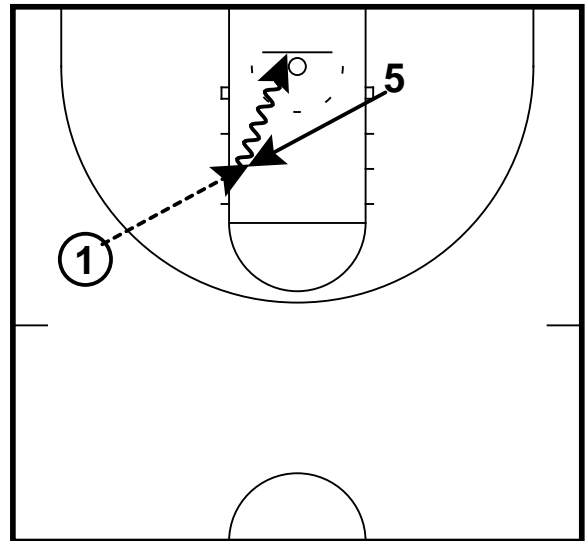
# How to Score More Points in the Post

Flash mid post drop step



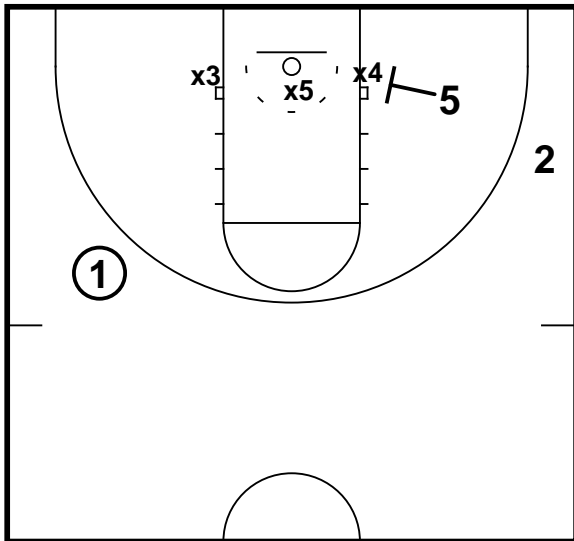
Flash to mid post drop step. Make a deep, quick drop step after receiving the ball.

Flash mid post drop step



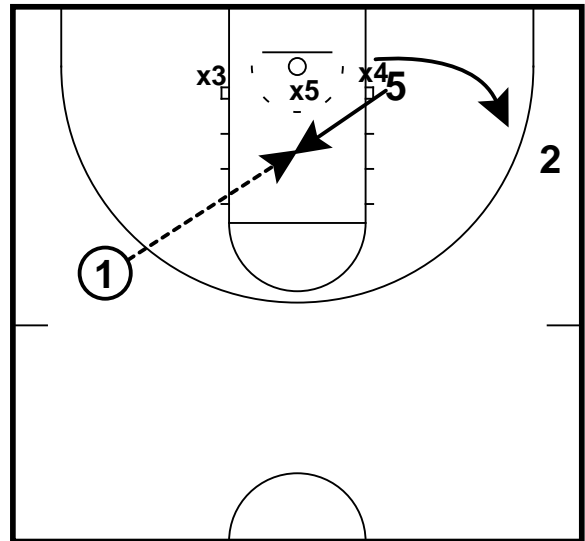
# How to Score More Points in the Post

Screen in vs. Zone/Slip and flash to the ball.



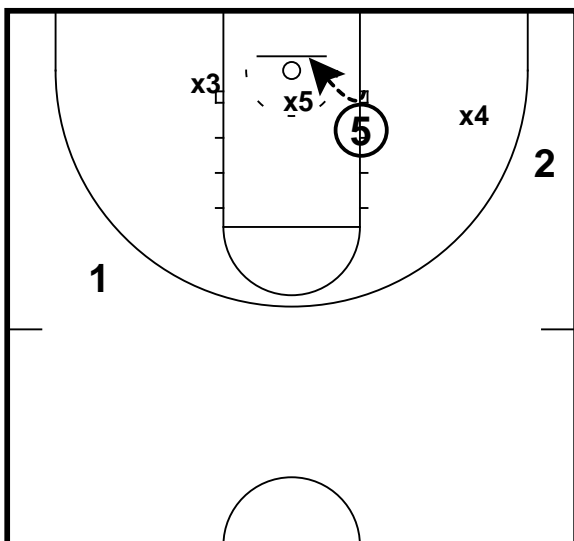
Screen in vs. Zone/flash to the ball. .

Screen in vs. Zone/Slip and flash to the ball.



Guard fakes pass to wing to draw outside defender. Post man flashes to the ball.

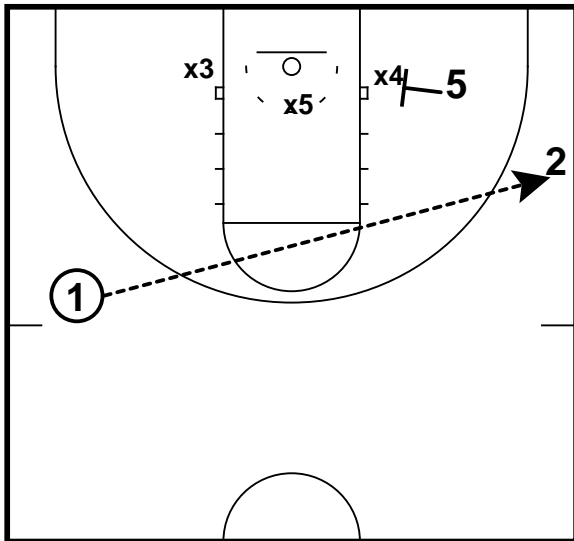
Screen in vs. Zone/Slip and flash to the ball.



On the catch post player goes up quickly to the basket sealing out middle defender in the process.

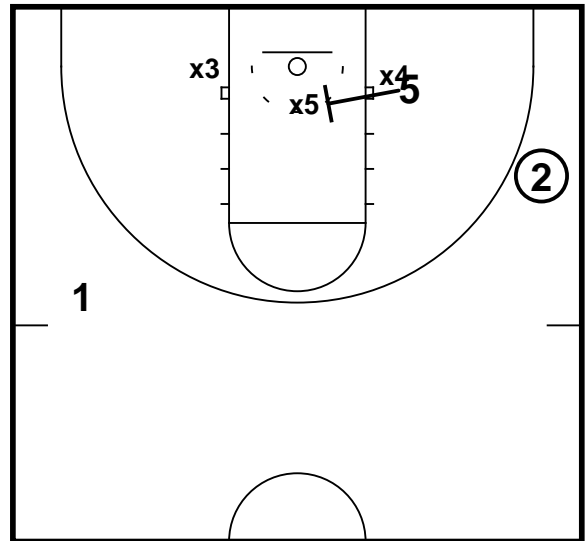
# How to Score More Points in the Post

Screen in seal vs. Zone



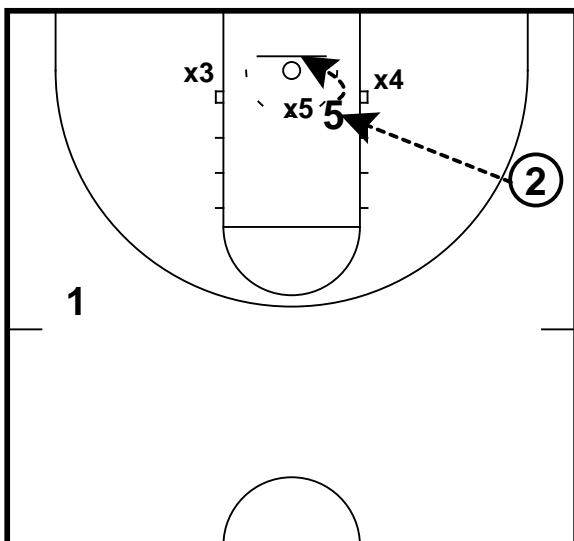
Screen in outside man in the zone. Hold the screen until the skip pass is made.

Screen in seal vs. Zone



When the post man sees the pass go over his shoulders he then moves into the lane. Post up middle man in the zone.

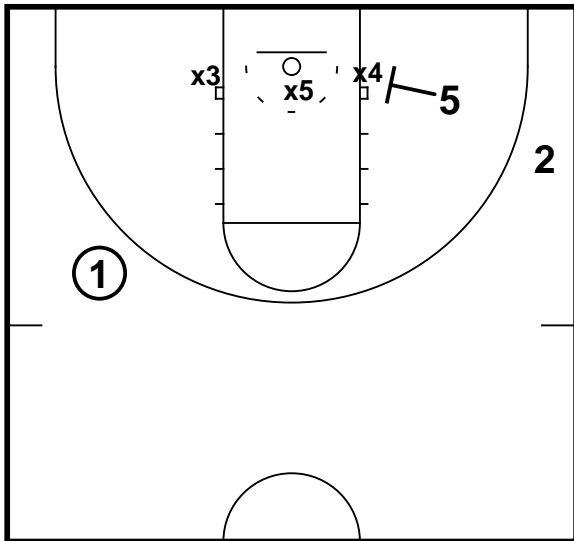
Screen in seal vs. Zone



Catch pass from the wing and go up quick vs. the zone.

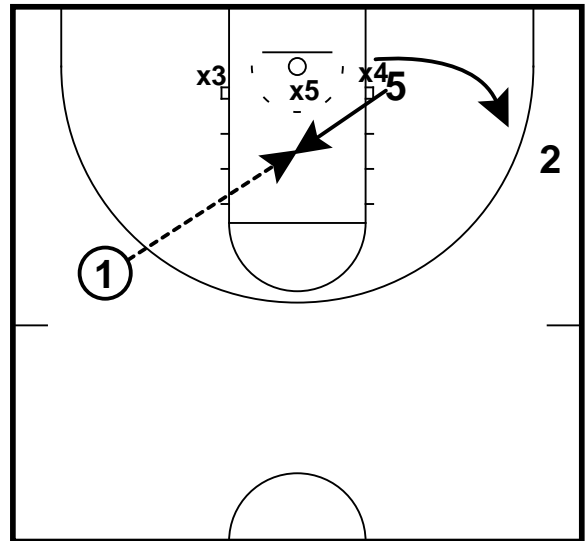
# How to Score More Points in the Post

Screen in vs. Zone/Slip and flash to the ball.



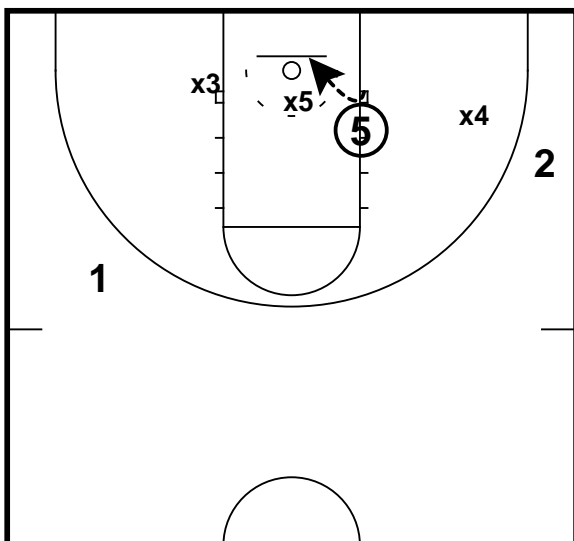
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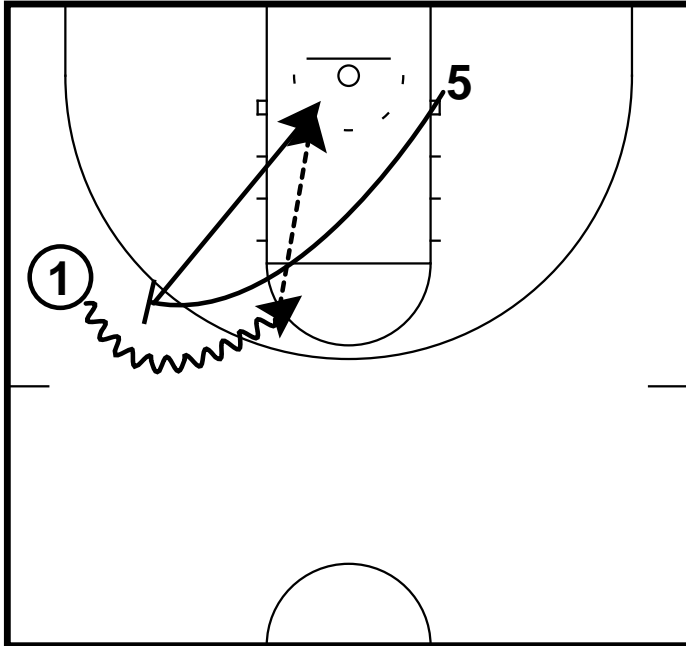
Screen in vs. Zone/Slip and flash to the ball.



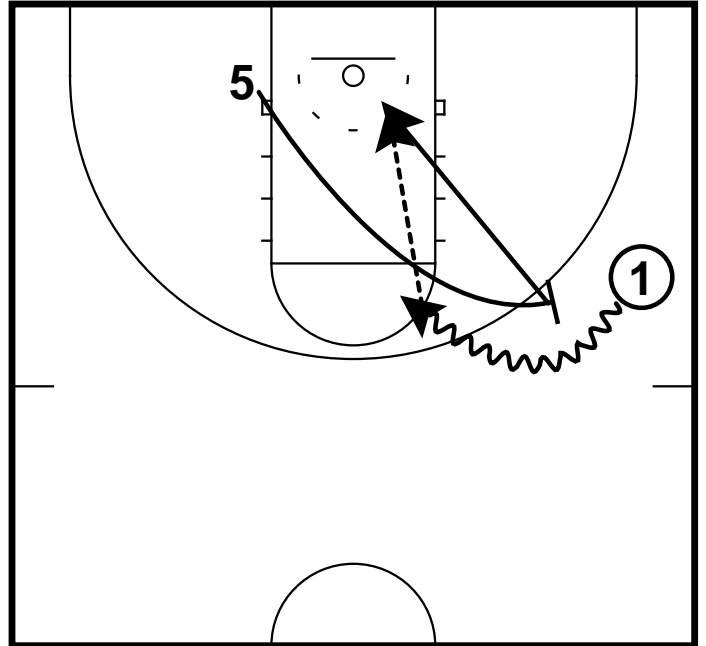
On the catch post player goes up quickly to the basket sealing out middle defender in the process.

# How to Score More Points in the Post

Post Scoring off the Ball Screen Roll



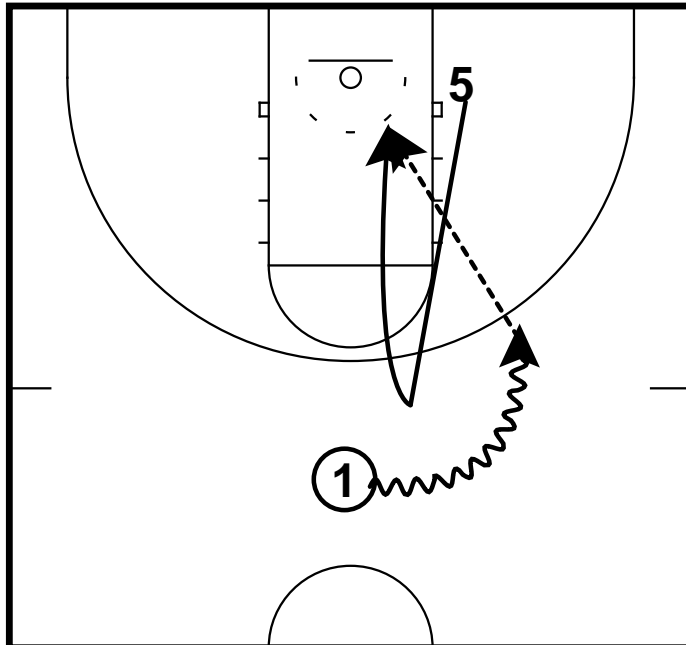
Post Scoring off the Ball Screen Roll



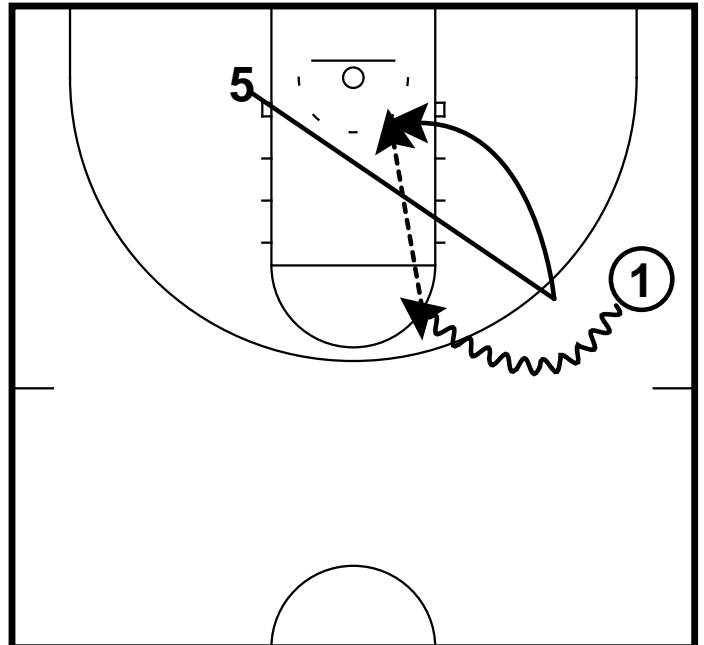
Post sprints up to ball screen. Rolls to the basket, catches and scores.

# How to Score More Points in the Post

Post Scoring off the Slip



Post Scoring off the Slip



Post Sprints up but before ball screen slips to the basket, Planting on top foot, showing hand target and sprinting to basket. Catch and finish.