



National Intensive Training Centre Program Coaching Clinic “Developing Post Skills For Offence”

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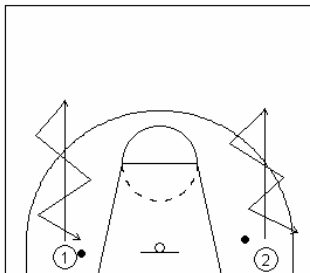
General Thoughts

- Every player regardless of size or position deserves to have post skills
- Players should be “bouncy”, “space eaters” and “sudden”
- Have multiple skills – left/right, mid post and high post
- Strength in body, aggressive in mind
- Look to run from ring to ring in 4 seconds, look for ball in the “box” then to opposite side of the key

Technique

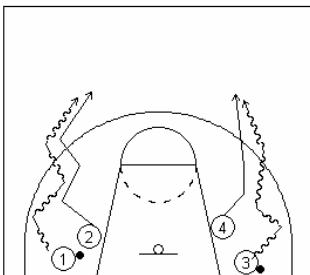
- Split stance – one foot on block and one off
- Position – middle of the key to give cutting space
- Hand position – extended L’s to eat space
- Stance – wide and very very low with hips lower than opponent
- Catch – chin and check to middle (read your defence and split line)
- Target – show number to the player feeding you
- Communicate – “post” call this when ready for the ball

Athletic Development



Bang and Slide Drill

Players will go to three point line slamming ball into ground with both hands and then catch ball. Once at three point line they will get into post stance and slide three steps then drop step. This will continue back to starting point.



Bash Dribble

This is good to get people used to physical contact when playing. Player with ball dribbles to the top of the key they are pushed, slapped and hit by their team mate. They will change roles and come back.

Compass Drill

Athlete starts in stance ready. Coach will call a direction left or right the athlete quickly moves in that direction (there and four positions north, south, west and east). Coach can call multiple directions player must execute as instructed i.e left, right, right.

Head/Shoulders/Hips

Player has a basketball held under their chin. Coach calls either head, shoulders or hips, whatever the call player drops the ball touches body part and must get ball before it touches the ground. They put ball back under the chin and wait for next call.

Ring/Backboard Drills

- Backboard/ring – athlete faces basket. With ball in hand they jump and touch the ball on to the ring, land and then on to the backboard. Up to coach to work out various work levels eg. Three back board touches and then one on the ring.
- Free throw line runs – athlete starts on the free throw line facing ring. Then run at basket take a ball from coaches hand and jump (left foot take off, then right and finally off both) putting ball on to back board. They land give ball to coach and run backwards to free throw line.
- Heel touches – starting under the ring player jumps and touches heel of left hand on the ring/net they land and jump straight away this time putting heel of right hand on ring

(with all of these drills to increase work rate add a medicine/heavy ball)

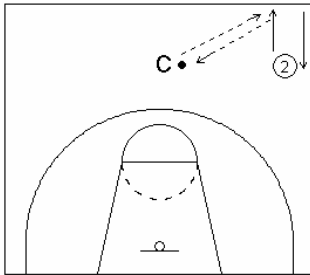
Catching Technique/Hand Eye Coordination

Wall Passes – athlete will start in low stance and pass the ball hard against the wall

walking a step on each pass. Left and right hand push pass, over head and chest pass

Two Player Pass – athlete passes ball against the wall and catches it. They will pivot and find coach and pass to them

Changing Pass – player one will pass the ball with chest pass to partner who will pass back with bounce pass. Every second pass the players change pass type used. i.e player one the second time passes a bounce pass and player two uses a chest pass



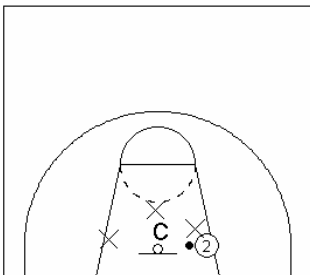
Crab Drill

Athlete starts in offensive stance. The coach throws ball to either left or right of the player. On pass the athlete moves quickly to catch ball then quickly “chin and checks”. They pass ball back to coach and return to middle of the floor. Coach should throw very hard passes to athlete

Finishing Technique

Mikan Drill

- one foot– mikan drill jumping off one foot
- two foot - mikan drill jumping off both feet
- net – mikan drill one foot take off, no backboard or ring allowed all net finish
- reverse – mikan drill jumping off one foot, facing away from the ring
- Serbian – player takes ball from coaches hand shoots hook shot they run to free throw line around a cone and come in on other side of the floor. Coach has rebounded shoot and now stands holds ball on other side of the floor



Hook's Drill

Athlete will shoot from the three spots hook shots. They shoot six left handed then six right handed with coach rebounding each shot. For the two side spots they shoot one bank hook and the other all net.

Bang Drill

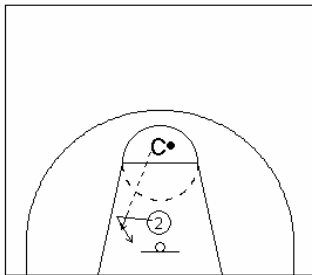
Coach slams ball into the ground or throws it high in air the athlete must gather ball and finish quickly

Slice Drill

Athlete throws ball in air and catches it by jumping off both feet. They land and finish using a heel-toe slice finish

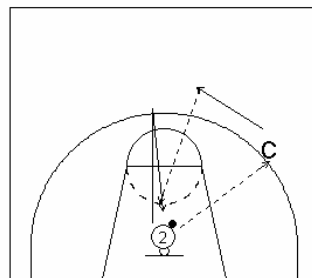
Dunk Drill

Athlete starts under starts on side on the ring they complete five dunks one foot take off then five off two feet. They move to the front of the ring and complete the same and then other side of the ring (again add medicine ball here to increase effort and work)



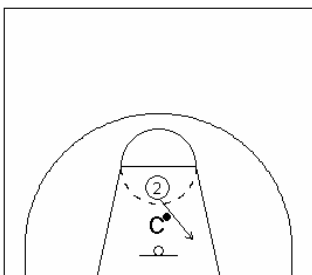
Turn Drill

Coach stands at free throw line and throws ball to player. Whatever hand they catch ball on they turn over that shoulder to complete move after making shot they grab rebound touch it on backboard/net/ring land facing coach and make pass back



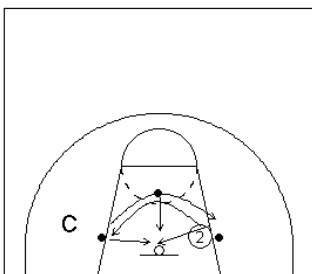
Cams Drill

Athlete puts ball onto the ring then passes to coach on wing player then sprints to three point line meanwhile coach moves to top of the key. Athlete posts in the box and coach passes the ball in to finish. Next time athlete puts ball on the ring twice, continue this increase in a triangle to a level where athlete is working at a high work rate.



Rip It Drill

Coach holds ball in front, athlete will rip the ball from coaches hand, step to ring and finish.



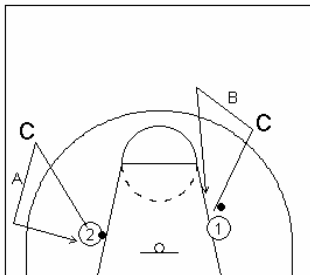
Duke Beast Drill

The player "anchors" one foot to the ground they start in stance and get to the rim and finish. They put ball back in starting position before moving to other basketball and complete again. Athlete goes around and back again. To add extra work at end of circuit athlete sprints to half and back.

One on One Post Moves

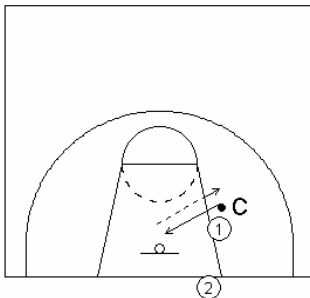
These are the moves all athletes should have been exposed to, practiced and mastered by the time they are Under 20 and move into basketball as a senior level player

- Catch, face the basket, jump shot
- Catch, face the basket, shot fake, jump shot
- Catch, face the basket, drive fake, jump shot (catch and face off both forward and reverse pivot)
- Catch drop step base line, power jump shot (on the base line, foul line foot pivot foot)
- Catch drop step base line then counter move
- Catch middle drop step (to the middle base, line foot pivot foot)
- Catch middle drop step, with counter move
- Catch and spin baseline for layup
- Catch and spin middle for layup
- Catch drop step middle hook shot
- Catch drop step baseline hook shot
- Catch dribble back down and hook shot
- Catch and face, foul line foot pivot foot, shot fake then cross over to baseline power layup
- Catch and face, foul line foot pivot foot, drive fake then cross over to baseline power layup
- Catch base line foot pivot foot, "spin move" to reverse layup
- Catch foul line foot pivot foot, "spin move" to middle, hook shot



Combination Defence and Post Move

- Player closes out coach and touches the basketball they will then slide to the baseline in stance three times the sprint and post
- Player closes out coach and touches the basketball they will then slide to the middle of the floor in stance three times the sprint and post



Athlete Rip to Post Move

Athlete will rip ball from coaches hands make a move, rebound ball and pass back to the coach. They step to other side of the floor and touch backboard with both hands

Thank you for attending the clinic, I hope you enjoyed the information covered. For further information on any of the above information please contact David Munns 0417 361 377 or email david.munns@tis.tas.gov.au