



Wake forest w - post drills



Wake Forest Women

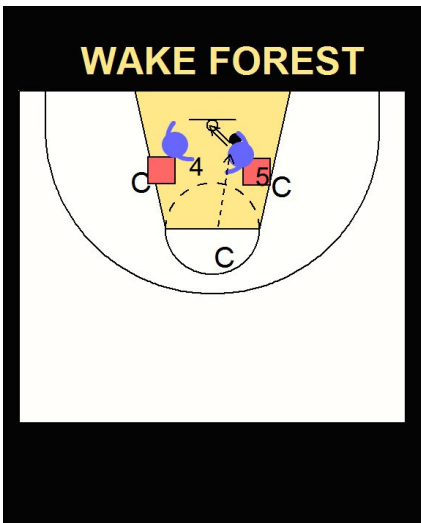
2 v 0 POST DRILLS

*Post Duck In Drill*

O4 & O5 start on the baseline facing the court

2 coaches have bump pads in the blocks

1 coach has the ball on the foul line



Wake Forest Women

2 v 0 POST DRILLS

*Post Duck In Drill*

O4 & O5 duck in and seal the coaches with the bump pads.

The coach passes the ball to on of the players (O5).

O5 shoots the ball.

O4 must box out the coach and put back any misses.



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2 v 0 GUARD DRILLS

*Defend the Post knockdown drill*

5 coaches have a ball on the 3pt line

O5 starts in the low post

D5 starts 1/2 front ball side

Coach will make a pass, the defence must knock the pass away without losing balance

The drill is repeated with each of the coaches making 1 pass.

Each rotation the offence (O5) must touch the original block with their foot and move to the next position