

Dominating the Paint

Stetson University Men's Basketball
Post Technique, Drills and Mindset

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Introduction

At Stetson, we believe that games are won and lost in the paint. Whether it be establishing an inside presence to outscore our opponent in the paint, beating our opponent by winning the war of fouls or using our inside presence to free our perimeter game for better scoring opportunities, basketball games are won from the inside-out. Think about this; if someone offered you a million dollars if you could make one basket, where would you go? You would obviously go as close to the basket as possible. The point? Post players create shots close to the basket, and they force defenses to protect the basket which frees up all of their teammates to be effective.

Winning the battle of the paint and having a concise plan to do this are two different things. At Stetson, we prepare our post players as individuals and as a group to win the battle of the paint through technique, drills and establishment of a mindset to be successful. Throughout this book, you will learn the most important aspects of winning the ultimate battle of the paint. The major components of the book will detail dominating the offensive and defensive glass, getting to the free throw line more than your opponent, understanding the importance of contact in the post, developing offensive and defensive techniques to outscore your opponent and mentally and physically dominating your opponent.

This book incorporates time tested principles with unique drills and techniques to dominate the paint. I hope that you enjoy it.

Chapter 1:
Developing an Aggressive Post
Player

(Picture)

The nature of playing in the post is aggression and contact. Basketball is not a non-contact sport, and there is no place where this is more evident than in the post. If a post player is convinced that he is tougher and more aggressive than his opponent, he will be. This theme permeates into every drill that we do, and the following drills can be used to develop an aggressive post man.

Creating Balance and Power in the Post

The fundamental key to being an aggressive post player is being a powerful position player with a low center of gravity. More often than not, post players who use great balance and keep a low center of gravity will end up being more powerful and aggressive than his opponent. This will allow you to be successful even if you are not as tall or “athletic” as your opponent.

Drill # 1 Reverse Sumo

Two players line up with their hind ends against each other on the free throw line and their hands up over their shoulders. One player faces the basket and the other player faces half-court. When a coach blows the whistle, the two players attempt to drive each other outside of the top of the key and the dotted line. When one player’s foot steps outside of the circle, the other player is declared the winner. **Coaches tip:** Inevitably, regardless of size, the player who gets in a lower, wider stance will win this drill. This drill teaches balance and the importance of staying low in the post.

(Picture)

Drill #2 Modified Mikan

The player stands under the basket to the right of the hoop with the ball under his chin. He then jumps (without dropping the ball) and pounds the backboard with the ball as hard as he can (If the player cannot reach the backboard you can have him hit the underside of the backboard or a pair of cupped hands). When the player lands, he should come down in an athletic stance and immediately go back up and shoot a power lay-up. He then gets the rebound out of the net and moves to the other side of the basket and repeats. This pattern continues until the coach blows his whistle. **Coaches tip:** Make sure that the player hits the backboard as hard as possible. This will make it more difficult to balance when he hits the ground and teaches him to come down in an athletic stance no matter how much traffic he is in. The ball never comes below the players chin.

(Picture)

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Drill #3: Advanced Modified Mikan

This drill is executed the same way as the Modified Mikan with one addition. After the player hits the backboard the first time and lands, he goes back up and hits the backboard and second time and shoots his lay-up before he lands a second time. He repeats this on the other side of the hoop and continues this pattern until the coach blows his whistle. **Coaches tip:** This drill works on scoring after the foul. A key to making the lay-up is to use the wrists to shoot the ball

and not the arms. This principle is also covered in finishing in the post.

The Power Dribble

We utilize the power dribble as our primary dribble in the post, and we do not discourage our players from using it at any time. The power dribble is executed getting down in what amounts to a defensive stance position and pounding the ball into the floor with two hands as hard as he can. The ball should never come up above the player's knees. Post theory has long held that keeping the ball off the floor and above your head is the most effective way to score. While this may be the case with very tall centers, shorter players who rely on balance and aggression are oftentimes better off taking a power dribble which forces them to get low and go up strong. Utilizing the power dribble also allows for post players to create angles to score such as using the rim as a blocker for the post defender.

(Picture)

Drill #1: Partner Power Dribbles

Two players line up ten feet away from each other and face on another. The player with the ball makes 20 power dribbles and the player facing his partner with the ball holds up fingers that must be recited by the player with the ball. This forces the player dribbling to keep his head up and not look at the ball. **Coaches Tip:** We tell the player dribbling the ball to try and pop it on the floor and to have an

angry look on his face when he dribbles. This gets the player in an aggressive mindset if nothing else.

(Picture)

Drill #2: 20 Bounce Drill

The player takes a ball and spins it back to himself anywhere on the floor about 12 feet away from the basket. On the catch, he works on getting low and wide on the catch. After chinning the ball he power dribbles to the rim and dunks or makes a power lay-up. The player takes the ball out of the net and repeats. **Coaches Tip:** Make sure that the player is getting all the way to the rim to finish. This drill is also a very good conditioner.

Drill #3: Putting the Defender in Jail

The player starts in the short corner and the coach throws him the ball. He then takes a big step with a power dribble and gets to the opposite side of the rim to finish with a power lay-up off of two feet. The player then immediately moves to the other short corner and repeats. **Coaches Tip:** This drill forces the player to take a big step with the power dribble and introduces the concept of using the rim to shield defenders. When the player moves he should make his first step toward the basket and get his shoulders parallel to the baseline.

(Picture)

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Using Aggressiveness on the Offensive End

In winning the battle of the paint, getting to the free throw line more than your opponent is a fundamental key. While attributes such as quickness and strength are important in getting to the free throw line, techniques can be used to draw contact and fouls in the post. The key to this is to maintain great balance and the ability to score while drawing the foul. Two of the most important techniques to accomplish this are the concepts of attacking your opponents shoulder and leading with the body and not the ball.

When the offensive player attacks the basket, his two greatest hindrances to scoring are committing an offensive foul and having his shot blocked. Taking the ball through an opponents shoulder, if done properly can minimize both of these factors. Very simply, attacking the shoulder involves taking the ball up towards the basket and using your opponents shoulder as a target. If this is done, the defender will not be able to square up for a charge because the offensive player is not going through his chest and it is very difficult to block a shot clean when the defender is being attacked at the base of his arm, the shoulder.

(Picture)

The concept of leading with the body is a mechanism to establish first contact as the offensive player and still be able to shield

the ball from the defender without losing the ability to score. It is detailed more in the drills used to teach the principle.

Drill #1: Attack the shoulder

Coach passes to player who has position right above the block. The player catches and takes the ball either way (start with the middle) with a strong power dribble and big jump stop. With the player being low and gathered he then thrusts his body through the shoulder of a dummy defender or blocking dummy (upper corners) and finishes with an inside shot. **Coaches Tip:** Another teaching technique is rebounding this shot if it is missed. If the defender gives ground and does not attempt to block the shot and the shot is missed the offensive player should practice boxing out the defender and finishing his own miss.

(picture)

Drill #2: Leading with the Body

The offensive player starts with the ball from any number of angles and power dribbles taking the ball to the basket. A coach has a blocking dummy that he puts up as a defender. The offensive player drives into the dummy with his body and keeps the ball away from the defender (using his body to separate the two) and then brings the ball up towards the basket after the defender has been knocked off balance and loses his shot blocking ability and finishes

with a power lay-up. **Coaches tip:** While this technique can be drilled it should be emphasized for every player on the team that is going to the basket for a lay-up.

(Picture)

General Drills to Enhance Aggressiveness

Drill #1: Blocking Dummy Work

Really any drill in the post or going to the basket can be enhanced by using blocking dummies. Some of the best uses are mimicking fouls on shots and creating contact on post catches. In addition, a coach can hold a blocking dummy over his head to simulate shooting over a taller player. **Coaches Tip:** Using the blocking dummy forces players to keep a low center of gravity to maintain balance and forces the player to keep his eyes on the basket.

Drill #2 Blood and Guts

This drill can use anywhere from 2 to 4 players who are lined up on the free throw lane. A coach shoots the ball and the rebound is live. The players continue to play until the coach blows the whistle. Made shots are live and there are no fouls called. **Coaching Tip:** This drill is great for teaching aggressiveness. Allow no jump shots; everything is going to the basket.

Chapter 2:

Rebounding Emphasis and Technique

(Picture)

There are many factors that go into being a great rebounder or a great rebounding team. I believe that rebounding is like anything else in the game; the more it is emphasized, the better it will be. With every drill that we do, rebounding is an emphasis, even if the drill is dummy or done without defense. While individual and team goals are a big part of basketball, oftentimes team rebounding goals are overlooked. With our team at Stetson, we set a number in rebounding margin that our team strives for. Even though rebounding margin numbers can sometimes lie, they are the easiest and best way to motivate your team through a goal. At Stetson, we have finished in the top 15 in the country in rebounding margin for three straight years, and we have led our conference in rebounding for four consecutive years. During this time, our tallest frontline player has been 6'7. Hopefully, our rebounding emphasis can help you achieve success that you might not have imagined possible.

Rebounding the Ball on the Defensive End

Our philosophy on rebounding the ball on the defensive end is twofold. First, we want to box out. Traditional box out technique can be very effective, but there are two problems with it. First, it is difficult to box a man out with your backside to him because you cannot see him. Next, if you have body contact with an offensive player, your movement can be restricted, and you are not able to pursue the ball appropriately. Our box out technique is outlined in the drills that follow.

The second part of our rebounding philosophy involves tracking the ball down after it hits the rim. Some teams are excellent at boxing out, but if they do not pursue the ball, they are not effective.

Drill #1: Hit and Get

One offensive player lines up at any point on the floor and a defensive player lines up six feet away from him in a standard defensive position. A coach shoots the ball and the rebound is live. When the ball is shot, the defensive player goes right at the offensive player and puts a bent forearm (the bent forearm eliminates any temptation to hold the opponent) into his chest and turns to find the ball. The defensive player must keep contact with the offensive player until he begins his pursuit of the ball. At all times the defensive player keeps a bent forearm in the offensive player, not his body. This keeps the defensive rebounder's legs free to pursue the ball. **Coaches Tip:** The defender looks at the offensive player when he hits him in the chest. Only after he makes contact does the defensive player try to find the ball. His goal is to be closer to the ball than the offensive man so that he can chase down the rebound. In addition, he should keep his feet constantly moving so that he has body strength behind the bent forearm.

(Picture)

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Drill #2: Circle Rebounding

One offensive player starts at the top of the key facing the basket. A defensive player faces him from the free throw line. There are four players lined up around the three point line. A ball is thrown to one of the four players who then shoots the ball and yells "shot." At this point, the rebound is live. **Coaches Tip:** This drill really forces the defensive rebounder to pursue the ball because he is so far from the basket. In addition, it really stresses positioning so

that the offensive rebounder never gets in between the defender and the basket or ball.

Drill #3: Overload Rebounding

One defensive player stand in the middle of the lane with one offensive player one foot in from each elbow. A shot is taken by a coach from anywhere on the floor and the rebound is live until the defender gets it (made shots are also live rebounds). **Coaches Tip:** This drill forces the defender to choose the offensive rebounder with the best chance to rebound (generally opposite the shot) and pursue the rebound against an offensive player who has not been boxed out.

Rebounding the Ball on the Offensive End

Being a great offensive rebounder requires many things including timing, anticipation, and a great desire. There are, however, many more subtle factors that go into being a great offensive rebounder. I try to teach and emphasize a couple of general principles when teaching offensive rebounding. First, we make our players aware of the angle principle on shots (that most shots carom off the rim at the same or exact opposite angle from which they were shot.) Next, I emphasize developing the ability of watching the flight of the ball and trying to beat the defender to the spot where you think the ball will come off. Next, we emphasize the fact that 90% of all offensive rebounding fouls are called in pursuit of the ball and not before the ball is pursued. Finally, a defensive rebound is not secured until the ball is actually chinned by the defender. In other words, never give up on the ball, even if it looks like you cannot get it.

Drill #1: Foul and Attack

This drill starts with an offensive player at any spot on the floor about 12 feet from the basket and a dummy defender about four feet in front of him and facing him. A coach shoots the ball and the offensive player will go into the dummy defender, get one arms into

the chest of the defender and swim stroke him out of the way, pursue the ball and finish with a power lay-up. **Coaches Tip:** We encourage making this swim stroke a foul without arm extension so that is not to obvious to a referee's peripheral vision. It is worth the risk of an occasional foul call because you can become a great offensive rebounder using this technique.

Drill #2: Hit and Extend

This drill begins with two players standing side by side. A coach takes a shot. Simultaneously, one of the two players puts a bent forearm into the side of the other player. When the shot comes off the rim, the player with his bent forearm into the other player "pushes" the other player and immediately raises both of his arms to pursue the rebound. **Coaches Tip:** This is a foul disguised as an attempt to raise your hands to retrieve the rebound. The key is to never extend the bent forearm out, but up towards the rebound.

(picture)

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Drill #3: Ball Pursuit from Under Basket

The offensive player stands out of bounds under the basket. A coach shoots from different areas of the floor. When the ball leaves the shooter's hand, the offensive player quickly looks at the ball to track its flight and tries to beat it to the spot where it will hit. When the player rebounds the ball, he power dribbles to the basket, pounds the backboard and then finishes strong. **Coaches Tip:** If this drill is

done consistently, it can teach rebounders a great knack for gauging where rebounds come off.

Drill #4: Sprint and Pursue

This drill starts with the post man at half-court as if he were running down the middle of the floor on a fast break. He has a ball which he throws ahead to a wing man at the three point line and then starts at a dead spring to the hoop. The guard on the wing will shoot the ball when he receives it. When the post man reaches the free throw line he must break down and get ready to rebound. He pursues the ball and then finishes with a strong lay-up. **Coaches Tip:** The key to the drill is to run hard as if on the fast break and then have the ability to break down and get ready to pursue the rebound.

Drill #5: Superman

The player starts with a ball on one block. He throws it off the glass and must pursue the ball, jump and come down on the other side of the lane, outside of the lane. The player repeats, going from one side of the lane to the other for a set number of repetitions. **Coaches Tip:** Points of Emphasis 1) The player's toes are pointed towards the baseline every time he lands. 2) The player always retrieves the ball with two hands 3) The player chins the ball each time and never "double jumps."

(picture)

Rebounding Your Own Shot

As a post player, you are never in a better position to secure an offensive rebound as when you shoot the ball yourself. There are two fundamental reasons for this. First, the player who shoots the ball should have the best guess as to where a rebound will come off. Next, and more importantly, when a post shot goes up there is only one defender on the floor whose first shot should not be to box out. That is the man guarding the shooter because he has the responsibility of trying to alter the shot. This means that, at best, he will be late in his box out.

The key to rebounding your own shot effectively is being able to beat the defender before he has a chance to make contact. The way to do this is to practice landing in an athletic position (essentially the defensive stance) and pursuing the ball immediately. If a player learns to do this well and habitually, he can increase his rebounding prowess by leaps and bounds.

Drill #1: Avoid the Chair

The player is thrown the ball in the post with a chair directly behind him. He shoots a turnaround jumper and immediately must make a move to avoid the chair and get to the hoop and catch the ball before it hits the ground whether it goes in or not. **Coaches Tip:** To avoid the chair and rebound the ball before it hits the ground, the player must come down in an athletic stance and pursue immediately.

(picture)

Drill #2: 15 Rebound Drill

The player spins himself the ball at different spots in the post and on the perimeter within 12 feet of the basket. He shoots a shot without dribbling and must follow it to rebound. If he misses, he must rebound and finish with a power lay-up. If he makes the shot, he must catch the rebound before it hits the floor. After he makes 15 shots, he has completed the drill. The ball never hits the floor the entire drill except when the player spins the ball to himself. **Coaches Tip:** Make sure that the player takes his normal shot whether it be a turnaround jumper or face up jumper. He should leap as high as he can to shoot and follow through just like a regular shot. For the ball to never hit the floor, the player must come down in an athletic position and immediately pursue the ball.

Drill #3: Six Point Drill

An offensive player starts out with a ball one step off the block. There are two defensive players each two steps off each block (behind the offensive player). The offensive player jumps and shoots. When his feet hit the ground the defensive player behind him takes off after the rebound. The offensive player boxes the defender out and pursues his own shot. If and when he gets the offensive rebound, he follows the shot again and again. Even if the shot is made, his goal is to get the rebound three times, all the while boxing the defender out on each shot. He then moves directly to the other side and repeats the drill in front of the other defender. (This is a one on one drill even though there are three participants.) **Coaches Tip:** The drill teaches a relentless pursuit of the ball and boxing out even as an offensive player.

Chapter 3:
The Offensive Game in the Post

(Picture)

Having an effective offense post game is not only a weapon to win the battle in the paint, but an effective post game also opens up the perimeter game because so much attention must be paid to the inside game. I teach our post players only a few “moves” with counters to those moves. If a post player can master a few post moves to score along with good footwork and technique, he can be an effective scorer. One of the most important facets of being an effective post man is running the floor. I teach our post men to simply run rim to rim as fast as possible (4 seconds is a good goal). This not only gives the offense a chance to kick ahead to the post man, but it also absorbs defenders that frees up other players on the fast break.

Running the Floor

Running the floor takes absolutely no talent, but it is one of the most effective things a post man can do to help his team win. We teach our post players to run rim to rim straight down the middle of the floor as fast as they can. There are some techniques that enhance running the middle of the floor. First, post man must look over his shoulder and find the ball so that a kick ahead is possible. Next, the post man must be able to break down around the free throw line so that he can either rebound or make a catch and finish.

Drill #1: Post Runs

One coach shoots the ball from the 3 point arc and either 1 or 2 big men fight for the rebound. The rebounder then throws an outlet to the coach who shot the ball and sprints down court as fast as possible. The coach has the option of throwing the ball to another coach at the other end of the floor (this coach may shoot it again or pass to the post man) or throw the ball to the post full-court. The post then power dribbles and finishes the play and repeats. **Coaches Tip:** This drill teaches not only sprinting rim to rim but also looking back for the ball, breaking into an athletic stance at the free throw line

and pursuing missed shots after a dead sprint. When a post is thrown the ball on the break, we want him to gather himself, power dribble and finish.

Drill #2: Post Run Competition

We use 4 post players with this drill. A post player lines up on each block and each elbow. Coach shoots the ball and all 4 post players go after the rebound. The player who gets the rebound gets 2 points. The four post players then sprint to the other end of the court where a coach has laid a ball under the basket. The first player down picks the ball up and finishes with the other two playing defense. If he scores he gets 1 point. When a player reaches 5 points, he is out of the drill until everyone has 5 points. Coaches Tip: The drill finishes when the third player scores 5 points.

Posting Up and Catching an Entry Pass

When posting up, we still hold to the principle of making the first contact (preferably with a bent forearm) and then boxing the opponent out before receiving the pass. This eliminates the possibility of a holding foul in the post and forces the post player to keep his feet moving just as if he were boxing out for a defensive rebound.

In catching the pass, we teach our post players to catch the ball, not by jumping to it, but by catching it “arms out, butt out.”

(Picture)

Drill #1: Flash, Show Numbers and Catch:

The post player starts at one of three spots; the short corner, the short corner, the elbow or the opposite block and flashes to the ball side block where he catches a post entry pass. When the post flashes, he wants to come to the block at an 85 degree angle. A defense can be added to this drill. **Coaches Tip:** We will not throw our post player the ball unless we can see his numbers. In addition, when receiving the ball the post player wants extend his arms fully and shoot his butt back into the defender. This makes the pass as short as possible. This cuts down on the length of the pass and helps ensure its completion.

Utilizing the “Lurk” Zone

I call the area underneath the block to the baseline from short corner to short corner the “lurk zone.” We like to use this zone for a couple of reasons. One, it allows the post player to thrust hard into the scoring area with a good head start. Secondly, defenders are not used to guarding post players in this area. Think about it, all post defensive drills start with the offensive man on the block. Finally, the offensive post man is able to take his defender by surprise because the principle of seeing both your man and the ball is difficult for a post defender guarding an offensive player in the lurk zone. We call this area the lurk zone because the offensive player simply “lurks” and then strikes at his defender and posts him up. We tell our post players that their post up on the unsuspecting defender should hurt his opponent because he (the offensive player) drives his butt into his opponents leg with great aggressiveness.

(Picture)

Drill #1: Lurk Zone Drill

Four offensive players stand around the perimeter and move the ball around. There is an offensive post man who is positioned underneath the basket in the lurk zone and a defensive post man guards him. The offensive post man “lurks” , that is moves back and forth in the lane under the basket. When the ball is in the proper position on the perimeter and the defensive man has lost sight of him, the offensive post man attacks the defender with a hard post up and box out. His goal is to seal the man in the lane, receive the ball, and go straight up. **Coaches Tip:** The offensive post man attacks the defender when he can no longer see his eyes. The defense must play honest and try to see the ball and his man.

Post Moves

In addition to the standard post moves that everyone is familiar with, we try to present some different moves and techniques to learn them. We do not get caught up in a wide array of moves, rather we want our post men to have a few moves that they are very good at and a couple of counters.

Drill #1: The Jump Hook

Player takes the ball and stands directly under the basket. He stands sideways and points his left shoulder (right if he is left handed) directly at the rim and uses it as his guide. He jumps up and dunks the ball (or close) following through with his right hand. After 10 reps, he takes a step back and repeats. Obviously he cannot dunk the ball any more, but we emphasize using the same form as the dunk. This makes the jump hook an aggressive shot that is being taken going into the basket and helps eliminate too much thinking during the shot. The player should always jump off two feet, start with the ball at about shoulder height and use his inside shoulder as

his guide to the basket. Just as in pitching a baseball, the ball should follow the same flight as the left shoulder is pointing. Coaches Tip: While very effective for the strong hand, this is a great drill for the off hand.

(Picture)

Drill #2: The Deal on Move

Offensive player is given the ball in the post area. Defender is one step off directly behind the offensive player. The offensive player takes one hard dribble directly back into the defender. The player keeps his shoulders square so that he may maneuver either way. 1) If the defender makes contact on one side, the post player will spin opposite and get to the basket. 2) If the post player feels that the defender is slow in recovering then he will spin and face and then look to duck under and get to the basket. 3) If the defender retreats then the offensive player will incorporate shoulder fakes (ala Hakeem Olajawon) and spin for a turnaround jump shot. **Coaches Tip:** The drill allows a post player an option to get his post move started if he does not have an immediate angle. It avoids any freezing by the player and cuts down on stiff, ineffective moves around the basket. It helps if the coach is the defender so that he can dictate reads.

(Picture)

Drill #3: The Rip Face

The offensive player posts up and receives the ball. He then inside pivots with a leading elbow to create space. The player then immediately puts the ball in the shooting pocket right next to his ear on his strong hand. Having the ball in this spot allows the offensive player to shoot the ball immediately without having to gather or adjust. With the threat of a short jump shot which is very quick and difficult to block, the offensive player now can utilize the shot fake and drive. **Coaches Tip:** The whole key to this move is to get the ball in the shooting pocket on the inside pivot. The quick shot is a great offensive threat.

(Picture)

Drill #4: Circuit Shooting

This drill requires three baskets. The coach demonstrates a post move\shot at the main basket. The post men form one line and do this move\shot on all three baskets. The ball should never hit the floor in this drill unless it is being dribbled. **Coaches Tip:** This drill is a great conditioner and also reinforces the idea of following the shot on every post move.

Finishing the Shot

If a post player will do three things when shooting a lay-up, his chance of missing a “bunny” will be greatly reduced.

- Keep your eyes on the rim. Never look at the ball or a defender.
- Land where you start on every lay-up even if you are sprinting full speed. This eliminates fall aways or landing out of bounds. It also gives you a better chance to get a rebound on a difficult lay-up.
- Shoot the ball with a wrinkle in your wrist and follow through just like a jump shot. Do not slap the backboard or try to guide the ball. Shoot it!

Chapter 4:
Defending the Post

(Picture)

On the offensive end of the floor we try to emphasize making first contact and creating angles to score. On the defensive end, we also stress making first contact, and we want to prevent the offensive players from obtaining angles and force them to take contested jump shots. We chuck all cuts, flashes excetera with a bent forearm to avoid fouls and use great strength. The key to using the bent forearm is to keep your weight behind it and keep the shoulders square to the offensive player. The offensive player should be hit before he gets to his desired spot.

We never “wrap” an opponent when he is posted up because this leaves us more vulnerable to angles and lay-ups. Therefore, we either front or play directly behind the offensive post player. Whether we front or play behind depends on the position of the player on the court and the effectiveness of the post player. We front in something we call the butt front which consists of the defender getting in a low position front of the offensive player and making contact with his butt on the offensive players knee. The key to having an effective butt front is staying low and wide and maintaining contact. This position invites the lob and how we play this is covered in the drills section.

Drill #1: Bull in the Ring

An offensive and defensive player start at one of the blocks. Four offensive players are lined up around the three point line. The ball starts in the corner and the defender is in the butt front position. When the ball is passed to the wing, the defender gets off to the ball, staying one step below the line of the ball. The offensive player attempts to flash to the elbow and is chucked by the defensive player. The offensive player then retreats to the block and the ball is swung to the other wing. The defensive player jumps to the ball and one step below the line. The offensive player again flashes and is chucked with the proper form. The offensive player then moves to the other block and the ball is passed to the corner. The defender

then gets into the butt front again. After this, the drill is live.
Coaches Tip: The offense is “dummy” until the drill goes live.

(Picture)

Drill #2: Playing the Lob

An offensive player lines up on the block and a defender gets into the butt front position. A coach lobs the ball to the offensive player. The defensive player then drops even lower and roots the offensive player back as hard as he can. The defender never jumps to play the lob; when the ball is above the defenders head he reaches up to swat it away while he is still rooting. The key is to never give up on the lob because eventually the offensive player must lose his pin and try to receive the ball. The defender has done his job if he gets one finger on the ball, forces the offensive player to catch the ball on the other side of the rim or forces the player to catch the ball behind the backboard. **Coaches Tip:** This technique is a foul, but having the foul called once in a while is well worth the effectiveness of this technique, and its effect of discouraging future lobs while still being able to butt front.

(Picture)

Chapter 5:

Developing the All-Around Post Game

(Picture)

Development of the all-around post game is essential to be an effective post man. Rebounding, defense, offense and running the floor are all ways that a post man helps his team win, and a good post man in today's game that is so centered on the three point shot is invaluable. We have one drill that we have adopted and adapted from the NBA that really is very good in stressing all of the skills and principles that go into making a good post man. The drill encompasses such principles such as making first contact on the offensive and defensive end, sprinting the floor, posting up strong, playing the lob, pursuing rebounds and playing while tired. This drill is also very competitive and can be used every day in practice or workouts.

Drill #1: Hero Drill

One player starts at the top of the key facing the basket and the other player starts at the free throw line facing him. There are two coaches involved; one at each wing outside the three point line. The drill starts with one of the coaches shooting a jump shot and the two players pursuing the rebound. The player who rebounds makes an outlet pass to one of the coaches and springs to the half-court circle and puts one foot in the circle and immediately springs back to the hoop (he is the offensive player). The player who did not rebound also sprints to the half-court circle and puts one foot in the circle and sprints to the hoop. The defensive player is attempting to beat the offensive player back to avoid a break away lay up and the offensive player is obviously trying to get that lay-up. If there is no lay-up, the offensive player posts up and looks for a pass from the coach with the ball. If he receives that pass, the two players play one on one in the post (note that both coaches can be used via the skip pass). After playing one on one in the post, if the defensive player secures the rebound, he becomes the offensive player, throws the outlet pass and both players again sprint to the center circle and the drill continues. If the offensive player puts the ball through the hoop, he can continue to rebound his own make. The defensive player only becomes

offense by rebounding the ball. **Coaches Tip:** We generally play the game with a scoring goal usually somewhere between five and seven points. Points are awarded as follows: one point is awarded for a rebound of any kind and two points for a basket.

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