**Post Play Technique Thoughts & Ideas**

-Five characteristics of a good post player

 -Head

 -Heart

 -Hands

 -Feet

 -Ability to Shoot the Ball

-Two different types of Post Players

 -Stationary – Play on their favorite side of the floor and stay there

 -Moving – Post players that flash from block to block and the high post, can also be screened

 into the post

-Four Categories of Teaching Post Play

 -Getting Open Where You Can Score

 -Staying Open by Sealing

 -Receiving the Ball Safely in Your Scoring Area

 -Scoring as Simply as Possible

**“Getting Open Where You Can Score” – Proper Post Stance**

 -Wide base, Low hips & High hands

 -Wide base – Wide enough that you have great balance, but that you are still quick

 -Sit into your game

 -Keep your head between your knees - BALANCE

 -Lower and wider is better

 -Take up space with your wide base and your high hands

 -See the backs of your hands

 -Show numbers and letters to the ball

 -Get a piece of the restricted circle

 -DEMAND the ball

**“Staying Open” – In Your Scoring Area**

 -Make and Maintain contact on the defender

 -“Seal In’, “Seal Out” & “Set Up For a Lob”

 -Keep your feet between your defender and the ball

 -Feel where the defender is with your butt

 -Don’t find the ball, let the ball find you

 -Keep your head between your knees – BALANCE

 -DEMAND the ball

**“Receiving the Ball Safely”**

 -Catch the ball with your eyes, feet and hands

 -Block & tuck concept on every catch

 -“Catch & Chin” on every catch

 -Play slow in the post (Catch, chin & look middle)

 -Catch the ball in a power stance every time

**“Scoring as Simply as Possible”**

 -Efficient with both hands around the rim

 -Get the ball high off the glass – contact shortens your shot

 -“Sweet” moves – No dribble required – Pass leads to a shot and score

 -THREE POINT PLAYS

-A great post player should not be stopped with just one defender, and always demands more than one defender to stop them.

-Repetitions develop habits and habits develop success – Dean Lockwood

-Great post players need to EAT everyday!!!!

 E – Effort

 A – Attitude

 T – Toughness

-Ball Security is the number one thing in the post – “Catch the ball”

-Two Absolutes of Post Play

 1. You should build your offense from the inside out – Need to try and get easy baskets

 2. You can have post play without having size