**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