



Conditioning Beast Drills

for Posts

By

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Thank you for coming to the on court presentation of Conditioning Beast Drills for Posts. I have attached each drill for you with this print out. Here are some points that you can implement in each drill which we do to change things up.

#### 5 Point Shoot, Sprint & Post Beast Drill

- Coaches can indicate each series what post move they want their posts to work on in the drill
- Coaches can set the distance for the shots at each spot
- Coaches can have a person with a bag hitting the post player posting up or have another player working on post defense going live

#### Rim Run Beast Drill

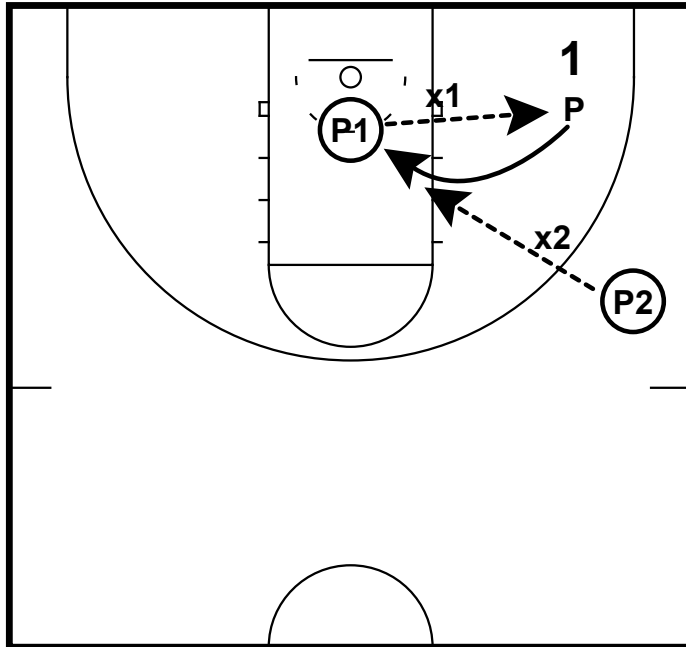
- Coaches can indicate what post move they want to post to make on the rim run pin down
- Coaches can tell how they want the post to defend the basket when sprinting back on defense

#### Swim Run Beast Drill

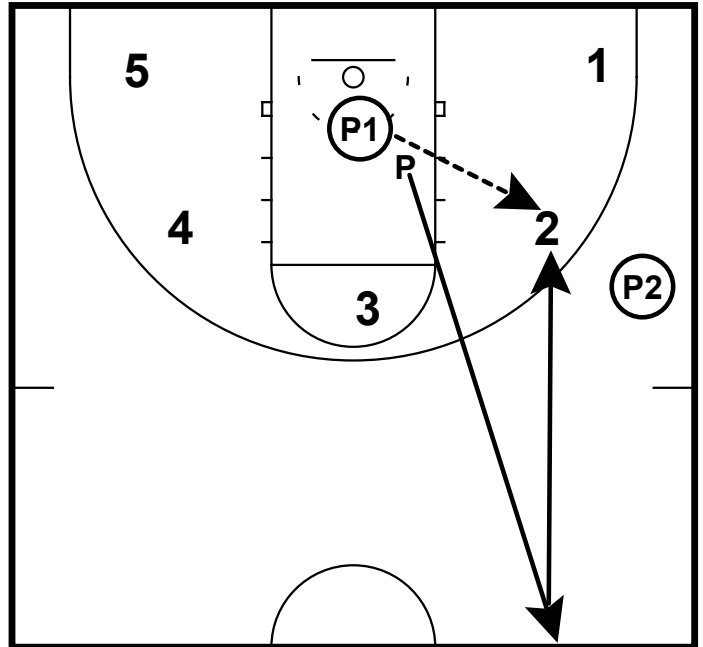
- Coaches can indicate which way they want to posts to swim when starting at the elbow.
- Coaches can have the players with the bags come down into the key hitting the post who gets the rebound making it harder on the put back
- Coaches can indicate which swim move they want to posts to go in transition rebounding.

# Azusa Pacific Womens Basketball

5 Point Sprint, Shoot & Post  
Scout



5 Point Sprint, Shoot & Post  
Scout

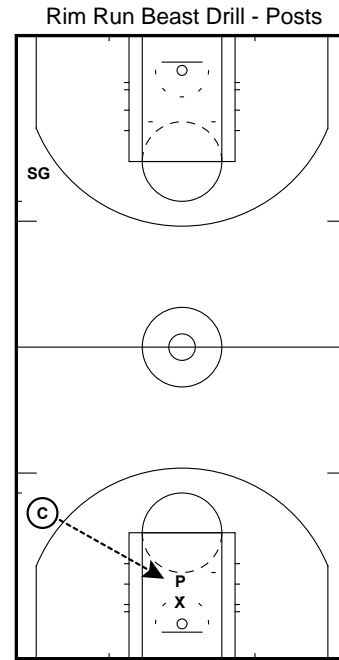
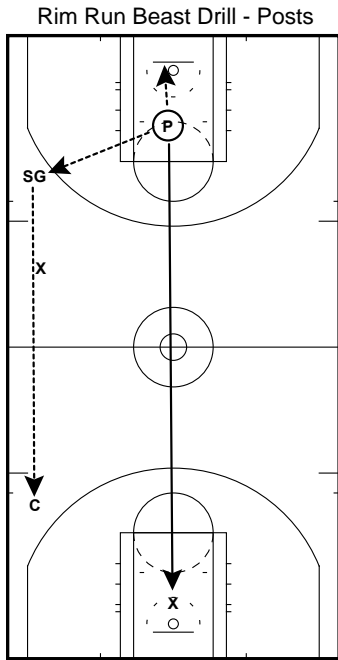


5 point Sprint, Shoot & Post Drill

- Start all shots 15-17 feet.
- Post starts baseline at spot 1 gets pass for shot. Shooter can not leave until they make first shot.
- After post makes shot from spot 1 they will sprint to post up passer 1. Passer 2 will then pass them the ball and post will then attack rim.

- Once post shot is made post will sprint to half court then sprint to spot 2 for 15-17 foot shot and repeat same shot then post action
- Post will go to spot 1,2,3,4,5,4,3,2, and end at 1
- If post misses at spot 2 they will sprint to half court again and shoot spot 2 again.
- Shooter can not go to next spot until they make the shot.
- See how many shots, and post shots you can make in a row and how fast you can get them all done
- Once you have made all 17 foot shots, extend to 3pt line

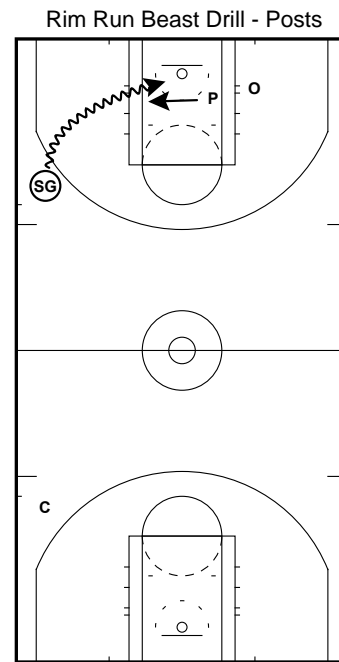
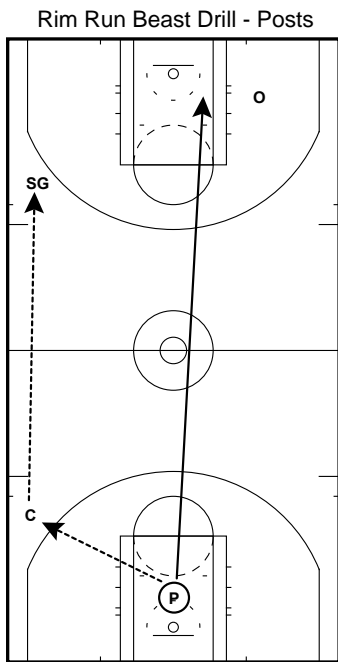
# Azusa Pacific Womens Basketball



Rim Run Beast Drill - Posts

- The Post will throw the ball off the back board and jump for the rebound. They will outlet the ball to the SG or Coach.
- Once the pass is made the Post will be on a full sprint, rim running to the defender under the basket.
- The SG or Coach will be passing the ball down court to the other passer while the post is sprinting.

- The post is doing early work pin down under the basket for a quick pass from the coach to score.

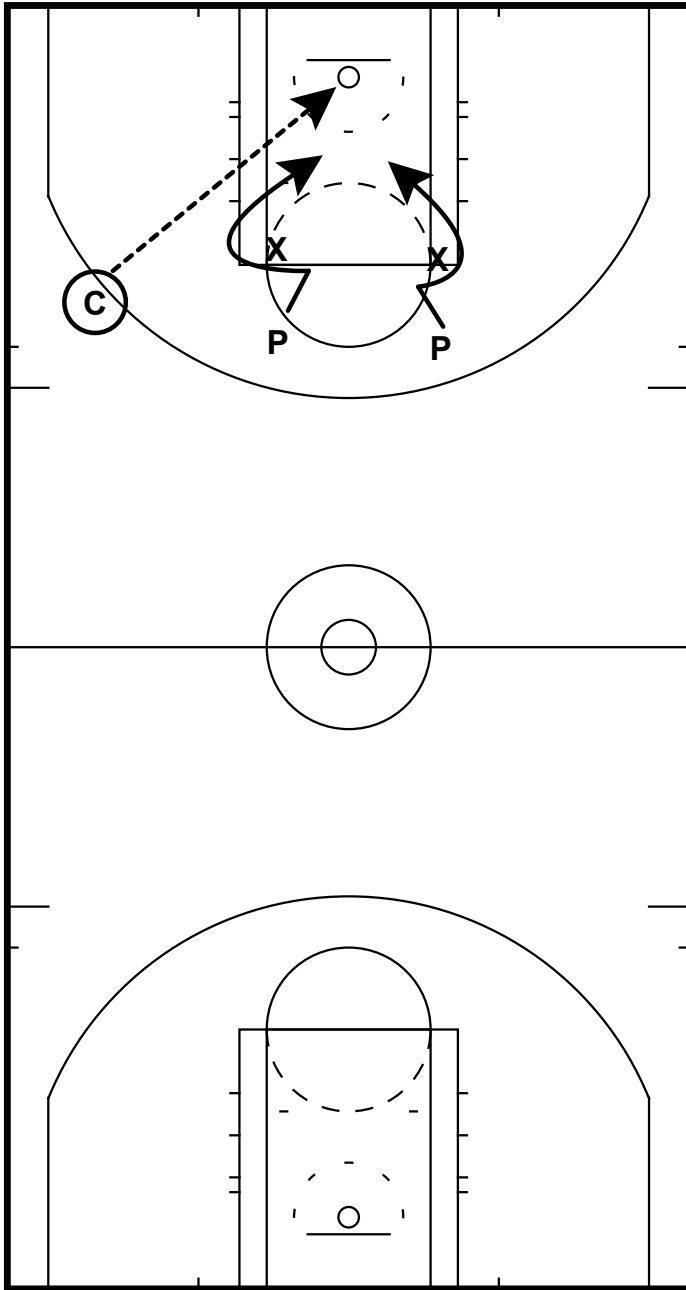


- Once the Post has scored they are grabbing the ball out of the basket and passing it back to the coach
- After the post makes the outlet pass they are sprinting back on defense to the offensive player on the court, while the coach is passing the ball up court to the SG.

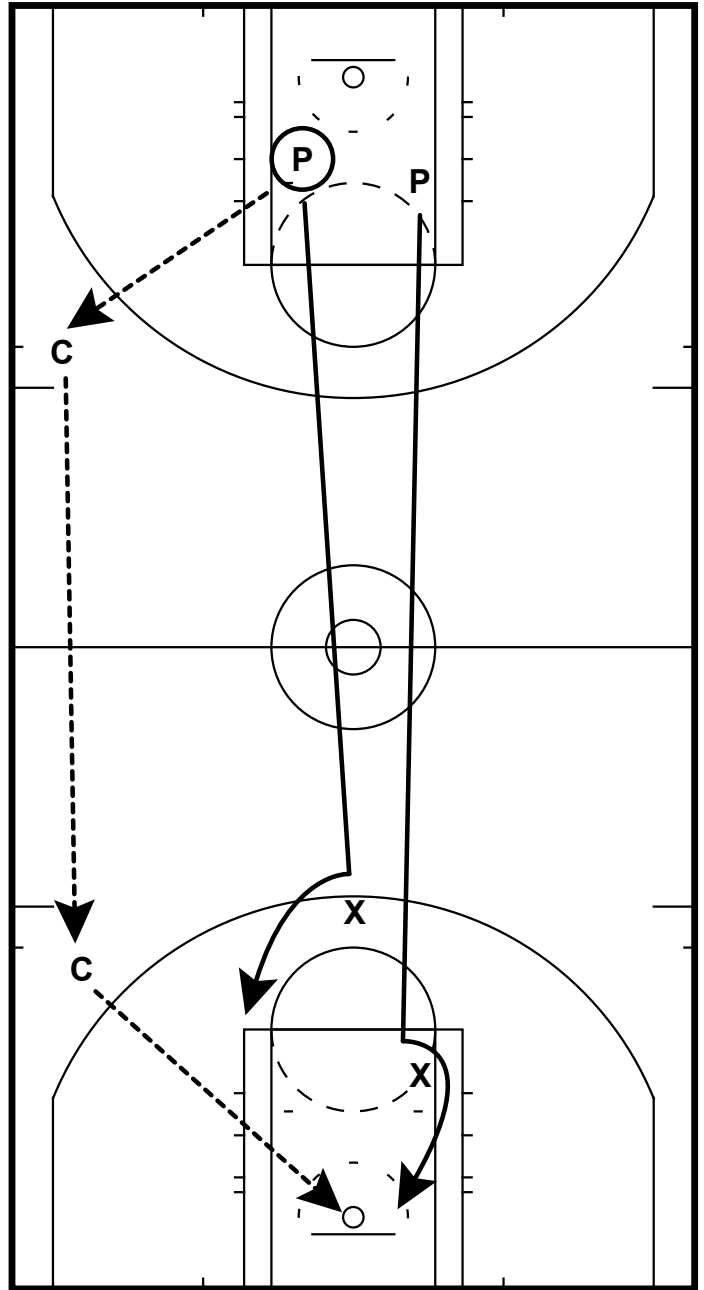
- Once the post is in help side defense the SG is going to attack the basket. The post player is working on defending the basket. The post can defend by blocking the shot, meeting the guard outside the key with hands up.
- Once the play is done, the post goes back to throwing the ball and repeating the series again.

# Azusa Pacific Womens Basketball

Swim Run Drill - Posts  
Scout



Swim Run Drill - Posts  
Scout



Swim Run Drill - Posts

- Two posts will be facing two defenders with bags at the elbows
- Coach will have the ball and is going to put up a miss shot
- On the shot, the two posts will swim around the defenders that are hitting them with the bags and go for the offensive rebound.
- Which ever post gets the rebound they will attack the basket band score the ball

- Once the shot is made, the post with the ball will pass it back to the coach.
- On the pass the posts will be sprinting full court to the defenders waiting in the key with the bags.
- The coach will pass the ball down court to the other coach to put up another miss.
- Posts are sprinting to the defender and making their swim move and attacking the offensive rebound to score.
- Once the post scores they will repeat the series.