

# **Scoring Simple on the Block**

## **No Moves Needed**

### **Post Principals**

1. Get a piece of the paint
2. 1/3 points should come from foul line
3. Catch the ball in the air, feet in the air
4. Yard stick between feet
5. Field Goal Arms
6. STAY LOW: low girl wins

### **Sealing**

1. Target thighs: lock of defenders knees. Sit on the defenders front leg
2. Fight her front foot with push steps to stay open
3. DO NOT USE HANDS: Field Goal Arms at all times
4. You should not be able to be guarded by 1 person

### **Receiving**

1. The passer will tell you where the “D” is. The passer should lead you to the open spot and lead you to score
2. If the ball comes directly to you, it means the “D” is playing right behind
  - a. Shoulder fake, face up, or pass out and re-post

### **3 Problem Areas for Posts**

When you are having trouble scoring, ask yourself these questions...

1. Am I playing ‘Too High’
  - a. SIT into your game
2. Am I playing ‘Too Fast’
  - a. This is the most common problem. Once you get the ball you are “queen”. Slow down
3. Am I “Too Late’ seeing my target on the glass
  - a. You cannot shot a deer by pulling the trigger and then looking through the scope. See your target early!

“It is not the size of the dog in the fight,  
It’s the size of the fight in the dog”