

One-on-One Flash-Post Drill

Coach Jody Runge

Purpose

To teach post defenders to deny flash-post cuts. To teach hustle in post defense. To teach defense against offensive post moves.

Organization

Players line up as in diagram. Players rotate from O_1 to O_2 to O_3 to X_3 to the end of the line. The first player in line becomes the next O_1 . Player O_1 has an extra basketball at her feet.

Procedure

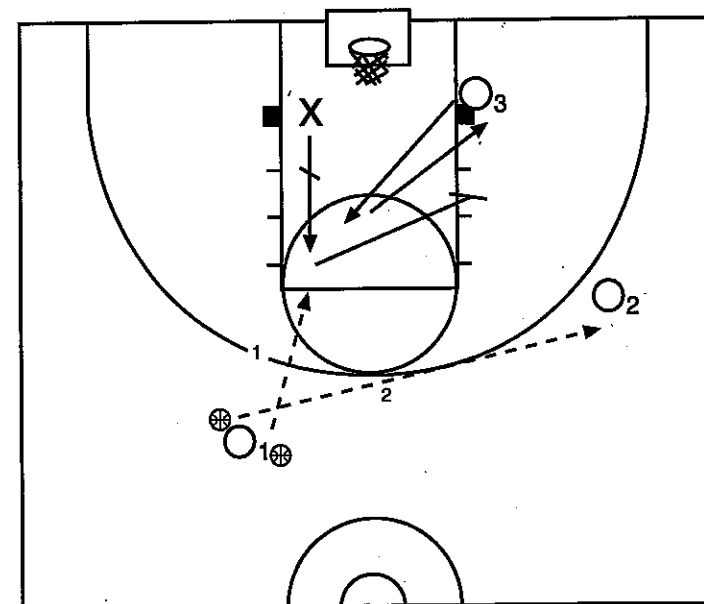
1. Player O_3 flashes toward O_1 with the basketball; defender X_3 denies the flash cut and deflects O_1 's pass.
2. Player O_1 picks up the second ball and passes to O_2 . O_3 tries to post up on O_2 's side of the floor in low post.
3. Defender X_3 must deflect the pass from O_1 , then cover O_3 , dropping to low post on the ball side.
4. To make the drill competitive X_3 must stop passes to both high flash and low post or must go again.
5. You can run this drill at both ends of the court so all players learn to defend inside.

Coaching Points

- X_3 must deny on the flash cut by moving in her denial stance with her right hand in the passing lane.
- X_3 must sprint to the low post and be in a denial stance with her feet moving.
- Any time the ball is caught, the players go one on one until a shot is taken.

Variations

- To make the drill competitive you can put defenders on O_1 and O_2 .
- The drill can become a live three-on-three drill.



One-on-One Post

Coach Lisa Bluder

Purpose

To work on the reactions of post-offense and post-defense players.

Organization

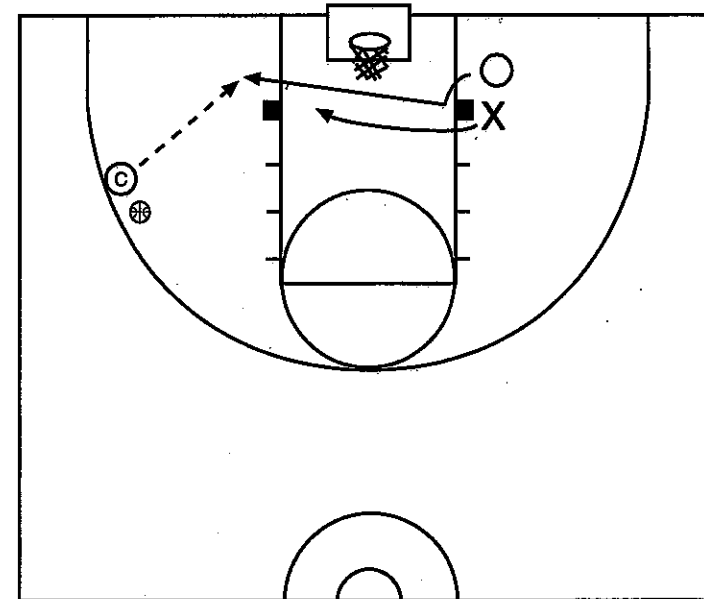
One offensive and one defensive post, one coach, one ball.

Procedure

1. Two posts are along the lane facing away from the coach near the low block area.
2. The coach has a ball and calls the name of either post.
3. The called player becomes the offense and the other becomes the defense.
4. The offensive player flashes to the strong side to receive the ball, and the defensive player reacts to play defense against her.

Coaching Points

- Develop quick movement to receive a pass, target hand, calling for the ball.
- Use good hustle and footwork on defense to pursue denial of the pass, or use good block out footwork to allow just one shot by the offense.



Two on Two in the Post

Coach Lisa Bluder

Purpose

To work on defending the post from the weak-side defense and from the post-to-post screen.

Organization

Two offensive posts; two defensive posts; three coaches, managers, or passers; one ball.

Procedure

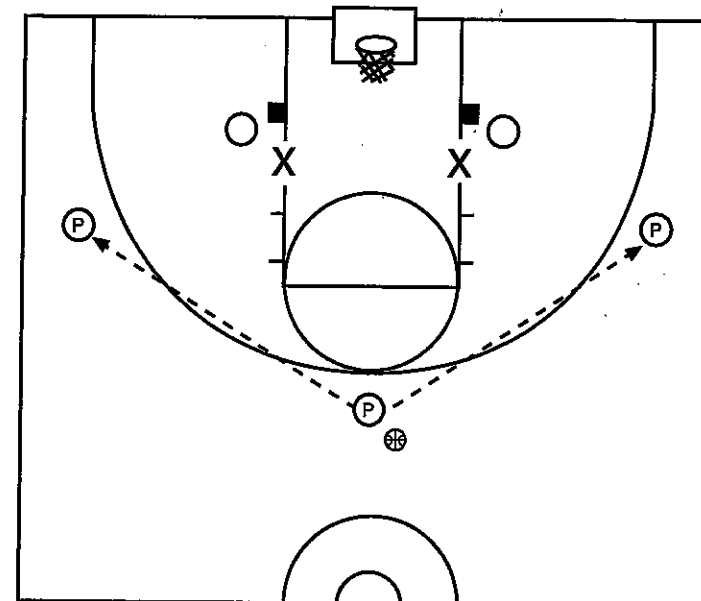
1. Put your two offensive and defensive players in the low post area.
2. Use three passers, one at top of the key and one at each wing. Pass the ball from any of these positions into the posts.
3. Offense can post, flash to high post, or screen away.
4. Defense works on proper positioning for post defense.
5. Defense goes to offense, and a new defense steps in on every third possession.

Coaching Points

- Get weak-side posts off their players and moving so they can't be effectively screened.
- Encourage defensive players to talk and communicate on all screens.

Variation

- Have the defensive posts stay on defense until they get a steal or rebound.



Three-on-Three Cover Down Drill

Coach Jody Runge

Purpose

To teach X_5 low post defense. To teach players to defend at different positions on the floor. To teach X_1 and X_2 cover down when the ball goes inside to the low post.

Organization

Players line up as in the diagram. Players rotate offense to defense first. They then rotate positions on the floor. Wing players go to the corner; corner players go to the low post; post players go to the wing.

Procedure

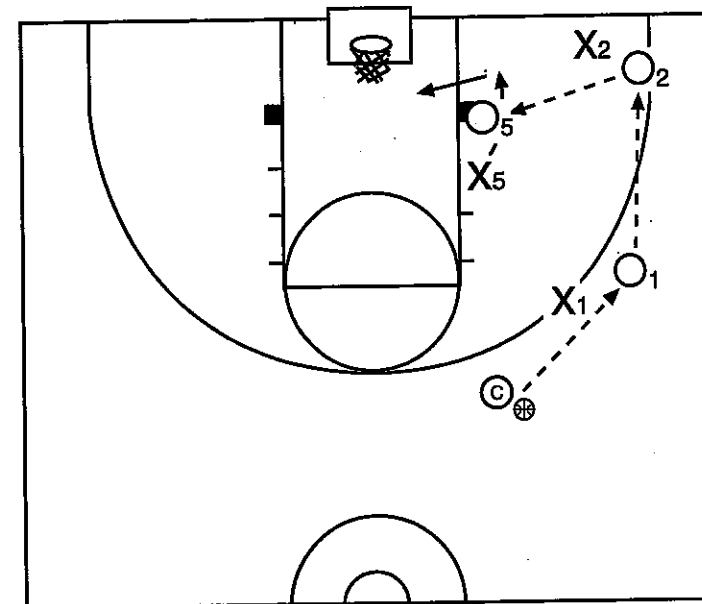
1. The coach starts the drill by passing to the wing O_1 .
2. O_1 looks inside for O_5 ; defenders adjust their positions.
3. O_1 passes to the corner to O_2 ; defensive players adjust their positions.
4. O_2 passes into low post O_5 ; defensive players adjust their positions.
5. O_5 can pass the ball back outside and the drill continues. O_5 can shoot the ball and all players are live.

Coaching Points

- The post defender X_5 must spin in front from high to low side as offense passes the ball from wing to corner.
- Defenders X_1 and X_2 must jump to the ball on the pass from wing to corner.
- Defenders X_1 and X_2 must cover down to O_5 when she catches the ball in the low post.

Variations

- You can run the drill with four players on the side.
- You can run the drill on both sides of the floor at the same time.



Deny the Ball— Take the Charge

Coach Lisa Bluder

Purpose

To work on denial defense, getting to weak-side position on the pass, helping on the drive, and taking the charge.

Organization

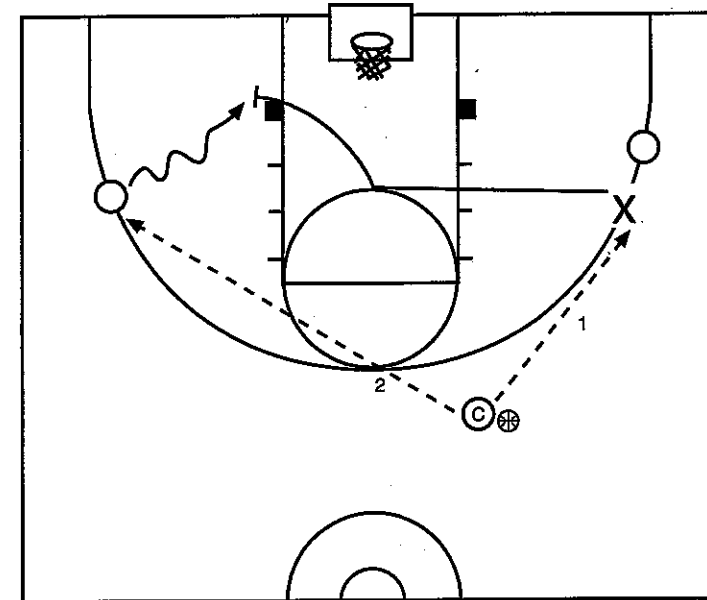
Minimum of three players, one coach, two balls (a manager is helpful).

Procedure

1. The coach begins the drill positioned on one side of the top of the key.
2. Position two offensive players, one on the strong side, one on the weak side.
3. One defensive player denying the pass from the coach on the strong side.
4. The strong-side offensive player tries to get open on one side of the floor. The coach will throw the pass. Defense knocks the pass away and stays in denial position.
5. The coach passes the second ball to the weak side; defense moves on the pass to a good weak-side position.
6. The offensive player with the ball drives. Defense stops the drive and takes the charge outside of the paint.

Coaching Points

- Make sure the defense waits until offense passes the second ball before moving to the weak-side position.
- A manager is helpful to chase the balls that are knocked away.
- Stress good defensive movements.
- Teach players how to take the charge (i.e., how to absorb the contact and land safely).



Flash-Post Reaction Drill

Coach Jody Runge

Purpose

To teach quick flash-post cuts, quick post-defense reactions, and post-defense stances and body positions.

Organization

Players line up as in diagram. Players can rotate offense to defense, or the defender can make two or more stops to rotate out. The coach has two basketballs. You can use one or two balls in this drill.

Procedure

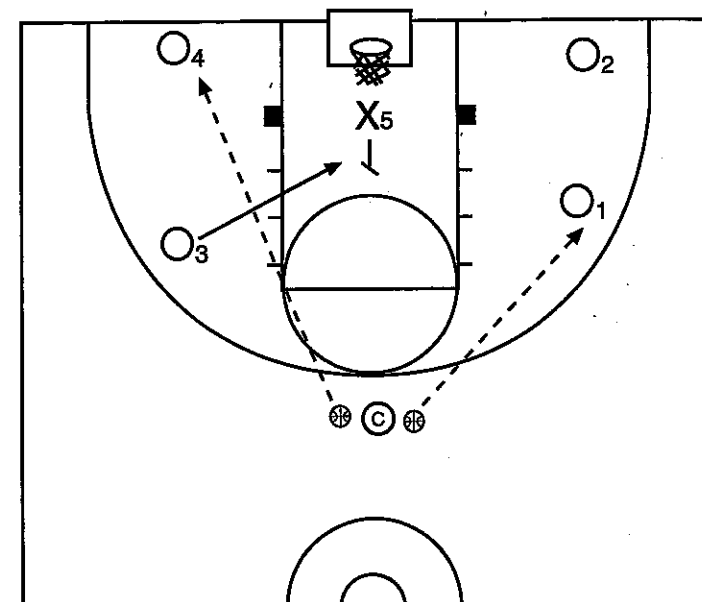
1. The coach starts the drill by passing to either player on either side of the floor.
2. The player who catches the ball looks for a teammate across from her to flash to the ball. X_5 must deny the flash.
3. The coach then throws the ball to another player on either side.
4. If the coach passes first to a player on the baseline, X_5 must close out and pressure the shot or deny the flash cut.
5. The coach can change the drill up by determining whether players should flash or catch and dive.

Coaching Points

- X_5 must stay in her stance, move her feet, and deny the flash cut. If O_3 catches ball, they go one on one until a shot.
- X_5 must stop the flash cut and knock down the pass, then react to the second pass of the coach.
- A great drill for post players, it makes them quickly react to flash cuts and one-on-one moves.

Variations

- You can use two defensive players and make them work together to deny flash cuts and two-on-two plays.
- To increase the drill's competitiveness, have the defense make two stops before rotating out.



Pit Drill

Coach Lisa Bluder

Purpose

To work on low post defensive footwork and positioning.

Organization

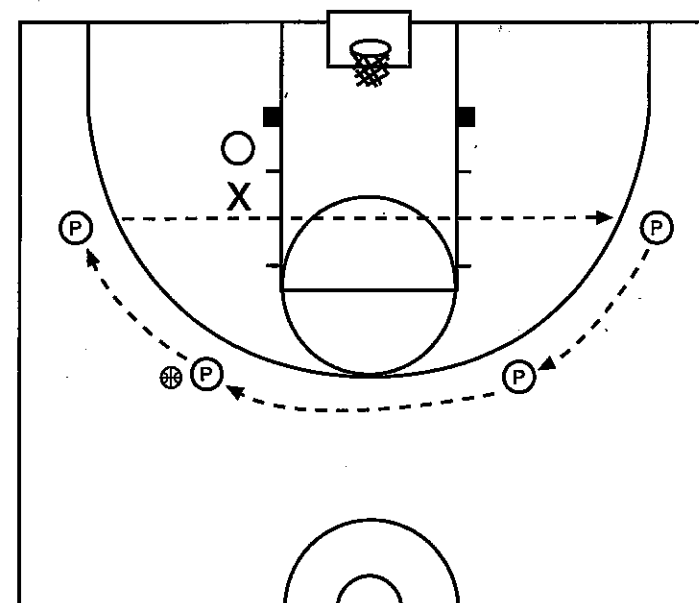
Four passers, one offensman, one defender, one ball.

Procedure

1. Set four passers around the three-point line in typical shell positions.
2. One offensive player and one defender are working at the low post area.
3. The passers will pass the ball around to each other until they can cleanly pass the ball into the post.
4. If post offenseman receives a pass, she makes a move to the basket to score. Defenders box out and outlet to a passer.
5. Continue the drill for one minute. Rotate positions.

Coaching Points

- Don't allow any lob passes because there is no help for the defender.
- Make sure the post offense stays active in trying to get open for the ball.
- Review and teach all possible post-defensive positions, depending on where the ball is.



Post-Defensive Drill With Help

Coach Nancy Winstel

Purpose

To teach proper defensive positioning in the post; to teach movement, intensity, communication with teammates, concentration, hand-eye coordination, and working in a situation where there is confusion.

Organization

Ten players and two coaches. Three of the ten are on offense and three on defense set in a triangle (these players are actively involved in the drill). The other four players are passers on the perimeter. There is one ball on the perimeter that the four perimeter players pass. There are two coaches on the court, and they each have a ball.

Procedure

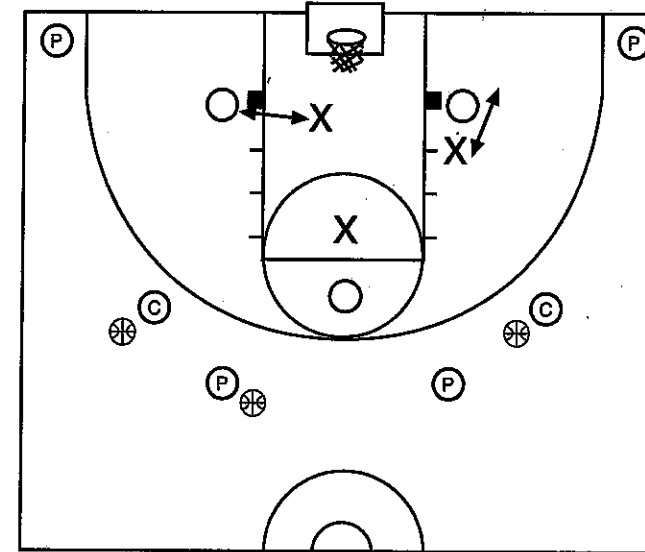
1. The drill begins with everyone in position (see diagram 1).
2. The offensive players inside stay in their positions and don't move much. The defensive post players do all the work.
3. The perimeter players pass the ball to one another throughout the drill; they may skip pass or make a direct pass. This ball determines the position that the defense plays in relationship to their offensive players. This ball is *never* passed inside. The balls that the coaches have get passed inside, one ball at a time, and only when the perimeter ball is on that side. The defense moves quickly, retrieves the ball, and immediately returns the ball to the coach. The drill moves fast, balls are flying, and players are moving (see diagram 2).
4. The drill is complete when the players have played defense at all three spots.

Coaching Points

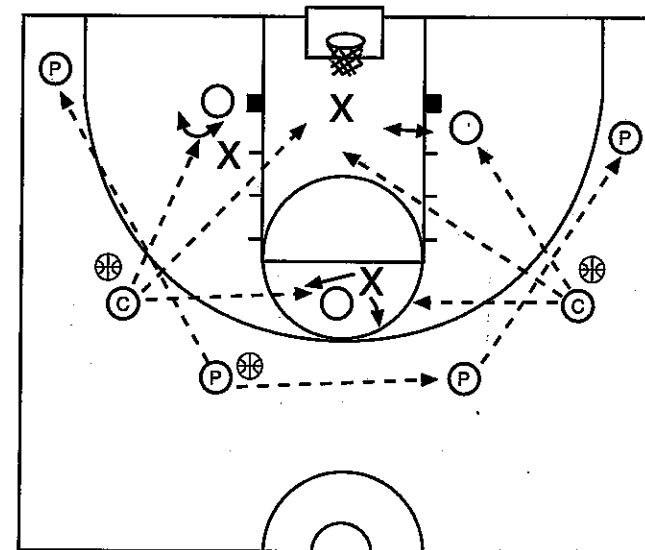
- The coach keeps the drill active by having the perimeter players move the ball quickly.
- The defense must talk and move throughout the drill.
- The coaches make all types of passes: chest, bounce, lobs, roll the ball, etc., while constantly checking to make sure the defense is in proper position.

Variation

- As the ball is moving along the perimeter, the coach can call "shot," and the defensive players must turn and box.



1



2

Post Defense

Coach Theresa Grentz

Purpose

To prevent the pass into the post player.

Organization

Five players (four offensive and one defensive player), one offensive at the top of the key and one on each wing, one in the low post on either side. Defender assumes a position on the post based on where the ball starts in the drill.

Procedure

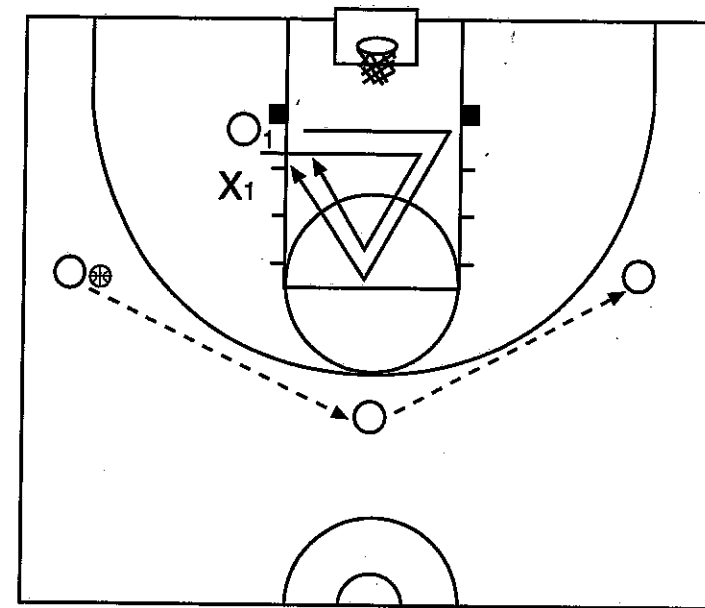
1. Players on the perimeter simply pass the ball between themselves.
2. The offensive post player (O_1) is free to move to any position within the free throw lane. The defensive player (X_1) must remain in a good defensive position and attempt to deny the pass into the post.

Coaching Point

- The defensive post player should beat the offense to where she wants to post up.

Variation

- Work on anticipating the post player's cuts and using proper footwork to reestablish good denial defense.



Post Denial

Coach Theresa Grentz

Purpose

To teach a denial position pass from a wing and the corner to the post.

Organization

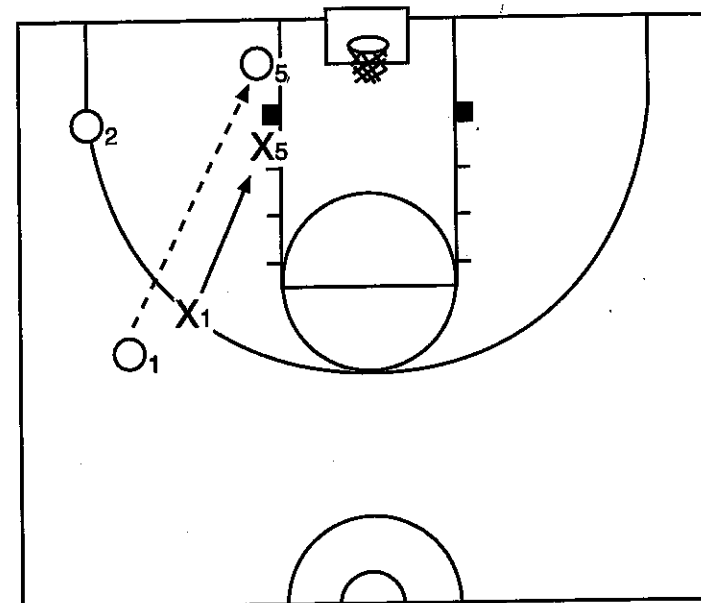
Three offensive and two defensive players (one offensive player on the block, one on the wing, and one in the corner; one defensive player on the wing or corner and the other in the post).

Procedure

1. X_1 pressures the ball when it is either on the wing or in the corner.
2. X_2 denies the pass into the post by playing position defense (depending on where the ball is).
3. If the pass is made into the post, X_1 collapses to assist the post defender.
4. When offense passes the ball out from the post, X_1 goes and pressures the ball.

Coaching Points

- The post defender should step up and deny the entry pass. Players should always have a hand in the passing lane regardless of the ball position. This requires the defense to beat the offense to spots on the floor and see the ball at all times.
- The wing or corner defender *must* attack the ball. She can also double down on the offensive post player to force the ball back out to the wing or the corner.



Post-Shot Pressure Drill

Coach Jody Runge

Purpose

To teach quick reaction shot pressure and how to pressure shots. To teach post players to have their hands up.

Organization

Players line up as in diagram. Players rotate on the coach's signal. The coach has a basketball and starts the drill with a pass.

Procedure

1. The coach starts the drill with a pass to any of the three offensive players.
2. X_5 must reach to the pass, pressure the shot, and block out the shooter.
3. If O_3 , O_4 , or O_5 shoots the ball and gets the offensive rebound, she shoots it again until the defender gets the defensive rebound.
4. If X_5 gets the defensive rebound, she tosses the ball back to the coach and gets ready to go again.
5. The coach can then pass to any player again.

Coaching Points

- X_5 must keep her hands up and feet moving to be ready to react.
- The defender must keep her arm straight and wrist back to avoid fouling the shooter.
- The defender must learn to use either hand to pressure the shot.

Variations

- The coach can make passes as quickly or as slowly as possible to give the defender success.
- The coach can keep the defender on defense until she has reacted quickly to pressure shots.

