Feed-the-Post Drill

Coach Barbara Stevens

Purpose

To work on passing skills and reading the defense in a two-on-one or two-on-two situation. To teach conversion outlet passes and getting open under pressure.

Organization

Perimeter players are lined up at midcourt on one sideline. Three to four balls are needed. Post players are lined up under the basket.

Procedure

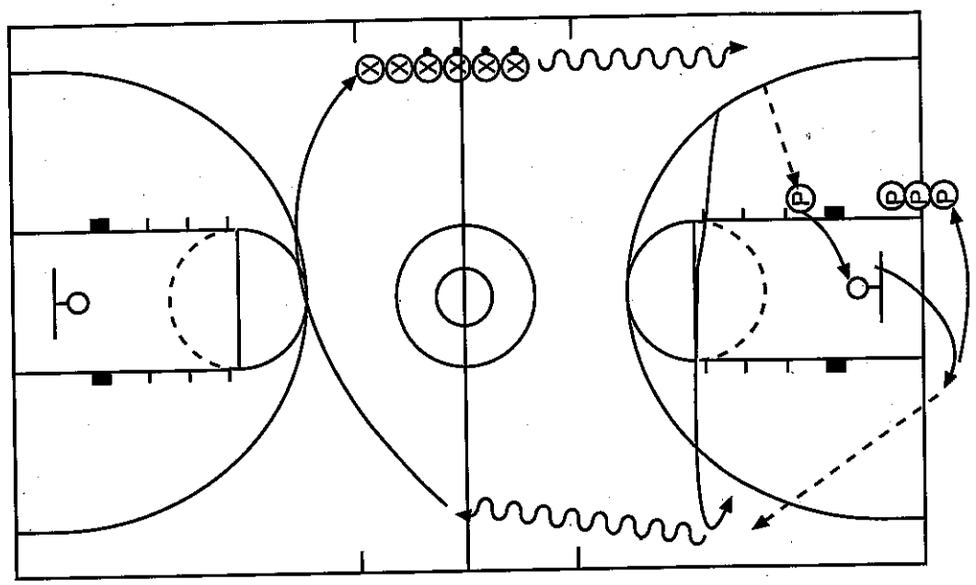
1. Start two-on-zero. The perimeter player dribbles the ball into the scoring area and feeds the post player, who has positioned herself above the block. The post player works on various post moves to score (see diagram 1).
2. Upon scoring, the post player takes the ball out of the net and throws an outlet pass to the perimeter player, who has run to the opposite sideline for the outlet.
3. The perimeter player dribbles across midcourt and goes to the end of the perimeter line. The post player goes to the end of the post line.
4. The drill continues until all have performed the first segment. Then add defense on the passer. Now the perimeter player dribbles against pressure into the wing area and must execute a successful post feed against the defense.
5. Continue with the post player taking the ball out of the net and throwing an outlet pass to the perimeter player, who is being guarded. She must catch and dribble under pressure to midcourt.
6. The final segment adds a defender on the post player. Now it is a two-on-two drill. Play the shot live and convert offense to defense, playing this way to midcourt.

Coaching Points

- Stress good post feeds.
- The post players work on sealing techniques and post moves.
- Teach the importance of utilizing fakes and change of direction to get open under pressure ("fake a pass to make a pass"), and also stress quick outlets.

Variations

- Add any other two-on-two situation you wish to this drill: pick and roll, pass and cut, etc.
- Add a coach as an open passer to form a ballside triangle to work on angles of feeding the post player (see diagram 2).
- Work both sides of the floor.



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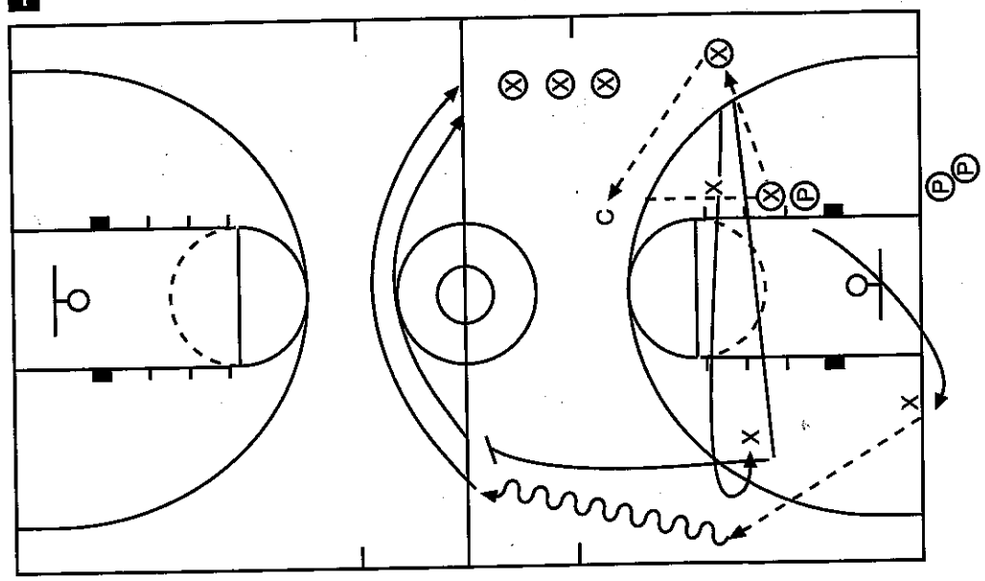

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