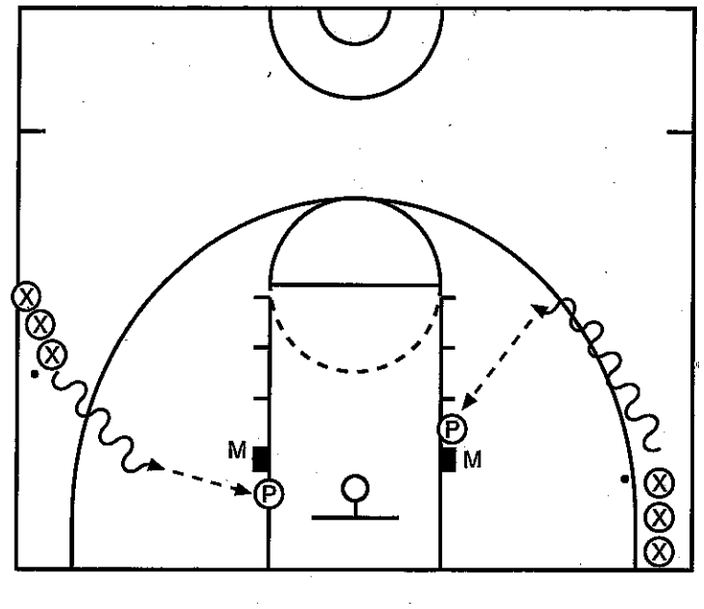
Feed-the-Post Series

Coach Sue Gunter

Purpose
To work on perimeter players feeding the post properly.

Organization
All players work in this drill at one time; two balls in both perimeter lines and two managers with football blocking dummies defending the post players.

Procedure
1. On one side, the perimeter players are lined up on the wing and the manager is defending the post on the high side. The perimeter player drives the ball to be even with the player she wants to feed (pass to) in the low post. With one or two hard dribbles, the perimeter player should be even with the post player and be able to drop a bounce pass into the post away from the defense.
2. In the meantime, the post player should be working on posting and sealing. The key is for her to make contact with her back side against the manager's blocking dummy. For this drill, do not allow the post players to shoot. Have them post, seal, receive, and chin the ball and then look over their shoulder at the basket.
3. On the other side, the perimeter players are lined up in the corner and the manager is defending the post on the low side. The perimeter player should drive the ball toward the wing to feed the post. Again, this is allowing a dribble to improve the passing angle.
4. The post player in this case is working again on posting and sealing. Because the defense is on the low side, the post player would be initiating and sealing down toward the baseline.
5. Perimeter players change sides after each feed but stay on the perimeter. Post players change sides after each feed but stay in the post.

Coaching Points
- The dribble should be hard and quick, followed by a good low pass.
- The bounce pass should be crisp and away from the defense.
- The post player should be sealing with both hands up, calling for the basketball, and stepping to the ball to receive it.

Variation
To make the passer work even more, add a manager as a defender on her.