

## **Presentation Title: Post Play & why its important**

Post play holds a crucial role in Women's Basketball, offering numerous opportunities for success. This presentation will explore various offensive and defensive strategies that teams can employ in the post area. I will delve into the components of a successful low post set play, covering aspects such as effective passing from the low post, becoming a proficient post scorer, and mastering the art of high-low passing. Additionally, I will elaborate on the effectiveness of utilizing the "T" formation in the post area.

A key focus of the presentation will be the significance of footwork in successful post play. I will emphasize the importance of developing solid footwork to help post players maneuver effectively in the low post. Specific footwork techniques will be discussed to enhance overall post play performance.

Furthermore, the presentation will address the critical aspect of post defense. This not only pertains to post players and forwards but is also crucial for guards who may find themselves matched against opponents with greater size and strength. The holistic approach of the presentation aims to provide comprehensive insights into maximizing success in both offensive and defensive post play in Women's Basketball.