

Drill Outline – Post Reaction Drill

Post Reaction Drill

This drill follows the individual 1 on 0 breakdown of post move footwork and offensive moves. At all times the coach reinforces the “TRIPLE E” of successful post offense:

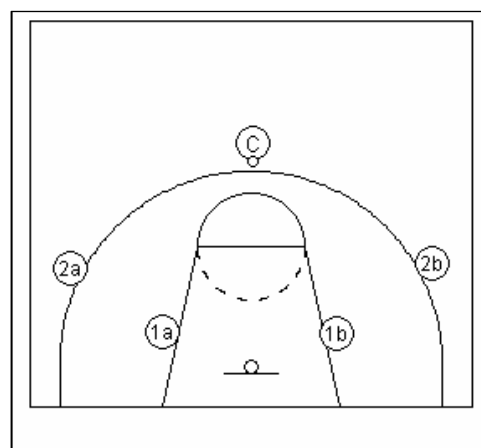
- ❑ **ESTABLISH**
- ❑ **EXECUTE**
- ❑ **EXPLODE**

Establishing good offensive position by proactive footwork and anticipation is the key to consistent post offense. Executing the appropriate move quickly – before the defense has a chance to adjust – and being on balance throughout the move mean that the offensive player should get to the hoop and finish with power (explode!).

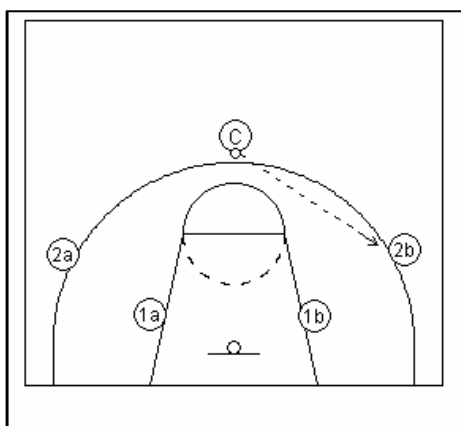
The Post Reaction drill is the progressive next step and should follow isolation of post defense and bumping the cutter. This drill introduces a competitive, game like scenario designed to put the fundamental techniques into practice.

Drill Set Up and Execution

Two lines are formed at the wing positions the three point lines (line a and line b in this instance). The coach has the ball at the top of the key and the first two players stand outside the key in opposite mid-post positions.



on

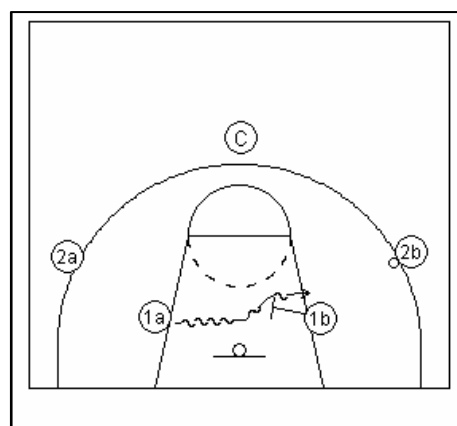


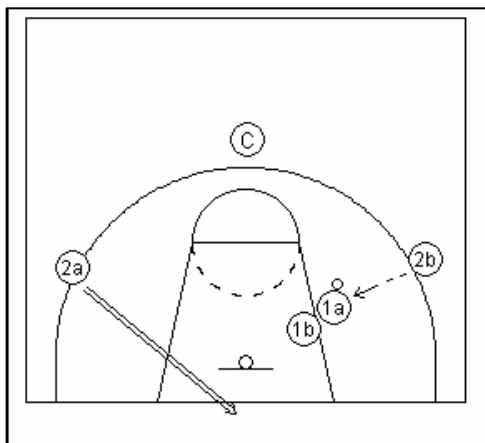
The drill is initiated when the coach passes to a randomly selected line. As soon as the ball has been passed by the coach, the strong side player becomes the defense and the weak side becomes offense.

In diagram 2 player 1a will be the offensive player.

The offensive player cuts to the ball while the defender tries to ‘bump the cutter’ and force them to a bad post position (too high or too low).

Initially the offense must get two feet outside the key before receiving the ball, but this can progress to live play once the offense has passed the split line (mid) of the keyhole.





Again the point of focus here is to 'set up' the defensive player by Establishing good position (e.g. sealing off the defense while gaining a **Foot Advantage** toward the basket).

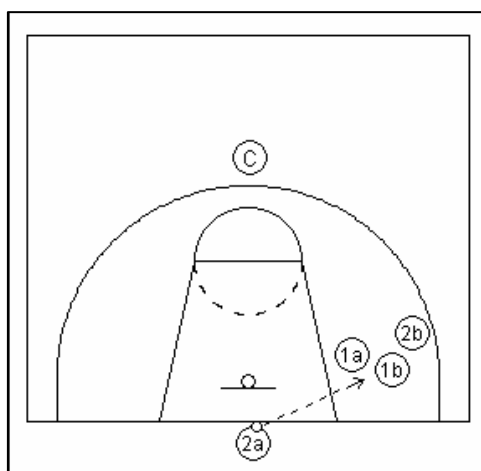
Once the player receives the ball from the wing passer, they have a maximum of 2 dribbles in a live 1 on 1 situation.

The player at the head of the line on the weak side will inbound the ball after a successful basket

Once the basket is scored player 2a inbounds to the defender (1b) while the offensive post player (1a) and the wing (2b) attempt to deny the inbound pass.

When the defender receives the ball will take the ball 1 on 1 to half court, defended vigorously by the offensive player. 2b stops playing defense once receives the inbounds pass.

2a and 2b establish themselves in opposing mid post positions and the drill continues.



passer

they

post
1a

Points of Emphasis

Offense

- ❑ Work the defender to establish good post position, always looking to gain a foot advantage over the defender.
- ❑ Execute the move quickly after receiving the ball – don't allow the defender any time to adjust.
- ❑ Stay low and strong throughout the movement to avoid being knocked off balance and to ensure a powerful explosive finish.

Defense

- ❑ Maintain good stance when moving to meet the cutter – don't lose sight of the ball
- ❑ Be strong and bump the cutter to force them into a very high or very low post position.
- ❑ Step off the player as soon as they receive the ball to avoid getting 'sealed'.

Submitted by Rob Crooks