

MAYVILLE STATE UNIVERSITY COMETS BASKETBALL

THREE TYPES OF GAME ALL TEAMS SHOULD HAVE:

1. PERIMETER GAME
2. INTERMEDIATE GAME
3. LANE GAME – POST PLAY

Post Play Thoughts:

- Whether you are a fast paced team or a team that slows the pace down, you have to have the ability to get the ball to the block
- You can have great post play without great size – Posting up guards is an option
- Easiest way to “loosen up” a defense is to consistently make them defend the ball on the block
- A great post player always has the ability to have two defenders defend them
 1. Double team from away from the ball after the catch
 2. Fronted post with backside helpside defenders
- We want our post players shooting 55% from the floor – where they catch the ball and operate their low post game is a BIG part of this shooting percentage.
- All offenses should be built from the inside/out – that starts with a great “lane game” – Post Play
- Defenses are also built inside/out – Post players have to work even harder because of this concept
- Five characteristics of a great Post Player
 1. **Head** – The ability to learn – Shows great patience
 2. **Heart** – The desire to learn - Plays with great energy and toughness, not afraid of contact
 3. **Hands** – Ball Security is number one thing when ball is passed into the post
 4. **Feet** – Always fighting with their feet – footwork is the key to a great seal
 5. **Ability to Score the Ball** – finishes well around rim with both hands, can make FTs
- Post players need to E.A.T. every day – Effort, Attitude, Toughness
 - Great post players sometimes need to show great patience – They let the ball find them, instead of always looking to find the ball
- Play SLOW in the post before and after receiving the ball – USE YOUR HEAD AND READ DEFENDER
- Great perimeter players make great post players – Dean Lockwood
- Play BIG in the post
 - Not tall – But Wide & Strong
 - Not High, Higher, Highest – But Low, Lower, Lowest

Four Keys to Being a Great Post Player:

1. Getting Open –Proper Post Stance

- There are two types of offensive post players: Stationary Post Players & Mobile Post Players
- There are a few different ways that you can get open in the post – you always want to try and get open in your scoring area. A few ways you can get open in your scoring area are as follows:
 1. **Seal In** – Proper Post Up – seal the defense into the lane
 2. **Seal Out** – Seal defender out of the lane for a “hi/lo” post feed
 3. **Set Up for the Lob** – Against a fronting defender
 4. **Cutting** – Cutting into an area to receive ball
 5. **Rim Runs** – Post Player runs the middle of the floor in transition offense
 6. **Offensive Rebounding** – Treat every shot like a pass and “go get the rebound”

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-Focus on a Proper Post Stance when trying to get open:

-Post up in an athletic stance – with bent knees and bent elbows

-Wide Base, Low Hips & High Hands

-“Lower and Wider is Better” – The player that wins, is the player that is lower and wider
-Wide enough base that you have great balance, but are still quick

-“Sit Into Your Game”

-Great Balance - Keep head back and in between knees – Keep a still head (baseball hitter)

-DEMAND the ball with your voice and also with your position

-Make contact with defender and move them back a step – “Own your spot on the floor”

-Two ways to create and make contact with your defender

1. Step over the top of defender

2. Pin & Spin Technique

-Push hands out, so you can see the backs of your hands

-Take up as much space as you can in the post –take up space with your base and your wide hand placement

2. Staying Open

-Keep your feet between your defender and the ball

-Stay light on your feet –Boxer Mentality

-Fight with your feet all the time

-Constantly show your #'s to the ball – Don’t turn your body and become “skinny”

-If the ball can’t see your numbers, you are not open

-Make and MAINTAIN contact through the entire seal – LOSE THE CONTACT/LOSE THE SEAL

-Keep your hands high – limits offensive foul calls and also allows to be ready to receive ball

-“Talk to the ball” – Where do you want the ball fed from????

-Great post players are always thinking one pass ahead – set up defender to seal to the ball

-One defender should not keep you from receiving the ball

-Always try to get both paint and angles when sealing in the post

-Four reasons to release your seal of the defender:

1. Go catch a pass

2. Up against a 3 seconds in the lane call

3. If you get out of your scoring area

4. On any dribble penetration

3. Receive the Ball Safely

-Catch the Ball with your eyes, feet and hands

-Ball security is number one thing when ball is passed into the post – Catch the ball!!!!

-Catch, Chin & Look Middle – Play Slow in the Post

-Exception to this is if you have a direct angle to rim on post catch

-Block & Tuck Concept on every catch – Block the ball and quickly tuck the ball under your chin

-Catch the ball with a “piece of the paint”

-Catch with two feet in the post – Jump stop as you catch the ball

-Allows you the ability to use either foot as your pivot foot

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4. Scoring Simply

- A great post player is efficient with BOTH HANDS around the rim
- Try to score with limited amounts of dribbles – no dribble moves are the best “Sweet”
- Get the ball up on all shots – contact on the shot, shortens your shot
- Three Point Plays are the ultimate goal – Absorb the contact and score the ball - TOUGHNESS
- “Scoring Simply” means getting all of your work done before the ball arrives – just like a great shooter
- “Less is More” in the post
 - Too many post moves = too little production in the post
 - You should have one “go to” move and one “counter” move in the post
 - Great post players have one signature move in the post
- Finish closer to the rim, than where you caught the ball
- Shot Fakes in the Post:
 - 2 Inch vertical shot fake – no elongated shot fakes – short quick fakes
 - “Take it up, Keep it up” – Don’t bring ball back down after shot fake - CHIN