

## **Post Moves**

Before you can make a move on the low post, you have to be able to get the ball first. You want to post-up, or receive the ball, along the free throw lane, between the center hash marks, above the low block. If you get the ball down too low, you will not have a good angle for the baseline drop-step move. And you do not want to post up in the lane, or you may get the three-second call. You may have to fight hard to get into position to receive a safe pass. Get strong, feet wide apart, butt out, back straight. Seal the defender off. If the defender is over-playing you from one side, keep that arm and elbow firm to ward her off, while extending the opposite arm and hand to make a good target for the passer. When the pass comes, move toward it, to meet it. After receiving the ball, keep it up at chin level with elbows out, to protect it. Do not actually throw an elbow, just keep them out to ward off the defender.

### **Low post moves**

#### **1. Drop step to baseline with power dribble.**

After receiving the ball, feel where the defender is. If on the lane side, or high side, give a fake toward the lane. Then extend your inside (baseline) foot backward, pivot on it quickly to the baseline, stick your butt into your defender, bounce the ball hard between your step with both hands and go to the hoop. Keep your body between the defender and the ball, power dribble and extend your arms forward toward the hoop. This way, the defender can only block your shot by going over your back ...usually a foul.

#### **2. Drop step to middle of the key.**

After receiving the ball, feel where the defender is. If on the baseline side, or low side, give a fake toward the baseline. Then extend your outside (top) foot around the defender, pivot on it quickly to the middle of the key and to the hoop. Keep your body between the defender and the ball, and extend your arms forward toward the hoop.

#### **3. Up and under move.**

After pivoting and facing the defender, fake a shot to get him/her to jump off the floor. The defender, once straightened up, or in the air, is easily beaten. Quickly duck under the defender on a straight line to the hoop. Don't be afraid to attack at the shoulder, as this is the straightest and quickest path to the hoop. If a foul is called, it usually will be called on the defender, who was caught up in the air and obviously not planted.

#### **4. Learn to read the defense.**

These moves are not easy at first. They require a lot of practice, (more than the endless practice we did in the drill stations!) first to perfect the moves themselves, and then to learn by experience which move to use in which situation. For example, if you beat the defender once or twice with the baseline drop step, then she will be looking for that move, and you can easily get the turn around jumper, because the defender will back off. Just the opposite, if you have already made a couple baby jumpers, you can drop step either to the baseline or lane, or do the up and under move, since the defender will be looking for your jumper.

