

# Post Shooting Sequence

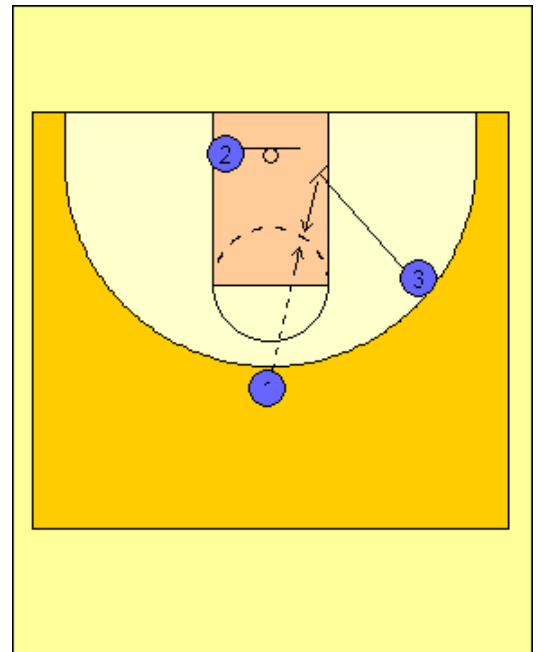
(Age Level – Junior High +)

## Drill Purpose

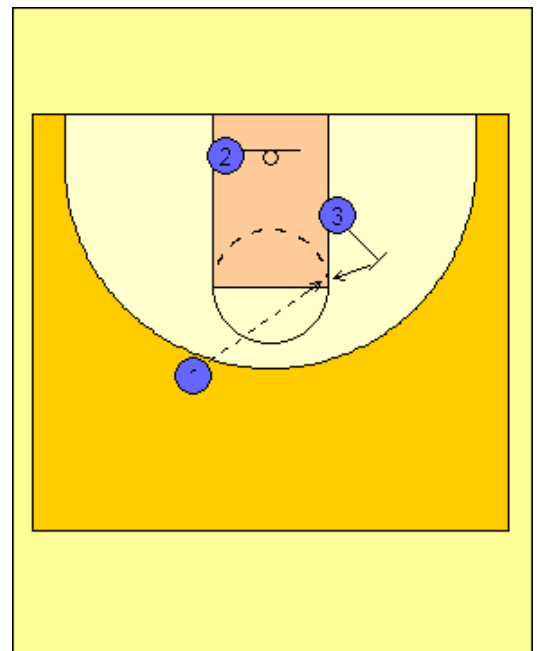
This is a good drill to simulate game shots for a post player. It will also improve your post player's screening form and footwork, both of which can create a lot of lay ups throughout the course of a game.

## Instructions

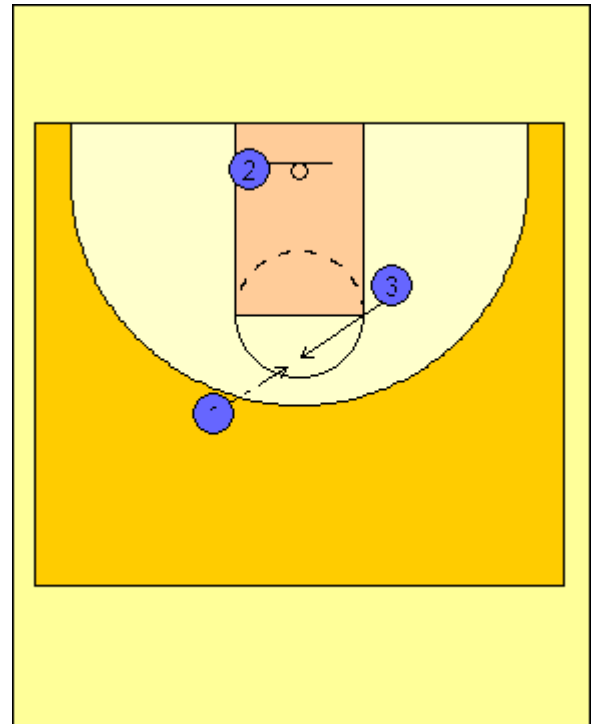
1. The first post player in line will start on the wing. (S)he will sprint down to the block and set a screen.
2. (S)he will then face the ball, call for the ball, and shoot it once the passer on the wing has delivered it.



3. After the first screen has been set, the player will turn around and sprint back up to the wing. The player will set another screen, face the ball again, and take another shot.



4. Finally, the post player will flash to the ball at the free throw line, receive a pass from the passer on the other wing, and take a jump shot.
5. The rebounder will rebound the first two shots, but the third shot will be rebounded by the shooter.
6. The shooter will then cycle to the back of the line, and the process will start over again with the next player.



## Points of Emphasis

Continually tell your players to...

- Square up to the basket after receiving the ball.
- Follow their final shot!
- Sprint, not jog, to their next destination.

## Motivation / Teaching Tips

**Tip #1** – This drill sets a great example for moving without the ball continuously. Make sure your players know that moving without the ball is another factor in becoming a better team.

**Tip #2** – Make sure your post players are selling the screen. Have them pause in a good screening position for a second just to throw the defender off a little bit more. The defender has to be tricked into believing that something else is going to happen in order for this drill to work.

**Tip #3** – Again, you can keep track of shots made to keep things competitive and motivate players to stay focused



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