

# Round the Block

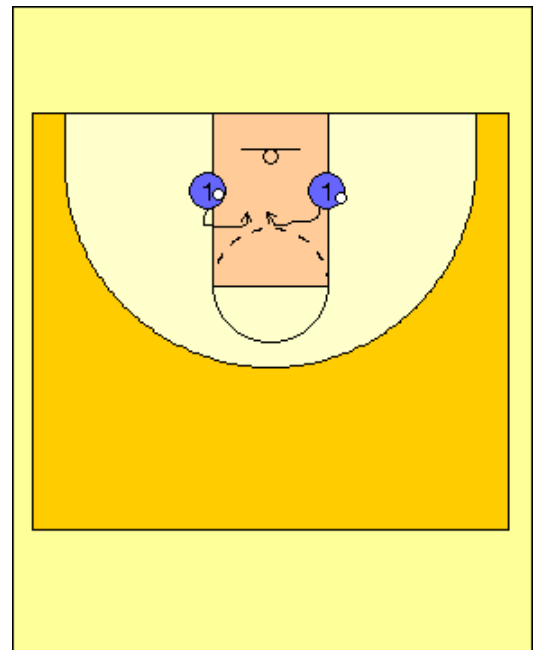
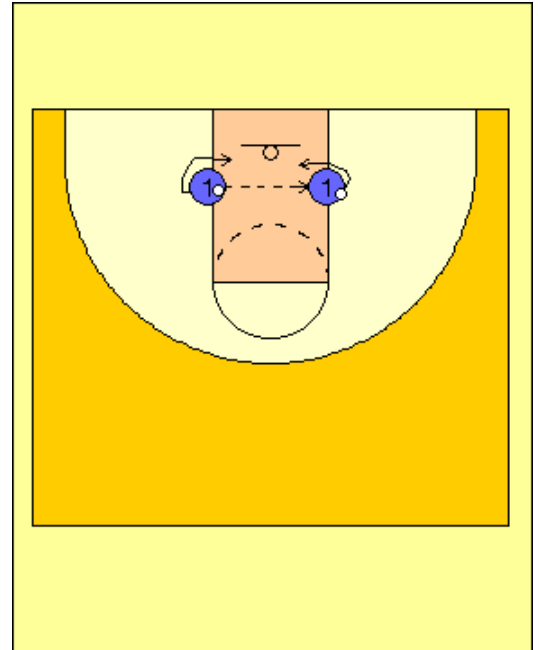
(Age Level - Elementary 2 +)

## Drill Purpose

This drill is designed to teach your post players the art of the turnaround jump shot.

## Instructions

1. The post player will have a basketball, and (s)he will start out on the low block of their his/her choice.
2. The post will shoot a turnaround jump shot, get the rebound, and move to the other block. Another turnaround jump shot ensues.
3. Make sure the post player is executing the turnaround jump shot pivoting towards the middle of the court and pivoting towards the baseline.
4. Make sure the post is squaring up before taking the shot, not just throwing the ball over his/her shoulder.



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## Points of Emphasis

Continually tell your players to...

- Receive the ball, square up to the basket, and then shoot.
- Go after the rebound aggressively; don't let it touch the ground.
- Use the backboard if possible.

## Motivation / Teaching Tips

**Tip #1** – If you want to make the drill a bit more challenging, put a stationary post defender on the ball so it is more game-like. This will force the post player to shoot *over* someone instead of just shooting it at whatever level feels comfortable.



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