

POST PLAYER WORKOUTS

3 WORKOUTS FOR POST
PLAYERS WORKING ON
MULTIPLE OFFENSIVE SKILLS
AND SITUATIONS

FROM COACH MASON WATERS



POST WORKOUTS

THERE ARE SEVERAL SKILLS THAT POST PLAYERS MUST HAVE. NOWADAYS THEY MUST BE ABLE TO SHOOT THE 3 AS TRADITIONAL POST SCORING IS BECOMING LESS POPULAR. SO SHOOTING MUST BE A PRIORITY. BUT A GOOD POST PLAYER WITH TRADITIONAL POST PLAY SKILLS CAN STILL BE EFFECTIVE!

THESE WORKOUTS WORK ON OFFENSIVE SKILLS IN DIFFERENT SITUATIONS. BUT THE KEY FOR PLAYERS IS TO NOT GET STUCK PLAYING THE POST! IF YOU HAVE A COACH WHO DOES NOT LET YOU PLAY ON THE PERIMETER OR TEACH YOU HOW TO SHOOT THE 3, THEY ARE LIMITING YOUR POTENTIAL!

HERE ARE A FEW MUST HAVE SKILLS FOR POST PLAYERS:

GETTING TEAMMATES OPEN / SCREENING

MAKING CATCH AND SHOOT MID RANGE SHOTS CONSISTENTLY

TRAIL 3

PLAYING OUT OF A SHOT FAKE

PLAYMAKING AFTER SETTING A BALL SCREEN

PASSING OUT OF THE POST

FOOTWORK

REBOUNDING

DEFENSE (WALLING UP, CONTESTING SHOTS, BOXING OUTS)

CREATING REBOUNDING POSITION

THESE WORKOUTS PROVIDE A FOUNDATION FOR A WORKOUT BUT I LEFT OUT DETAILS OF HOW MANY REBOUNDERS, PASSERS, ETC. MOST LIKELY YOU'LL NEED JUST ONE PARTNER FOR THESE WORKOUTS BUT CHANGE THESE UP AS YOU WISH.

IF YOU HAVE ANY QUESTIONS, EMAIL ME AT COACHMASONWATERS@GMAIL.COM.

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POST WORKOUTS

GREAT PLAYERS HAVE GREAT SKILL AND
GREAT BASKETBALL IQ. MY YOUTUBE
CHANNEL HELPS PLAYERS WITH BOTH.

SUBSCRIBE HERE



TAKE YOUR OFFENSE
TO THE NEXT LEVEL



LEARN HOW TO GET
MORE REBOUNDS



A SCORING MOVE
FOR SCREENER



SHOOTING

WORK ON EACH SHOOTING MOVE
FOR 4-5 MINUTES OR 25-50 REPS
OF EACH MOVE.

WORKOUT #1

- 1) Catch and shoot jumpers with pass coming from paint
- 2) Catch and shoot with pass coming from left side
- 3) Catch and shoot with pass coming from right side
- 4) Baseline jumpshot from short corner
- 5) High arching shot from 8 feet

WORKOUT #2

- 1) Right hand pullup jumper
- 2) Left hand pullup jumper
- 3) Catch & shoot: corners
- 4) Catch & shoot: top of key
- 5) Trail 3 from top of key

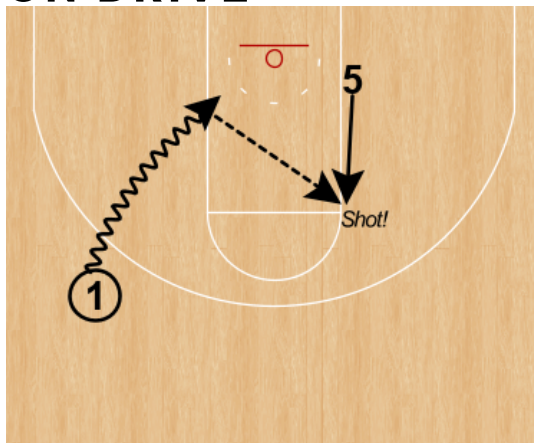
WORKOUT #3

- 1) Diagrams on next page

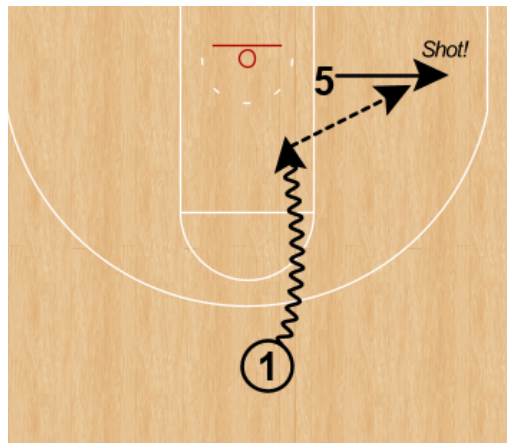
SHOOTING

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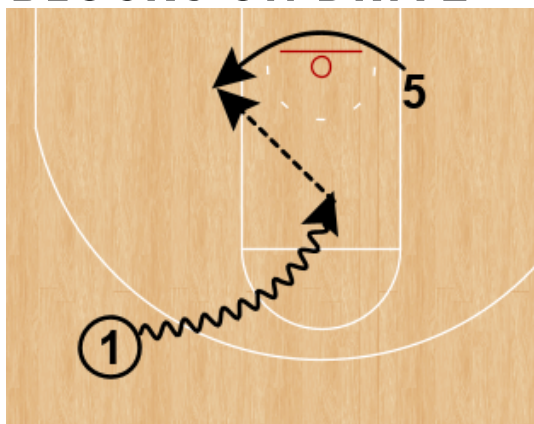
RELOCATE FROM BLOCK TO ELBOW ON DRIVE



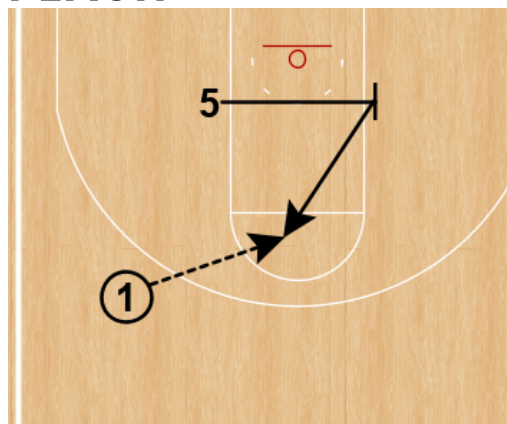
RELOCATE FROM BLOCK TO CORNER ON DRIVE



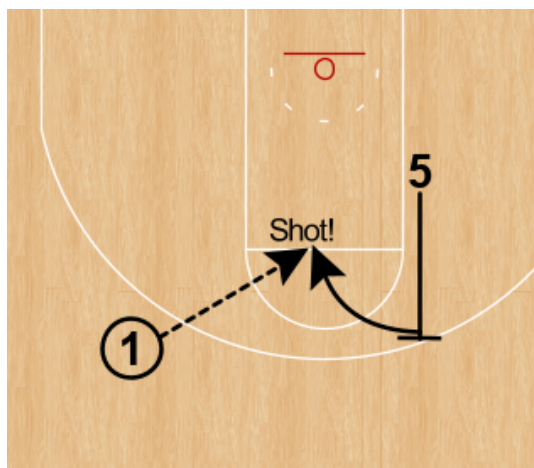
RELOCATE FROM BLOCKS ON DRIVE



CROSS SCREEN TO FLASH

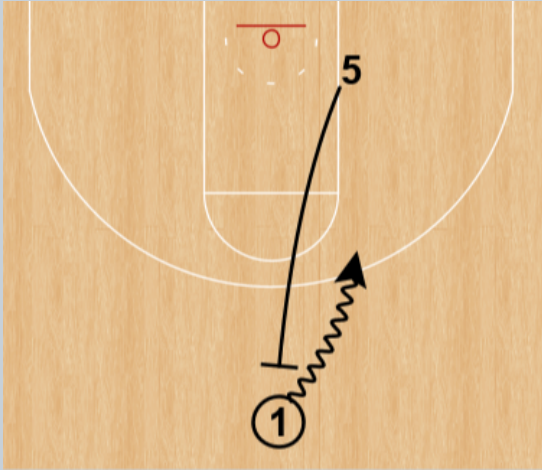


BACK SCREEN TO FLASH

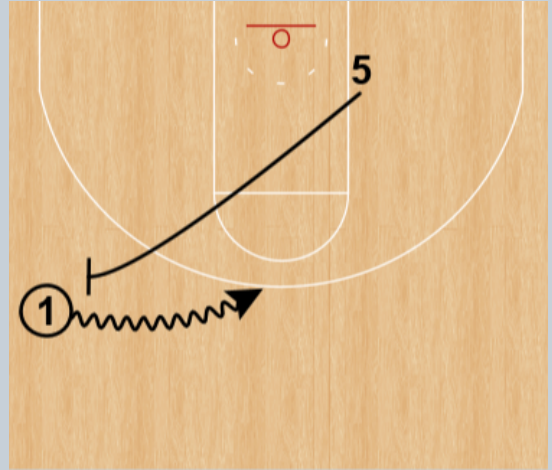


BALL SCREEN ACTIONS

HIGH BALL SCREEN



SIDE BALL SCREEN



In this part of the workout, the screener will work on playmaking out of ball screens and dribble hand offs (DHOs). The screener will set either a side ball screen or a high ball screen then perform each move.

Obviously you'll need a passer.

BALL SCREEN & DHO ACTIONS

WORKOUT #1 - PICK AND POP

- 1) Pick and pop, 3pt jumpshot x 10 reps each side
- 2) Pick and pop, shot fake, one dribble pullup x 10 reps each side
- 3) Pick and pop, immediately drive and finish x 10 reps each side
- 4) Pick and pop, backdoor cut to a layup x 10 reps each side
- 5) Pick and pop, catch, jab, drive, finish x 10 reps each side

WORKOUT #2 - PLAYING OUT OF THE ROLL

- 1) "Short roll" to jump shot x 10 reps each side
- 2) Roll, two foot finish with right hand x 10 reps each side
- 3) Roll, two foot finish with left hand x 10 reps each side
- 4) Roll, shot fake, finish x 10 reps each side
- 5) Roll, shoot floater x 10 reps each side

WORKOUT #3 - DHOS

- 1) DHO, pop, shoot 3
- 2) DHO, shot fake, drive, 1 foot finish x *10 reps each side*
- 3) DHO, shot fake, drive, 2 foot finish x *10 reps each side*
- 4) DHO, immediate roll, floater x *10 reps each side*
- 5) DHO, roll, shot fake, dribble, finish x *10 reps each side*

POST SCORING

COMPLETE EACH MOVE ON DEFENSE
OR ON AIR

WORKOUT #1 - MOVES FROM BLOCK

- 1) Back down, left hand hook
- 2) Back down, right hand hook
- 3) Back down, shot fake, step through, finish
- 4) Face up, jab, jump shot
- 5) Face up, shot fake, one dribble drive, finish

WORKOUT #2 - AFTER OFFENSIVE REBOUND

- 1) Tip-in
- 2) Shot fake, finish
- 3) Shot fake, dribble, finish on other side of rim
- 4) Shot fake, shot fake, finish

WORKOUT #3 - MID POST/ELBOW

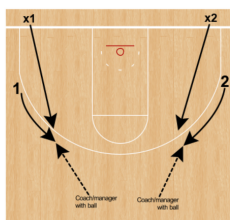
- 1) Jab, jump shot
- 2) Jab, shot fake, one dribble pullup
- 3) Rip, one dribble pullup
- 4) Shot fake, jab, shot fake, drive and finish
- 5) One dribble drive, step back jumpshot

ADVANCED TEAM DRILLS

FOR 165 PAGES OF ADVANCED TEAM DRILLS,
[CLICK HERE.](#)

INDIVIDUAL OFFENSE

"CORNER CHASE DOWNS"



PURPOSE:

To practice shooting against pressure and to emphasize a quick shot release.

SETUP/INSTRUCTIONS:

The shooter will start in the somewhere between the corner and the wing. Their defender will start one or steps out of bounds. The drill begins when the shooter cuts towards the ball. As soon as the offensive player cuts, the defender is now sprinting toward the shooter and attempting to block their shot or at least provide a quality contest. The separation that the defender and shooter initially begin can with vary. The drill alternates sides.

TEACHING POINTS:

- 1) The best shooters in the world get their shot off FAST. On catch and shoot attempts, Kyle Korver averages a shot release time of about 0.68 seconds. Klay Thompson, 0.726 seconds. Khris Middleton, 0.727 seconds. (Sprawbell by Kirk Goldsberry)
- 2) The shooter is always thinking that they will shoot the ball. The only time they don't shoot the ball is if the defense is right there.

VARIATIONS TO THIS DRILL:

Alternate the distance that the defender starts from the offensive player.

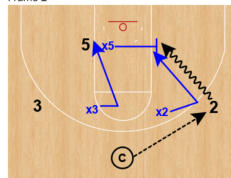
OF BASKETBALLS: 2

TEAM DEFENSE

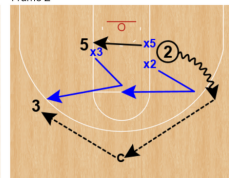
COVERING DOWN, WEAKSIDE DEFENSE, ROTATIONS

"SHELL COVERDOWN"

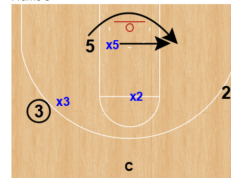
Frame 1



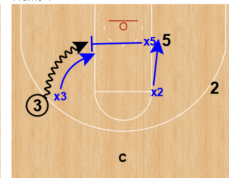
Frame 2



Frame 3



Frame 4

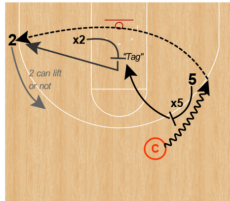


SMALL-SIDED GAMES

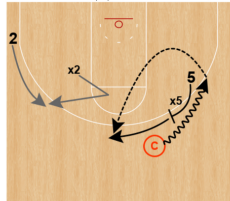
PICK AND ROLL DEFENSE, TAGGING THE ROLLER, STUNTING

"STUNT OR TAG THE ROLL TO 2V2"

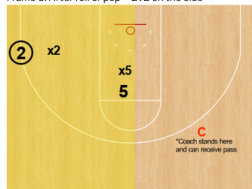
Frame 1: Screener rolls (Screener's choice)



Frame 2: Screener pops (Screener's choice)



Frame 3: After roll or pop = 2v2 on the side



SMALL-SIDED GAMES

"STUNT OR TAG THE ROLL TO 2V2"

PURPOSE:

The purpose of this drill is to practice "tagging" the roller and/or stunting when a screener "pops". After this initial action, it will be a 2-on-2 game.

SETUP/INSTRUCTIONS:

This drill is a 2-on-2 drill with one coach. The drill begins with a step up pick and roll. The 5 will set a ball screen. The 5 can either roll or pop. If the screener rolls, X2 will tag the roller. If 5 pops towards the top of the key, X2 will stunt at the 5 man then recover back to 2. From there, it is a 2v2 game on the side. The coach will remain on the weakside wing. The offense can pass to the coach no more than 1 time. When the offense does pass to the coach, they should screen.

TEACHING POINTS:

- 1) Tagging: Tag the roll man as high as possible on the floor without getting out of position.
- 2) Stunting: It is a short jab. Not a full lunge. Show high hands on the stunt also.

VARIATIONS TO THIS DRILL:

Add a third defender in the opposite corner and run continuous ball screens.

OF BASKETBALLS: 1