

Kevin Eastman: Boston Celtics and LA Clippers:

Big Man Development:

- Own the Mid-line – the less skill you need the closer you are to the midline!
- Post in the mini lane – 5X5 box inside the lane – it's a fist fight then on catch it becomes a foot fight
- Set mini goals – most bigs need "role" goals – 1 off. reb / 3 minutes, 1 charge per half, 3 FT's per half
 - "The roll may not be what you want, but it helps us win a championship." Doc Rivers
- If you're big finds a niche – get him on the floor – energy guy, off. reb., charges...
- Very seldom is the second shot a bad shot – follow shots!
- Fill Lanes – easy buckets – creates issues for defense, makes them prepare for you
 - It requires no skill, but it does require a will and commitment
- 60 paint touches per game (48 at the college level)
- 4 secs run rim to rim
- Find a way to send a message – could be subtle or could be loud!
- Rebounding – Logic --- more you go after the more you get!
- Offensive rebounding – fight to get to the middle or weakside of shot

Big Fundamentals:

- Fist fight for positioning or getting open / foot fight once you catch it
- It's a leverage game to succeed --- who has the lower shoulders
- 3 C's – catch, chin, check
- Perpendicular Post – create the angle with baseline foot
- The court shrinks as you move up in level (much smaller court going from HS to college and much much smaller going from college to pro)
- Feet give you advantage, ball gives you separation (spin move example going baseline)
- See 90% of floor once you chin ball
- Give up position for possession
- Butt into thigh, there's no deny – once you hit defender and knock him back he can't deny
- Play Low to high
- Seals --- Teach your feet, shoulders, triceps and elbows – for positioning!
- Catching the ball ---- "pause for poise."
- Post Depth – deeper you are the easier the game is, more fouls and simpler moves!
- Be concerned with deny arm – not as much with the feet
- Get to the palm (of post) – concentrate on the angle for passes – this should get them to dribble to 45°
- Rim to Rim / not FT to FT
- Timing - don't post too early
- More physical the defender the more leverage you need

- Feet 1st / separation is with ball --- teaching point
- Shoulders must be lower – try to get shoulders to hips
- On catch – Read don't rush
- Let post feeders cut / let junk clear
- When you catch – use all you have @ your disposal – eye fake, pass fake, etc...

***Cutters – see ball all the way to rim – late cut passes are open a lot!

***Get more solutions in your game – Steve Nash – be able to use both hands, finish both hands, etc...

***when in doubt spread out – get outside the arc and square to rim then re-engage

- Drop steps – ankle to middle of rim
- “Inside outside deeper game” – post deeper everytime you throw it back out
- Change speeds with moves
- Bigs – same concepts with perimeter cutters – cut to the back of the defender's head
 - Watch the defenders not the ball!!! – this makes the offense run much smoother

“Know the Floor as a Big”

- #1 – 1st three steps – get sprinting
- #2 – know where the ball is (which side)
- #3 – Get to front of rim as soon as possible
- #4 – Post up position!

***Catch high / Sikma low

***Catch low / Sikma high

----create spacing

6 Post Moves – back to basket

- 1) Midline jump hook
- 2) Dribble drop
- 3) Up and Under
- 4) Quick Spin
- 5) Baseline jump hook
- 6) FT

8 Post moves – Face up games

- 1) Jab / shot
- 2) Jab / go
- 3) Jab / cross
- 4) Jab / shot fake / go
- 5) Jab / shot fake / cross
- 6) Square up shot
- 7) Quick cross (our rip and go)
- 8) FT's

- Anytime you feel forearm on back – spin move
- Perpendicular post ups!

- Pick and roll game – Arrive without the defender – sprint to screen
- Pump fakes are Macho!
 - Go through chin then chest!
- Weakside awareness – penetration reads
- Weakside Duck in with pick and roll – duck in when they get to screen
- Penetration Boxes (diagram)
- “Never let them foul your shooting arm

“Theory of 2’s”

- It takes 2 minutes to show the skill
- It takes 2 weeks to make it comfortable to go full speed
- It takes 2 months to perfect the skill

7 teaching points each skill development sessions needs:

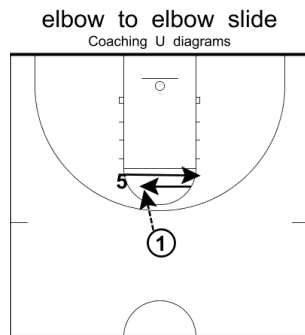
- 1) Eliminate soft dribbles – pound the ball
- 2) Shoulder to hips – drives
- 3) Feet first / ball second
- 4) Game of inches
- 5) Play game from low to high
- 6) Always be ready for next play
- 7) Find your feet (best shooters have consistent feet)

Feet give advantage and Hips give you power --- get low!!!

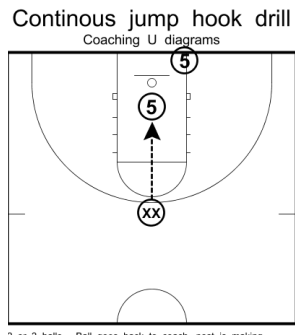
Alan Stein: Nike Skills / Strength and Conditioning

- Best players are in the best shape
- Must incorporate balance drills into shooting
- Teach kids to compete, have toughness, etc...
- Brick by brick philosophy
- 8000 to 10,000 reps to change movement permanently!

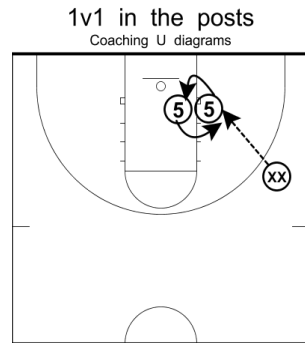
Big Drills...fundamental drills!



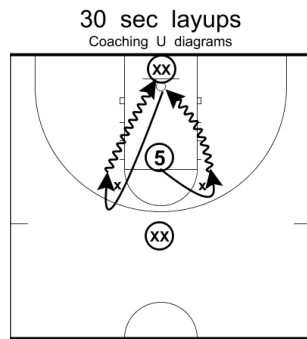
Post slides elbow to elbow then gets pass, pivots (switch up different pivots), then make move to rim



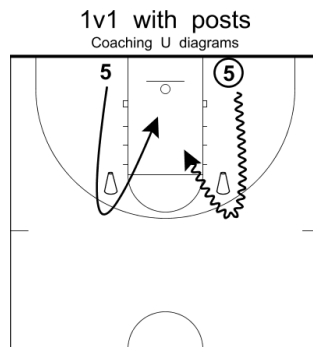
2 or 3 balls - Ball goes back to coach, post is making continuous moves (rt jump hooks / left jump hooks, etc...) go for 30 secs... rebounders must work



Circle 1v1 - throw to either post, they are circling around post area, switch up area they may play on the floor



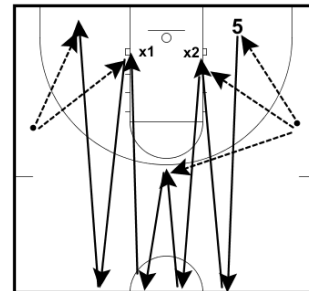
go for 30 secs, place ball in chair and you circle the chair and attack on dribble, how many can you make in 30 secs. coaches are replacing balls in chairs



simple 1v1 drill...play to a certain #

favorite post conditioner

Berry College



1 short corner shot, 2 rt post move w/ def, 3 trail three, 4 left block move w/ def, 5 short corner

My Stuff....

Warm-ups:

- Mikan – make 10 / 12 total – ball never gets below shoulder – footwork!
- Superman – 2 chairs – 10 makes - drop steps to baseline – explode to rim – wide base
- Reverse superman – “ “ - turn middle with either jump hook or turn-around jumper
- ***You could add Up / Under Superman eventually
- Right hand Tip Drill – 4 right hand tips – finish 5th tip – do 2 cycles from each side
- Left hand tip drill – 4 left hand tips – finish 5th tip - do 2 cycles from each side

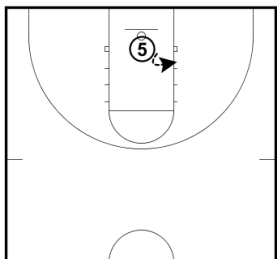
1 Man Post Workout – These drills are designed to be worked on individually. Pay close attention to your footwork, balance, and body position as you work through these drills.

Individual Post Moves –

- Drop Step Power Move – from underneath the basket spin yourself a pass between the 1st and 2nd hash mark / drop step to the baseline without taking a dribble / finish strong and at the rim, trying to dunk everything if possible / really working on staying low, wide and getting shoulders parallel to baseline.
- Drop Step Power Dribble – Same move as above but adding a dribble – big key of staying on balance and adding a shot fake. Go through opponents chest then chin...you can add a reverse power lay up as well
- Drop Step Jump Hooks - – from underneath the basket spin yourself a pass between the 1st and 2nd hash mark / drop step to the baseline and to middle taking a dribble both ways / keys are to finish high with off-hand up to protect from shot block & to finish closer to rim
- Reverse Pivot Moves – Spin pass to short corner area (block extended / about 8 feet) and work on three different moves – do each move at least three times from each side
 - Rip and Go – reverse pivot and rip across body / 1 dribble finish
 - Jab and go – reverse pivot and hard ball fake (opposite of rip and go) and attack
 - Jab shot - reverse pivot / hard jab / shot
- Go To Move – Get your 1 or 2 favorite moves / go to moves and develop a counter move...
 - Spin pass to yourself on 1st or 2nd hash / make your go to move / finish it (if you miss it without a bounce you must score the ball)

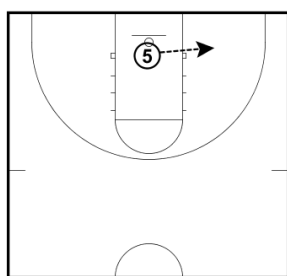
- Quickly go across the lane a get ball on chair and make counter move (if you miss it, without a bounce you must score the ball)
- Replace the ball on chair and repeat the drill
- Make a total of 10 favorite moves and 10 counter moves / switch sides
- It is fine to have a different favorite move on different sides of floor
- ***See the diagram under 2 man post workouts (2 man favorite move and counter)

Drop Step Power Move
Berry College



Spin pass to 1st / 2nd hash mark, drop step power move, rebound, spin pass around lane about 6' out and make drop step move...repeat for 1 minute or 10 shots

Reverse pivots
Berry College



Spin pass to short corner area and work on 3 reverse pivot moves...go for 1 minute or 10 shots

2 Man Workout:

Interior Post Shots:

- Elbow to Elbow – Start with partner and ball under the basket / the shooter starts at top of the key...shooter sprints to elbow and receives pass and takes shot...return to top of key and sprint to other elbow and take shot...repeat for 1 minute...challenge yourself to get as many shots as you can up in one minute (rebounder needs to work!)
- Continuous Jump Hook Drill – Start with ball and shooter centered in lane – pass to partner, establish position in lane – partner passes ball right back, jump hook right, pass back to partner, get position – receive pass – left jump hook – go for 1 minute or 30 secs. – you can do same drill middle lane, right and left blocks...
- Elbow to Elbow Slide – Your partner has ball about 30 feet above top of key, shooter starts sliding back and forth from elbow to elbow on the pass you catch and turn and face (passer calls out pivot / reverse or front) and then you either catch and shoot, catch and attack, catch and make move, etc...
 - This is also a great drill to use on the lane lines
 - Be creative with moves and pivots...partner should keep you guessing
- 30 sec. lay ups – Start under the rim with ball, spin pass to elbow chase it down, reverse pivot and attack the rim, if you spin to right elbow keep the ball in right hand and finish with right hand, if you spin to left elbow keep ball in left hand, attack and finish with left hand...repeat and go for a minute (how many can you finish in 1 minute...)
- 2 man favorite move / counter move – start short corner skip pass to partner (opposite wing) / follow pass / get pass back on block and make favorite post move, rebound back to partner then

go get ball from chair and make counter move / place ball back on chair then get pass from partner...repeat for 5 favorite moves / 5 counter moves

- Short Corner / Short Corner – passer starts at FT line, shooter starts under the rim – sprint to short corner, receive pass, shoot – rebound and throw to partner get to other short corner...repeat for 1 minute (how many shots can you get up in 1 minute...)

Keys to success:

- *Work this summer on developing these moves from each side of the floor and blocks*
- *Start slow, thinking about your footwork and how you will counter if a defender takes your first option away*
- *Finish going to the rim – seek contact – be a great FT shooter!*
- *Work at game speed!*
- *To be a great Post Player you must be a great FT shooter and you must seek contact!*