

Random Thoughts for Post Play!

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
- 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
- 4 secs run rim to rim
- Rebounding – Logic --- more you go after the more you get!
- Offensive rebounding – fight to get to the middle or weakside of shot
- It’s a leverage game to succeed --- who has the lower shoulders
- 3 C’s – catch, chin, check
- 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!
- Drop steps – ankle to middle of rim
- “Inside outside deeper game” – post deeper everytime you throw it back out

“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!

- Pick and roll game – Arrive without the defender – sprint to screen
- Pump fakes are Macho!
 - Go through chin then chest!
- Eyes make layups / feet make jump shots
- Keep the game as simple as possible the whole time!



Plug on, treat people right, grind!

“Everyday guys beat sometime guys everytime.” Jimmy Dykes