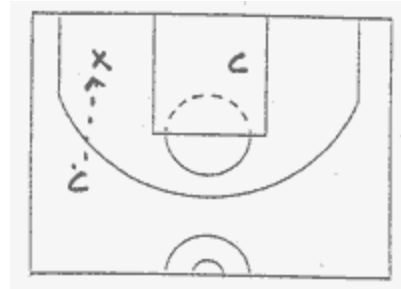
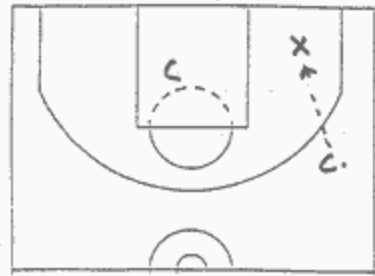


# Billy Donovan Post Development -Partner Training

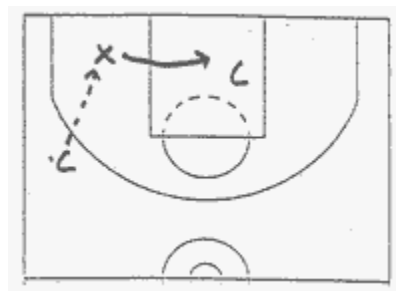
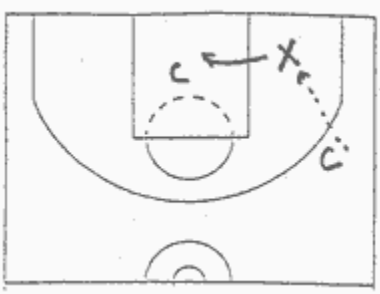
## Post Player Work-out #1

### Inside Pivots (jumpshots)



1. Post up off block.
2. Receive pass from coach, inside pivot & shoot a jumper.

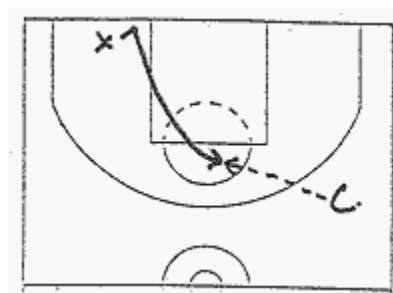
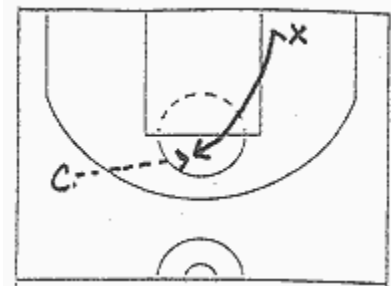
### Inside Pivots (drives)



1. Post player will post off the block.
2. Player inside pivots, attacks middle & performs one of the before mentioned moves.

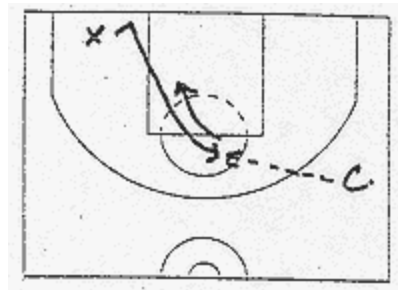
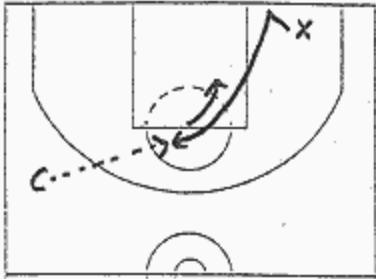
## Post Player Work-out #2

### Flash Cut Shooting



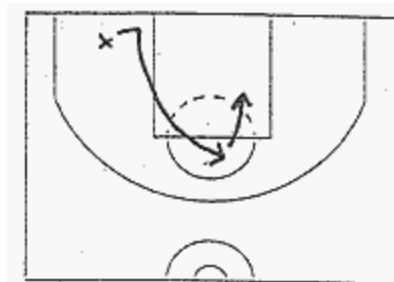
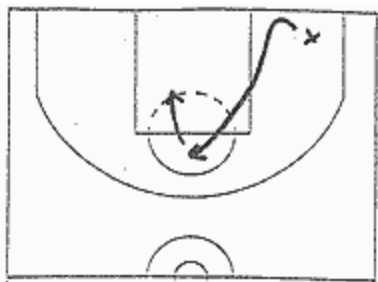
1. Post player starts in short corner
2. Flash cut to free throw line
3. Receive pass and shoot jumper

#### Flash Cut Shooting (rip throughs)



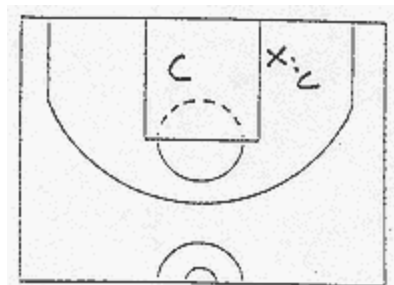
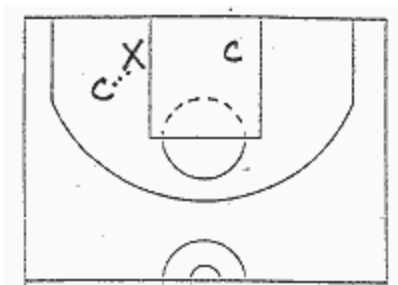
1. Same as previous drill, now player will rip through & drive opposite direction
2. Pull up for 10' jumper or take it to the rim

#### Flash Cut Shooting (ball fakes)



1. Player flash cuts to the free throw line
2. This time the player will ball fake & pull up for a jumper or take it to the rim

#### Rapid Fire Post Moves



1. Post player will post up on block.
2. Coach will feed player one ball after another.

3. Make 10 for each move.

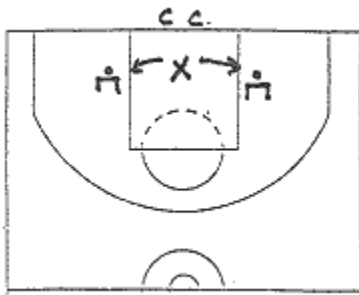
Example Moves:

1. Turn around jumper
2. jump hook
3. Up and under

All moves can be done to either baseline or middle; incorporate fakes into routine

### Post Player Work-out #3

Chair Workout

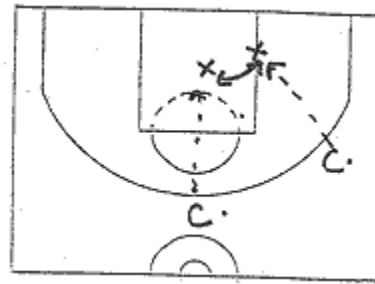
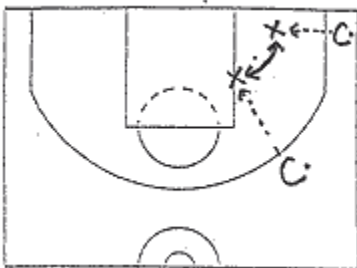


1. Place 2 chairs at about the block with balls on them
2. Player will go side to side, each time posting up, getting low & grabbing the ball & performing a post move

Start with just jump hooks, then as the player gets comfortable with drill, use different moves

Go for 1 min. at a time

Post & Repost

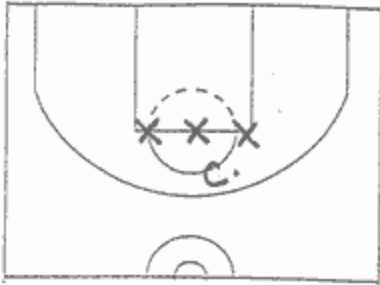


1. Coach in corner and wing have a ball.
2. Player will post up on block & receive a pass from corner, then perform any post move.

3. Then he will repost up the lane & get pass from wing.

**Post Player Work-out #4**

War rebounding

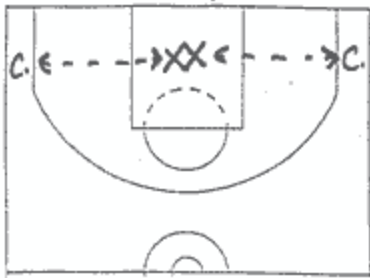


-Coach will shoot the ball & the players will fight for position & rebound. 1pt. for rebound

-The Player who gets rebound must score for another point.  
-If he misses, the ball is still live.

-Play a game to 10

Post Positioning



-The 2 players will be sitting in post position with their backs pressing on one another.

-Their feet must constantly be moving.

-The coaches will quickly fire balls at the two players & they must catch & pass back.

Post Positioning on the Break

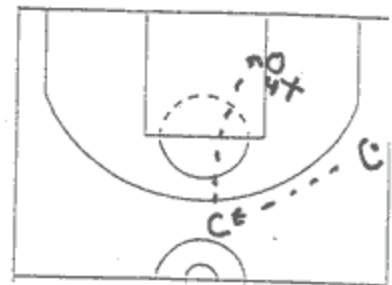
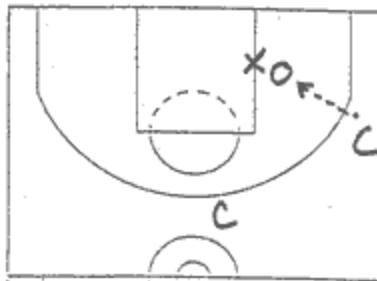
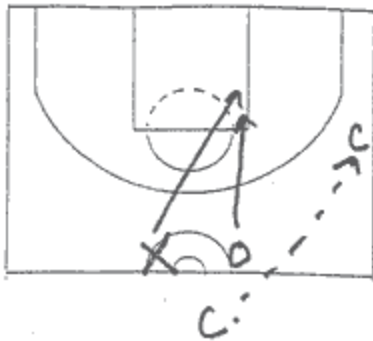
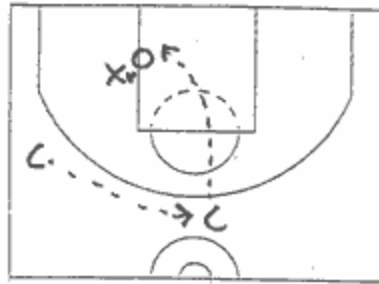
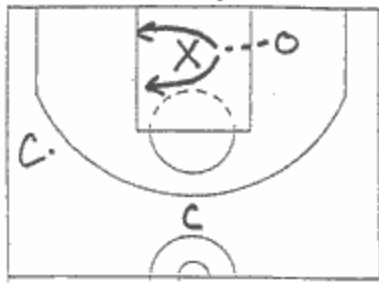


Diagram 1: **O** is offense & **X** is defense. Coach advance passes to coach and **O** & **X** sprint to try & gain position.

Diagram 2: If **O** can pin **X** on his back & keep him there, Coach will throw it in and it is one-on-one

Diagram 3: If **X** is able to front **O**, Coach will reverse ball and **O** must seal **X** and receive a hi/low pass

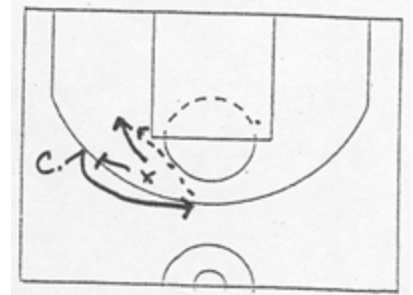
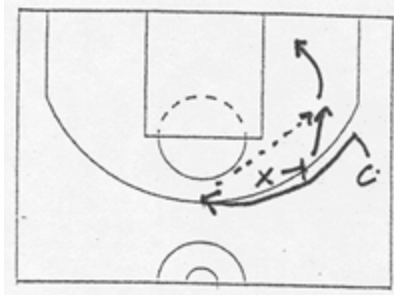
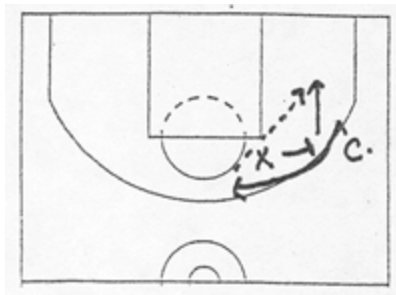
1-on-1



1. Offense (O) starts off the block and must try to beat X to a spot & receive pass
2. If O gets position, its 1-on-1
3. Again, if X is able to front O, O must seal & receive a hi/low pass from Coach.

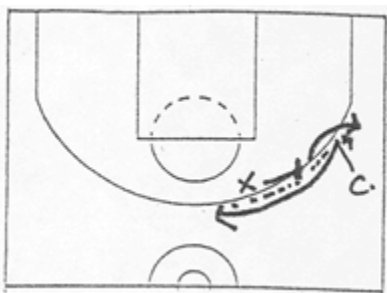
### Post Player Work-out #5

#### Pick and Roll Shooting



1. Player will set P&R at the 3 pt. line
2. As the coach comes off, the player will roll to short corner for 10' jump shot.

Diagram 2 & 3: This time the player receives the pass from coach and rips the ball through and drives baseline. He can now shoot a runner or take it to the rim.



Player now can set P&R and step back for a 3 point shot.