

Mike McKay - Manager of Coach Education and Development

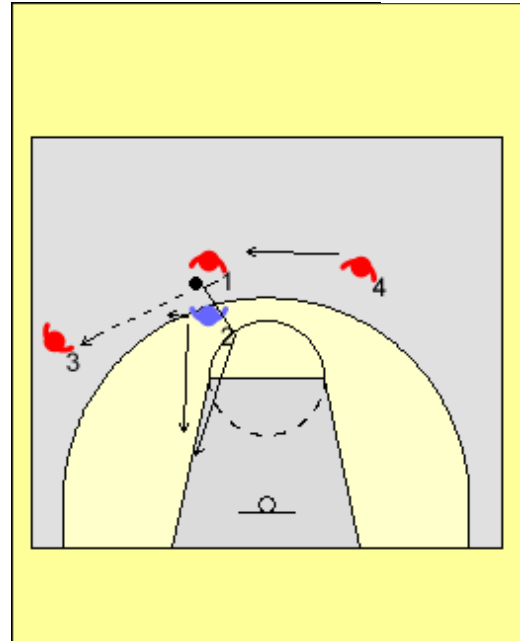
This is the post version of Cuba that we have used in the mornings.



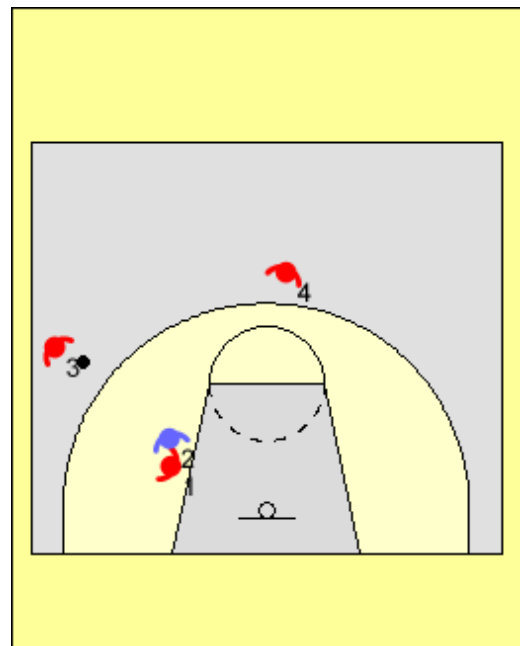
#1 has the ball in the swing position. He/she is pivoting and jabbing with the ball while scanning the rim. #2 the defender works on staying in a good ball stance while putting pressure on the ball.

The ball is passed to #3 who is above the foul line extended on the high wing. #1 cuts to post up. #2 must jump to the ball, meet and greet the cutter (put your body in front and prevent the player a direct path to the basket). As the defender you should escort the offensive player to the position you want them to occupy not the one the offense wants.

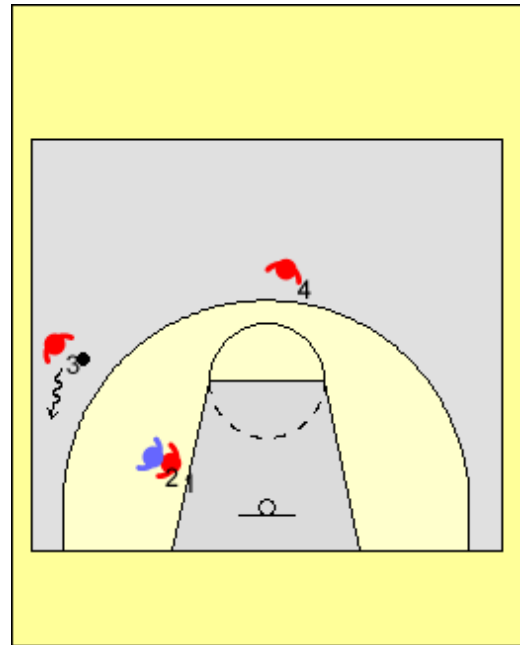
#4 fills the spot vacated by #1.



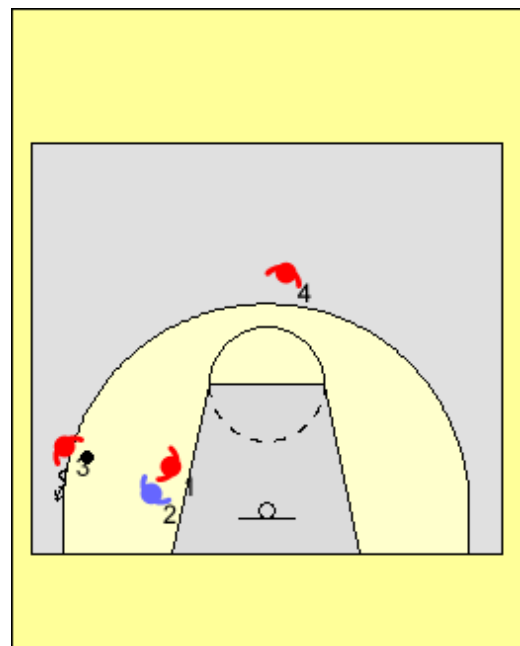
Ball is above the foul line extended. We want to play 3/4 top side.



Ball is on the 45° angle we want to front the post.



Ball in the corner we play 3/4 base line side.

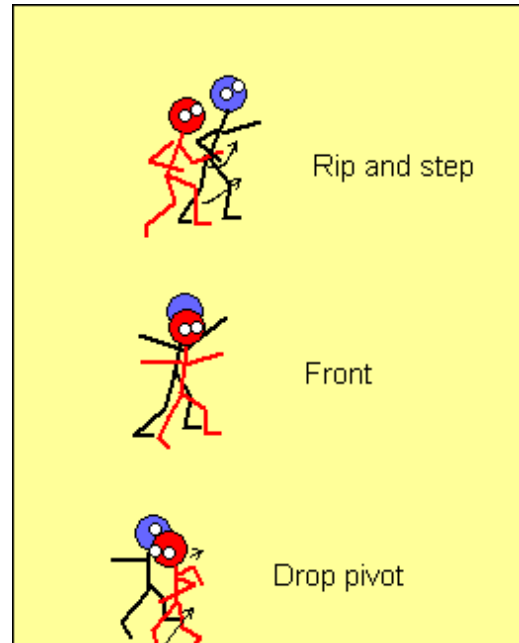


Open movement

The key movement for the post defender is the movement from one defensive position to the other.

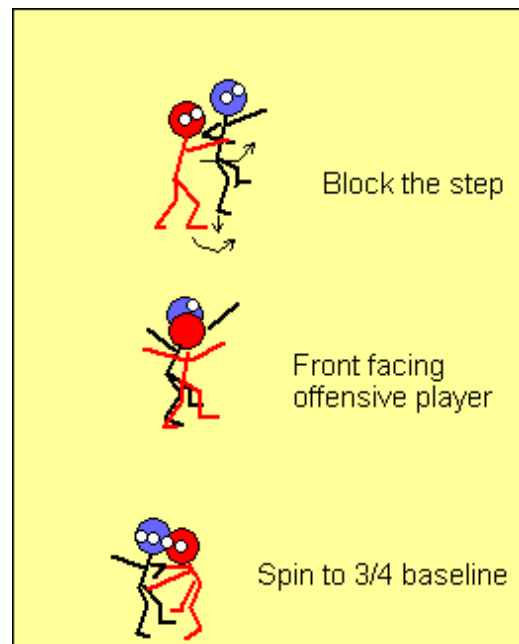
Rip under, step through, drop pivot

The defender takes the arm nearest the defender and punch up under the triceps of the offensive player. At the same time he/she steps over the defenders near leg with the same leg as arm rip. This will put the defender in a fronting position with him /her facing the ball. To get to the 3/4 baseline position he/she now drops pivots.

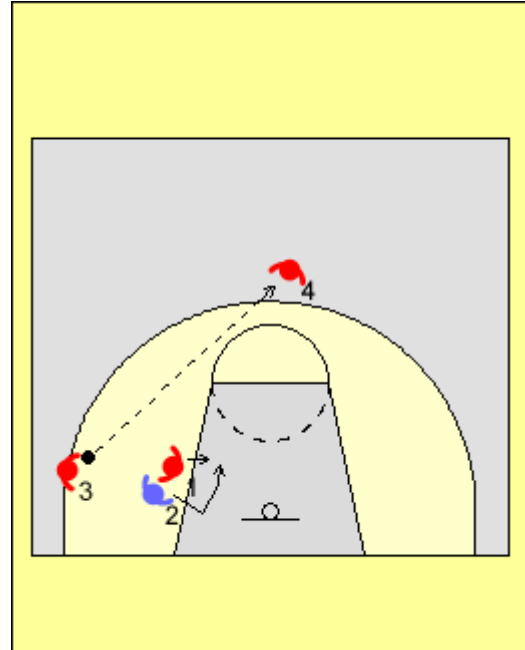


Closed movement

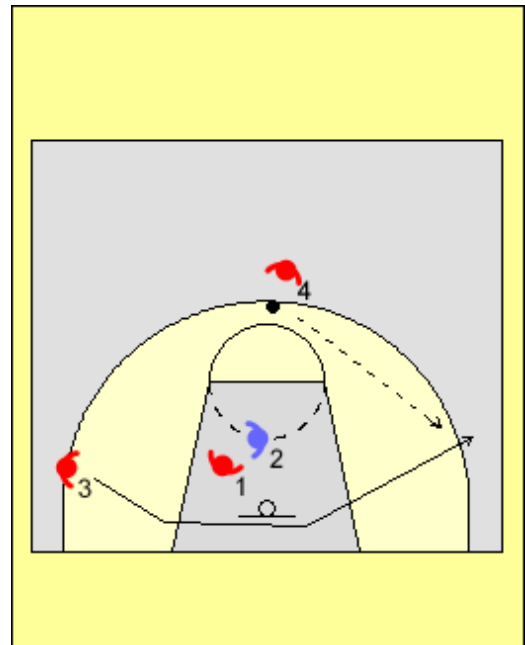
Against a strong or cagey post defender you may not be able to rip and step through. Many posts are taught to block this action by stepping and putting their hip into the post defender. For this reason the defender may have to spin closed to the ball or use the "half moon technique". As the offensive player leans on you, quickly move the feet in a shuffling action to front the post. You will be blind to the ball for a brief moment. Continue until you are on the baseline side.



The ball is now passed to the top. Ideally we want the defender to move on the flight of the ball and go under the offensive player to take away the high low seal. Notice that I said ideally. It is more important that the players understand the different movement techniques and when to apply them correctly. There can be no absolutes.



#3 cuts through to the other side. The ball is passed and now #1 cuts to the ball. #2 works on defending the flash cut.



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