

Mike McKay - Manager of Coach Education and Development



Canada Basketball Coaching Clinic

Ken Shields - Offensive post play

The trapezoid key creates different angles. When receiving the ball on the “block” you are not considered inside. You need to dribble to score. To be considered inside you want to get the ball at the rim. This is a spot that all posting players need to know.

What you did before you caught the ball determines what you can do when you get the ball.

If you get the ball deep at the rim with a deep catch, you will put the opponent in foul trouble. You will not have to use a dribble to score.

Rim Run

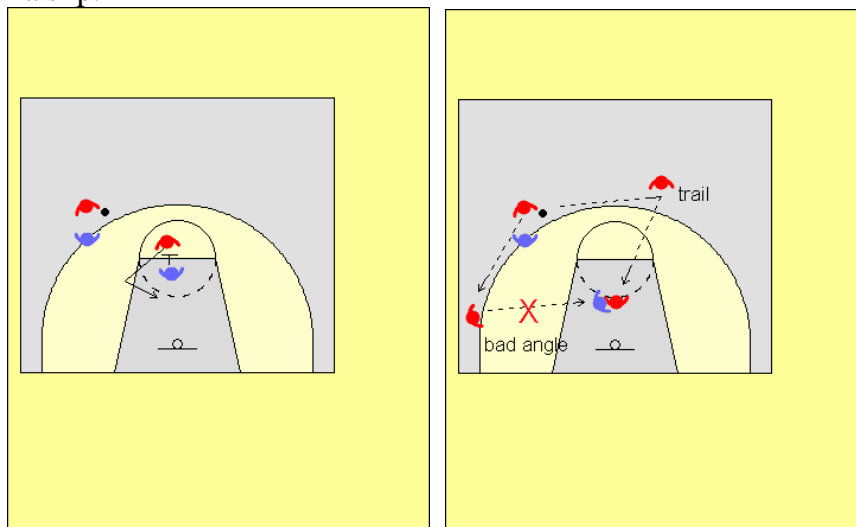
Many coaches talk about having a first big who runs the floor, but the majority of these players run to the block. The challenge is to find out who has better technique at the front of the rim, the offence or the defence.

Outlet and advance the ball

The outlet should be caught outside the three point line. The maximum number of dribbles should be four to advance the ball to the elbow. Sprint the ball to the elbow. Four dribbles, four seconds. You need to establish a longer operational time in the attack area. You cannot afford to walk the ball up the floor. It puts too much pressure on your offence to do this continually.

Defence bumps the 1st Big

Too often the offensive player turns this into a wrestling match. “Get legal” by exiting the key and then look to duck in. The trail post reads the 1st big. The elbows are the best angles to feed a post on the deep catch. The wings and corners are bad angles and there is little room for a slip.



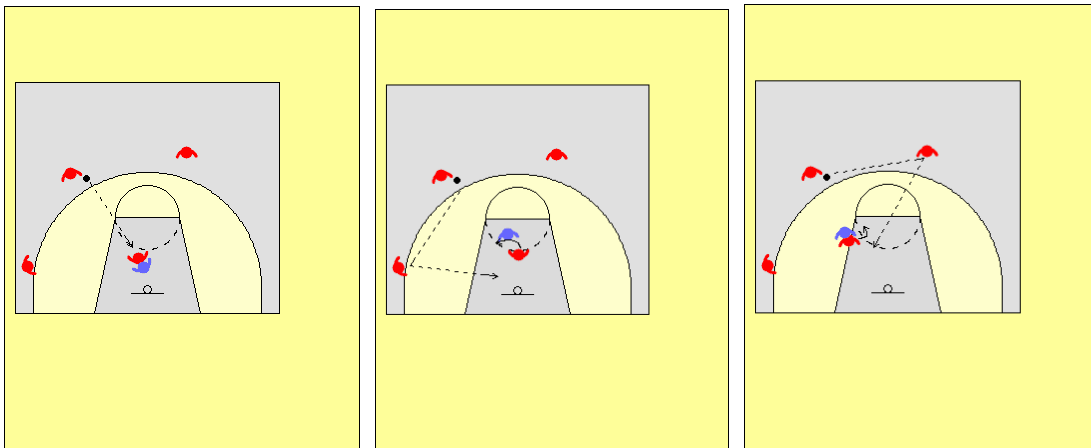
The timing of the catch is crucial. The 1st big must arrive when the ball is in the elbow. Sometimes the 1st big must slow up his/her cut to ensure arriving at the right time. Remember;

What you did before you caught the ball determines what you can do when you get the ball.

Three looks to get the ball inside

Look for the deep catch at the front of the rim. The elbow is the best feed for this pass.

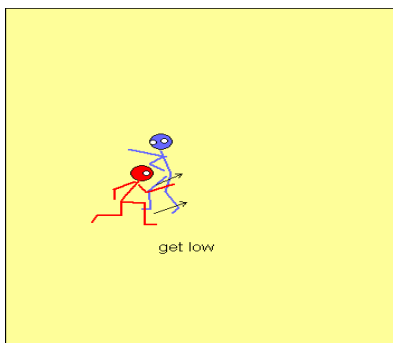
If the defender plays above, front pivot and exit cut to the first hash mark to get legal. Keep the feet parallel to the baseline. The ball is relayed to the post through the wing player.



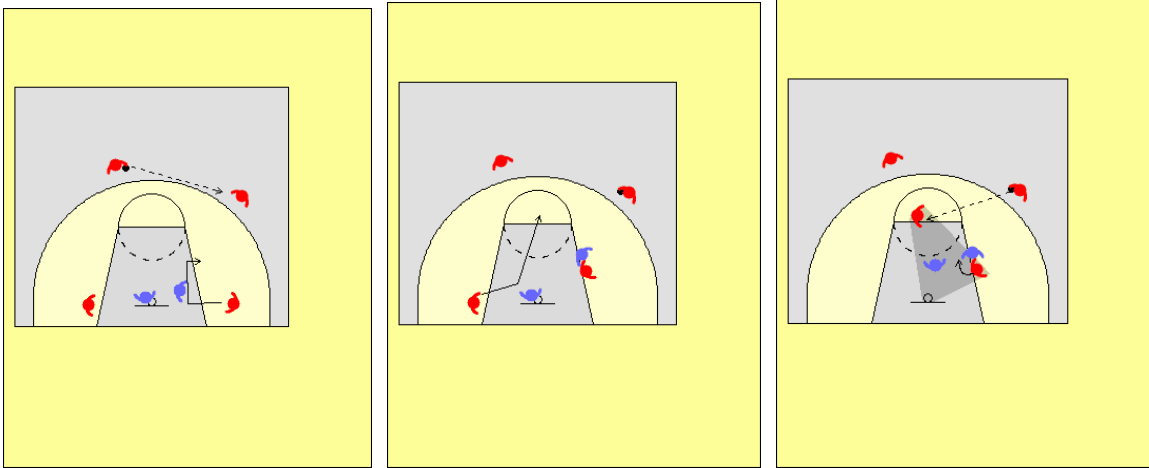
If the defender plays too much in front the offensive player reverse pivots and looks for the relay pass from the trail post.

Note: it is important that players learn to get low when being pushed by the defence. A tendency is to rise up and therefore get pushed off the spot. When ever you feel yourself being pushed get low, lunge, drive and pivot into the midsection of the defensive player. You can control their centre of gravity. This is again of doing the work before you receive the ball

Get low when being pushed



High /low – the lost art

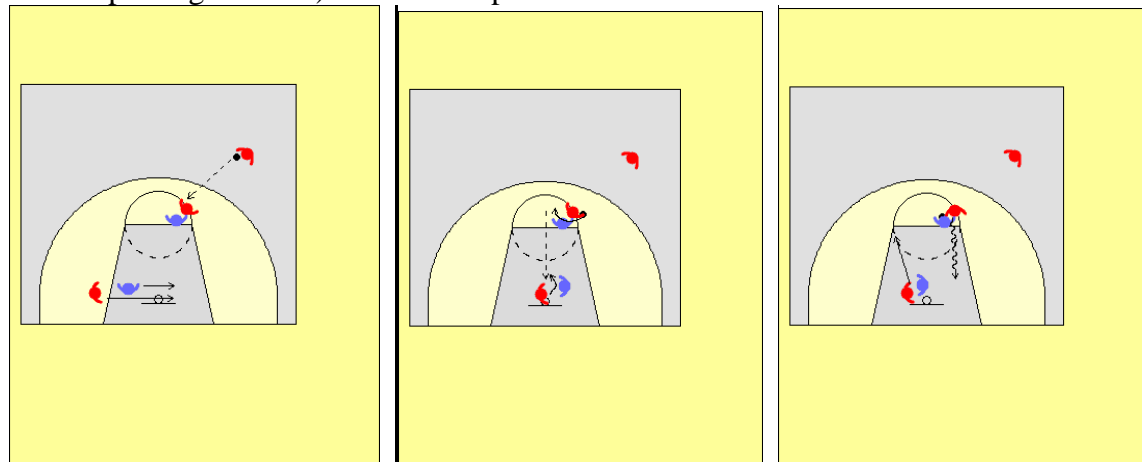


The post walks his/her defender to set up the proper position. Walk in, then up, then seal. Force the defender to play $\frac{3}{4}$ top side or full front. The opposite low post starts from a position facing the backboard and just slightly below. Cut to the nail hole not past the split line (don't cross the middle of the floor at the foul line.) If the cut is denied look to L-cut. You want to catch the ball facing the sideline not with your back to the basket. This affords an easier decision on whether to pass shoot or drive.

This creates a 2 on 1 with the low post who reverse pivots to seal off the post defender.

Duck in

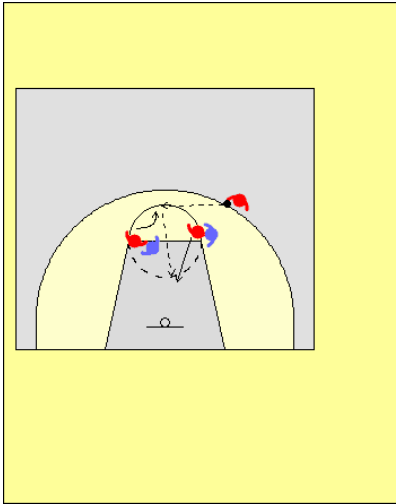
If timed and executed properly this is a very difficult action to defend. The low post starts to cut across the lane. Put your defender on the opposite side of the basket. The high post seals to make the catch. On the catch the high post reverse pivots to the inside. This puts him/her on the nail hole. The low post steps back to seal at the front of the rim (Put your forearm on the hip of the defender; block the defenders arm at the elbow to create a passing window). The lowest person will win the battle.



You can isolate the high post by having the low post run a “bad” duck in and move up the lane. This allows the high post to sweep and drive to the basket.

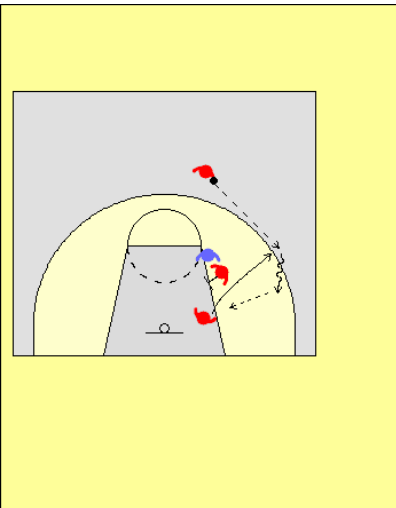
Get the ball to the high post

The opposite post steps out to the nail hole. The ball side post seals. Lead with a pass to the rim.



Get the ball to the low post

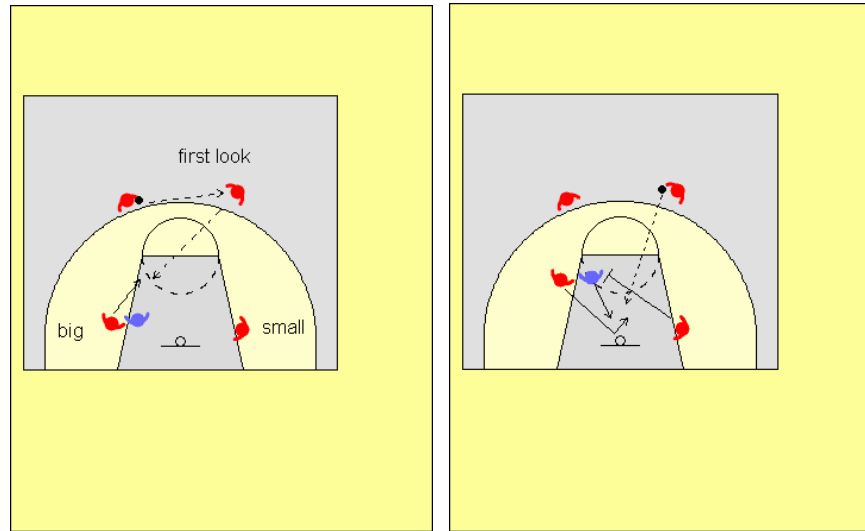
The post screens for the wing player. Post with one foot above the first hash mark. On the seal keep your feet facing the baseline. The wing sweeps the ball to make the pass into the post.



Small to big cross screen

When the ball is passed elbow to elbow the ball side post looks to duck up the lane. This is the first look to get the ball inside. The small now comes and sets the cross screen. The post cuts to the front of the rim and seals reminiscent of Karl Malone. Get the defenders

legs by getting low and getting your shoulder into his/ her midsection. Nullify the top leg. Do not cut to the block.

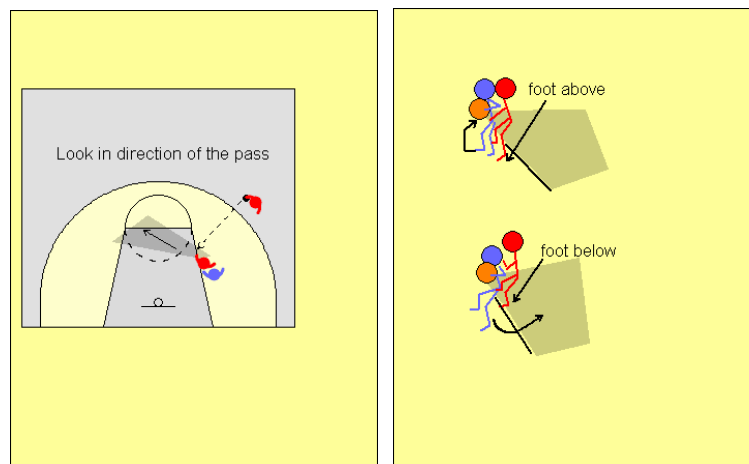


Individual player development is crucial. You do not run these actions without doing;

- Individual fitness – core, footwork, strength
- Individual skill work
- Small group work for timing

Points to consider

1. The passer should tell you where the defence is located by where the ball is passed. On the catch look in the direction of the pass. This is where the opening should be.



2. Defender playing behind on the catch. If the defender's top foot is below your foot look to attack the middle. If the foot is above look to attack the baseline by drop stepping and creating angles. If the defender gaps you look to pivot to the top make space.

3. Movement on post dribble action. It is the same as for perimeter players; if you are dribbled at you are pushed in the opposite direction. Have the hands ready to catch.

