



DRILL OF THE WEEK

“FOUR CORNER POST CONDITIONING”

DRILL PURPOSE

The purpose of this drill is to help your post players polish and refine their post footwork whilst improving their conditioning.



INSTRUCTIONS

1. Drill requires four players, two balls, a bump bag and a cone.
2. Two balls are placed with Player 2
3. Player 1 screens up the lane stopping at the elbow
4. Player 1 then steps out high and receives a pass from Player 2
5. Player 1 reverses the ball to Player 3 on the opposite
6. Player 1 follows their pass and sets an onball screen for Player 3 before popping to the baseline
7. Player 3 comes off the onball and feeds Player 1 for the baseline jump shot
8. Player 3 rebounds the shot and returns ball to Player 2
9. Player 1 makes a block to block cut (cone representing the screener)
10. Player 4 wearing a bump bag bumps the cutter as they make their way across the key way
11. Player 1 posts up and makes post move.
12. Drill is repeated until designated time period (1 minute) has transpired then rotate

POINTS OF EMPHASIS

1. Work hard – this is a conditioning drill
2. Set screens with good technique emphasising signals, getting low, wide and being stationary
3. Concentrate on footwork on step out, onball and pop
4. Maintain leverage in the block to block cut so to be able to ride out the bump

VARIATIONS

1. Specify types of move to be made (e.g. drop-step baseline into power lay-up, drop-step middle into baby hook etc.)
2. Set target made baskets to be achieved in an appropriate time (e.g. one minute)