

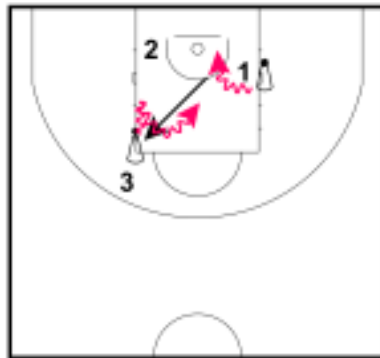


# DRILL OF THE WEEK

## “HIGH/LOW POST CHAIR DRILL”

### DRILL PURPOSE

This is a very versatile drill that allows you to work on positioning, footwork and shot making. Particular attention should be paid to body positioning and pivots. The body should be low and strong through the entire move. Pivots should be made in a direct line to the front of the rim.



### INSTRUCTIONS

1. Drill requires one rim, two basketballs, two chairs and three players
2. Place chairs in low post position on the right side and on the left elbow with a ball on each chair
3. Player 1 cuts to right chair, making low post shot
4. Player 2 rebounds and places ball back on chair
5. Player 1 cuts to the chair on the left side and makes a high post move (pivot jumper, pivot lay-up, pivot jump hook, etc.) on the left side
6. Player 2 rebounds the ball and passes it Player 3 who places it back on the chair
7. Player 1 cuts back to the low post chair
8. Drill continues for time limit or made basket target
9. Players rotate after time elapses or target is met

### VARIATIONS

1. Work both sides of the floor
2. Change the placement of the chairs to alter the shots
3. Fit Player 2 with a bump bag to pressure the post shot