

## Post Work

### **Low to Low**

#### **Position on Block**

Chin and Check - pause & read D

Goal Post

Numbers to Passer – Passer see's #

#### **Demand and Command**

**Encouragement creates ENERGY**

#### **Getting open:**

Cut High to Low

Low to Mid

Straight Cuts

Swim move – to positioning

Swim & Pin the Rim – no dribble – 1 foot take off / 2 feet take off

Drop Step – dribble

Double Drop Step

½ drop & jump hook – baseline & middle

Face Up J – middle

Up & Under – no dribble – ADD: power dribble

#### **Sikma**

Sikma – shot

Sikma – Rip

Sikma – step back

#### **High Post Series – Low to High**

Shot

Rip Drive – rt & left

2 Posts

Touch Pass – inside PIN

Hook pass Duck-in – pin the rim

Feed Post – dive pass/drop pass

Clean up – tip in

Rip – step back

#### **Transition**

Pin the Rim

Swim and Slide

Inside Pin – add Trail Post HI LOW pass

Duck in – hook pass

Dive – drop pass & clean up/tip in

