



Developing Post Players

CB's Coaching Education and Development

Skills Required

- 1.) Establishing Post Position**
 - a. Hash Marks, Half Circles & Power Boxes
 - b. Seals and Reverse Seals
 - c. Flashes
 - d. Duck-Ins
 - e. Spin & Swim
- 2.) Offensive Low Post Skills**
 - a. Catch, Chin, Check
 - b. Reading Defenses
 - c. Moves
 - d. The Face Up
 - e. Kick-out and Repost
 - f. Passing to Cutters
 - g. The Double Team
- 3.) Offensive High Post Skills**
 - a. Flashes & Seals
 - b. Pivots & Moves
 - c. Hi-Lo & Opposite Looks
- 4.) Post Defense**
 - a. Preventing Position
 - b. Discouraging the Pass
 - c. After the Catch
 - d. Shot Blocking
- 5.) Rebounding**
 - a. Locate, Box, Seek
 - b. Developing Bounce
 - c. Developing Hands
 - d. Outlet Pass
 - e. Offensive Rebounding
- 6.) Alternate Positioning**
 - a. The Short Corner
 - b. The Perimeter
- 7.) Screening Game**
 - a. Setting and Using Screens Away from the Ball
 - b. The Ball Screen & Roll