

V-Hawk Post Play Drills

Warm-Up Drills

Tips

Straight Tip-In, Keep Ball High, Shot Fake, Shot Fake Bring Across, Spin Move

Mikan Drill / Reverse Mikan

Make 20 Consecutive Lay-Ups Alternating Hands

Sprint Corner Lay-Ups

Make 6 Consecutive Lay-Ups While Sprinting to Each Corner

Skill Work on the Block

Drop Steps, Hook shots, Up and Under, Spin Moves

Key: Stay Low & Patient on the Catch, Use Pass/Ball/Shot Fakes, Explode to Rim on Finish

Face-Up Plays

Key: Catch the Ball First, Good Inside-Out or Reverse Pivot, Use Pass/Ball/Shot Fakes, Explode to Rim on Finish

Clock-outs / Creating Spacing

Partner Drives Middle/Baseline from Wing / Work Short Corner, Elbow, or Circle Behind for Jump Shot

Screening Situations

Back-Screen/ Re-Screen Drill

Two Options – Screen and Slip or Screen and Post

UCLA Screen to Elbow Jump Shot

UCLA Screen to Ball-Screen on Wing

Cross-Screen, Roll back

Action Drills

Offense in the Middle – Defender on Each Block, Passers on Perimeter

Key: Need 3 Scores in 5 Possessions

Post Feed Read

Drill: Offensive Triangle on $\frac{1}{4}$ Court, Double Team Can Come From Wing or Top

Post Seals

Ball Swings Away, Post Must Hold Seal – Also Works on Post Seal Pass (High or Quick Low Bounce Pass)

Middle Post Ups

Drill: Ball Starts Opposite Wing of Post, Ball Swings to Post Side, Post Find Defender/Pin in Lane
Key: READ POST DEFENDER

2 on 2

Drill: Post Players Play High-Low

Zone Action

Stretch and Flatten, Flash High Post, Duck-In's

1 on 1 on the Block

Live

Shooting Drills

2 Man, 1 Ball or 3 Man, 2 Ball

Drill: Shoot, Follow Shot for Rebound, Make Pass to Next Shooter, Relocate to New Spot

Keys: Deliver Good Pass to Shooter, Be Low and Ready to Shoot

Make 10 Each – Mid-Range, Max-Range, Off-Dribble, Get to Rim