

Post Drills

Teaching Points

- Post above the block
- Both arms above shoulders
- **3 C's**
- **Catch**
- **Chin ball**
- **Check**
- **Get to the paint**
- Don't be in a hurry!!!

Mikan Drill All Grades

- Right side
 - Go off left foot/shoot with right hand
- Left side
 - Go off right foot/shoot with left hand
- Keep ball above head
- Great drill to work on footwork

Post Moves All Grades

- Drop step baseline
- Half hook middle
- Up and Under
- Sikma (reverse pivot) shot



