



# Kevin Eastman

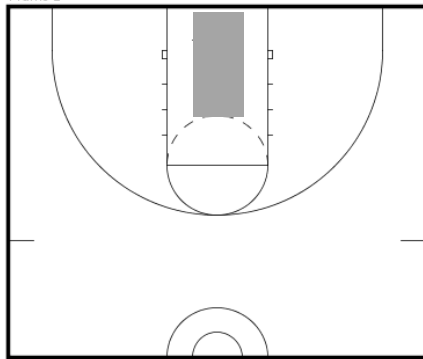
## Post Play

*Coaching U Live – June 20, 2010*

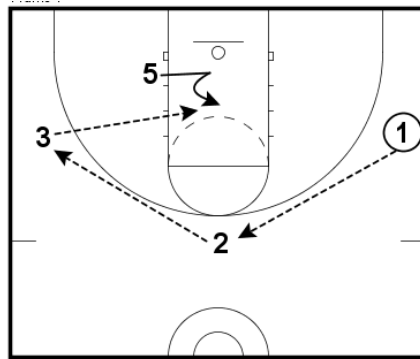


### Concepts

1. Own the mid-line- the closer to the midline you play, the less skill you need
2. Tape a miniature lane...post in the mini-lane, get some depth



*Mini Lane*



*Post Across*

3. Don't post up...post across
4. Give them in game goals
  - a. 3 free throws per half
  - b. So many rebounds in a quarter
  - c. Get one pass ahead layup per half
  - d. Update them when they come out of games, during time outs
  - e. The role may not be what you want, but it's what we need to win a championship
5. If a big can find a niche, he will find the floor, you must have an energy niche
6. There may be bad first shots, but seldom are there bad second shots
7. When bigs run the floor they are like Velcro, it sucks in the defense...running rim to rim requires no skill but tremendous commitment and will
8. Get the ball in the paint 60 times a game (NBA) 48 a game (NCAA)
9. Run rim to rim in 3-4 seconds
10. You cant rebound too much... the more you go after the more you get
11. Concentrate on the middle and opposite wedges when you rebound

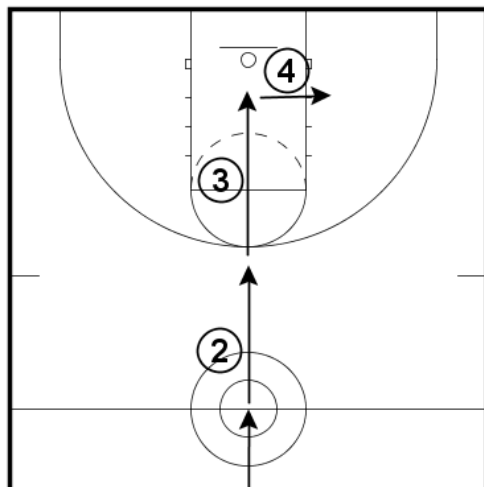
### Teaching Points

1. It is fist fight to get open, it is a foot fight to score
2. It is a leverage game to get position, it's a shoulders game, low shoulder wins
3. Three C's- Catch Chin and Check...check for (1) cutters (2) Traps (3) Digs
4. Perpendicular Post ups- create an angle with you baseline foot, at that point your shoulder should be square to the ball
5. The floor always shrinks at the next level- quickness and length
6. Your knees are involved in leverage
7. Your feet give you the advantage, the ball gives you separation
8. See 90% of the floor when you catch the ball
9. Give up position for possession

10. Butt into thigh...No deny
11. Play low to high
12. You must sprint to spacing
13. When you catch the ball pause for poise
14. Let the garbage clear before you go to work
15. Post depth...Depth makes the game easier
16. When posting don't be concerned with the defenders feet, rather the deny arm
17. Dribble the ball to get in line with the target hand when feeding the post..."get the palm"
18. Offensive rebounding...know your teammates because it gives you a head start
19. Run rim to rim not free line to free throw line
20. Don't waste a post-up when the ball can't get to you, it's better to be late than early
21. You can't play straight up--- mid line- rent- homeless

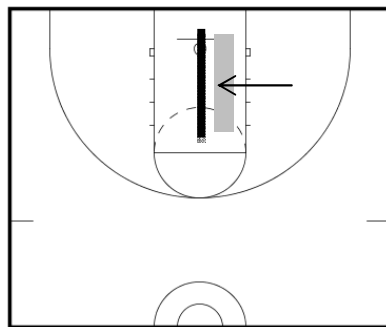
### **Making Moves**

1. Feet first...ball second
2. If you need it...shoulder hips
3. On the catch...read don't rush
4. Let the feeders cut...Let the junk clear out
5. Don't limit you options by where you post
  - a. Steve Nash- right handed (one handed) players do not have enough options
6. When you catch, utilize everything you have on your body...shot fake, ball fake (violent and tight) and eye fakes
7. Play off two feet
8. Drop Steps—be at the rim---ankle to the middle of the rim
9. Inside—Outside—Deeper
10. Inside—Outside—Follow with a Pick and Roll
11. Change speeds on your moves
12. When you are  $\frac{3}{4}$  move a bit higher—Subtle Up or Subtle Down—Gives you more room to operate
13. Bigs need to read the back of the head
  - a. Watch the guy guarding you...not the ball
14. Screen the first guy...post the second guy
15. Know the floor...levels 1-4
  - a. Level 1- Sprint
  - b. Level 2- Locate the Ball
  - c. Get to the Front of the Rim
  - d. Move to the ball side

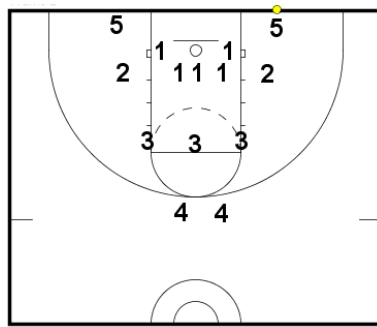


## 16. Post Position

- Posting up on the mid line—best position- you own the house
- Posting up between the mid line and lane line—next best- you are renting
- Posting up on the lane line—you are homeless



*Post Position*



*Operational Areas*

## 17. Operational Area

- 1= post-up game
- 2= face up game
- 3= mid-range game
- 4= trailer game
- 5= short corner game (zone offense)

### Post Moves

1. Midline Jump Hook
2. Dribble Drop
3. Up and Under
4. Quick Spin—Subtle Up
5. Catch and straight into a jump hook
6. Free Throw

You need to log the game...know how you are being played by your opponent

### Face Up Game

1. Jab Jumper
2. Jab and Go
3. Jab Jumper
4. Jab Cross
5. Jab...Shot Fake...Go
6. Jab...Shot Fake...Cross
7. Catch and quick Cross
8. Get fouled and make free throws

Kevin Garnett—The Vice...Drop the low foot below his, shoot your arm through his body

Screener Scorer- be a second cutter- get him open first

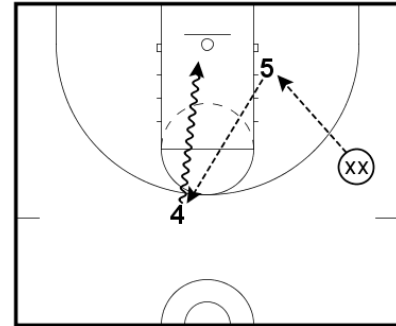
When players look at the bench—take them out

### Pick and Roll

1. Try to arrive without the defender- Sprint screens
2. Weak side game awareness- duck in when he arrives at the screen
3. Post across on ball reversal
4. Penetration Reads
5. On a pump fake go through chest and chin, it takes the shot blockers hands out of play
6. Never let them foul your shooting hand...don't expose the ball, make them foul the other hand

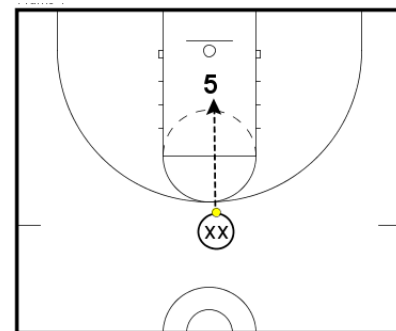
### Drills

1. Follow Your Pass
  - a. Coach feeds the post
  - b. Post catches with one hand and throws a one hand push pass to 4
  - c. 4 catches and rips thru to a left hand lay up
  - d. Rotation is follow your pass



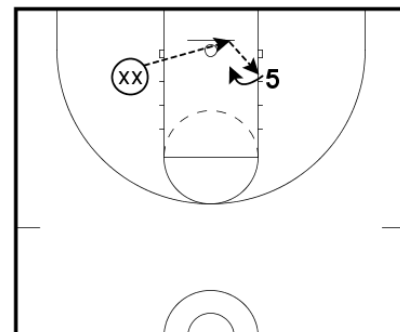
*Follow Your Pass*

2. Continuous Jump Hooks
  - a. Alternate right and left hand
  - b. Can also call in the air "right" or "left", and that must be the direction that he turns



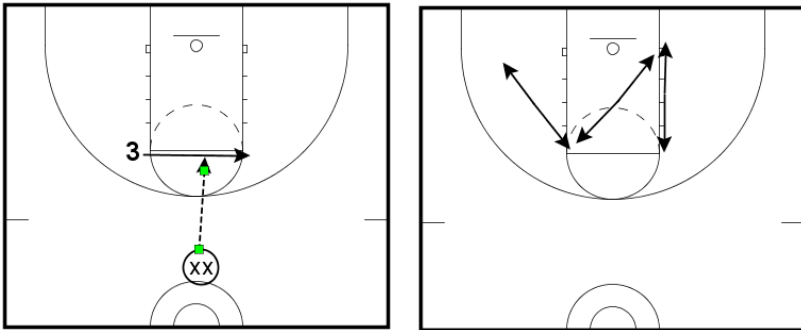
*Continuous Jump Hooks*

3. Circle One on One- Slide in circle in Doleac position, when coach passes, second guy is on defense
4. Shoot for Fouls- Don't let him into your shooting hand

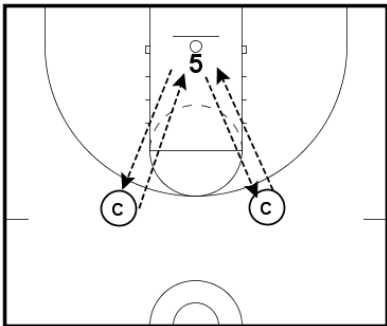


5. 2 Ball Rapid Fire- at the rim with weak hand, work rapid fire with shooters

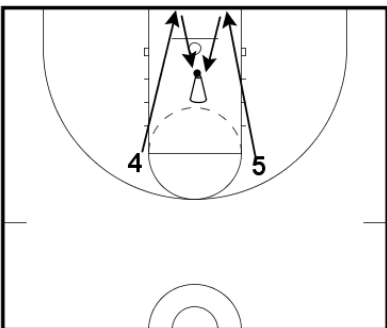
6. Clifford Ray Drill- Offensive players slides elbow to elbow. When the coach passes to the player, he will execute various post moves



7. 2 Ball Rapid Fire Passing- Catch with one hand, and pass back with that hand

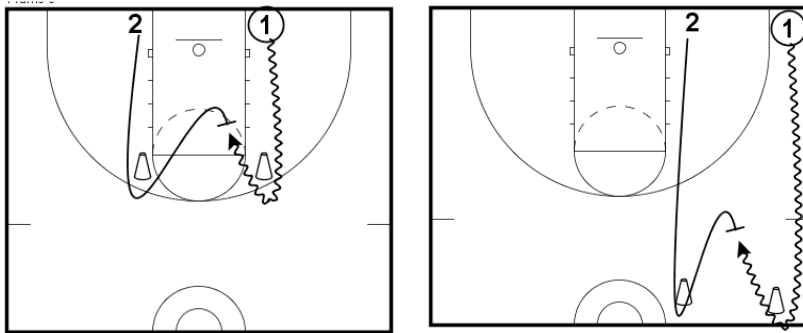


8. 1 on 1 Baseline Touch- Whoever gets there first picks the ball up and you play 1 on 1. You get open on the baseline, and work your way back to the ball.



9. Survivor- Post player makes a move to the middle of the lane and must make 2 pivots before you shoot.

10. 1 on 1 Around the Chairs- Place chairs at the elbows, 2 players start on the baseline (or near half court) , 1 with the ball. Both players circle their chair and play one on one.



11. Figure Eight Lay Ups- 30 second drill. Backpedal on second trip

