

## **Session 2: Post Development Drills**

**Importance of In-Traffic / Contact Finishes in Practice vs Mikan and Jump Hooks on Air** - Many players finish extremely effectively without contact in these drills yet are exposed vs a bod / contact.

**Off-hand Placement** – Crucial to effectively finishing or getting fouled.

**Bags or Bodies on Every Finish, Every Time** – don't develop false sense of where finishing angles will be available. Practice Planning aspect of this....who do you have available to do what?

**Base Post Breakdown Segment** – Power Hop, Double Move (Quick Spin 1 and 2 Dribbles), Freeze Move (Fake Spin)...from there, work pivots to rim, Up and Under.

**Drills that incorporate "Quick Twitch" Finishes** - Early Body Position

**"Step, Dribble, Hop" / Power Hop vs Traditional Drop Set** – Knowing when to use each and knowing that some body types / player bases are better for certain movements.

**"Positionless" Concept** - Working guard drills with posts while keeping understanding of what carries over to live play. Open and honest communication about who has the "green light" to do what.

**Triangle Attack Series for Posts** – Finishing off 1 foot, 2 feet, mid-range - "at-rim" finishes vs floaters – finishes that can get you fouled or allow you an ORB opportunity

**"Push" Cone Drills** - Getting post players used to catching the ball in various positions / finishing in different areas. Get them out of their comfort zone.

**Bad Pass Drill** - Great for teams that ball screen regularly.

**Ball Screen Rolls into Post Movements – Wing Drill**

**Importance of Go-To Moves + Finishing Angle Versatility**

## **Challenges of a 1<sup>st</sup> Year Head Coach**

Scenarios / Experiences

Learning from what you Believe in VS What you don't yet understand

What would I have done differently? Both before I got the job and during my 1<sup>st</sup> year

Player Relationships as an Assistant VS As a Head Coach

Incorporating what you believe in - your own way with your own communication style

The college basketball landscape as it relates to transfers – high schools are in same boat these days

Intensity with Positivity – How do you determine how your message is being received?

"Don't Sweat the Small Stuff" - Easier said than done!

Perception of Small College Basketball in Nebraska