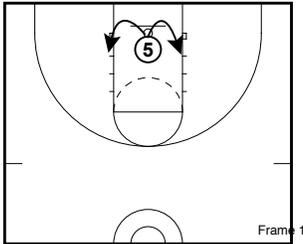


2013-14 Drills Part 2

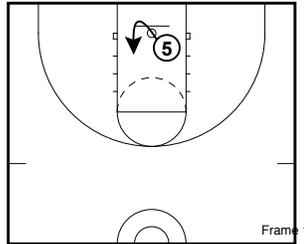
Big Man Drills

#01 Mikan Drill



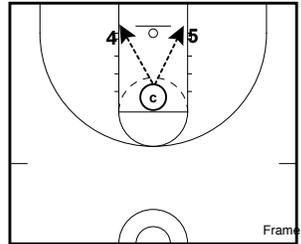
Post player keeps ball high throughout the drill. The ball does not drop below his shoulders and he wants to keep the ball above his head. Do the drill for 30 seconds, then do reverse mikans

#02 Tap Drill



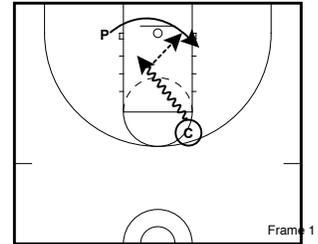
Post player taps the ball against the glass 3 times with his right hand then taps the ball across. He then taps ball with his left hand 3 times and across on 4th tap. He does drill for 30 seconds

#03 Catch Drill



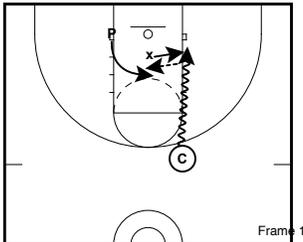
Coach throws passes to posts above the shoulders. Posts hop with their hands in the air ready to catch ball. Balls stay above head and don't drop below shoulders.

#04 Relocation Drill



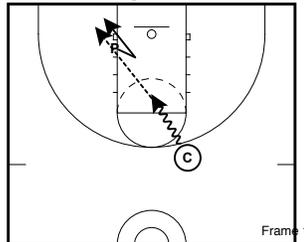
Coach drives middle and the post reads the middle drive. The post crosses his leg over and drives leg thru taking 2 big steps across the lane. Player jumps up an down looking for catch and keeps the ball above his head. Go from both sides. 4 passes: lob, wrap, bounce, shot

#05 Relocation 2



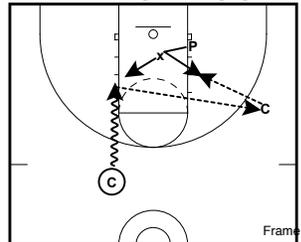
Coach drives down right side, and big man reads this. Post defender goes to help and coach hits post man over the top. 4 passes: lob, wrap around, bounce, shot off backboard

#06 Step back drill



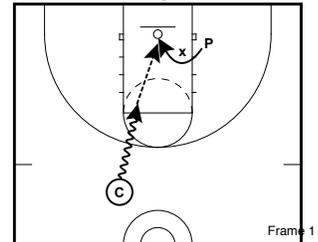
A counter to the relocation drill. The coach drives middle and the post reads the middle drive. There is no one in the short corner, the post reads this, steps back and shoots the mid range jumper

#07 Post up - skip pass



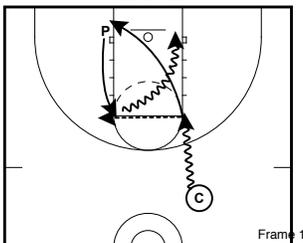
Coach drives left and defender helps. Coach skips to coach 2. On the skip, the post steps in and posts up. Post either drop step or jump hook. defender on top = drop step, defender behind = jump hook

#08 Post up - duck in



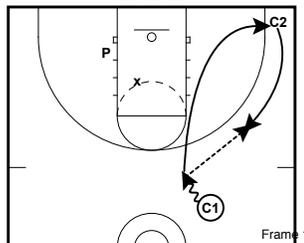
Coach drives elbow, makes eye contact with post, and post player "ducks in". Post steps in, seals and either drop step if defender plays high, or jump hook if defender is behind

#09 Post up - high post flash



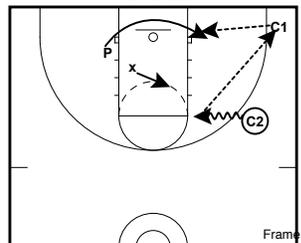
Coach drives and jumpstops at elbow. Post wants to bring defender out and beat defender off dribble. He catches at high post, and drives to rim off the cut from the guard

#10 Post up - wing kick back



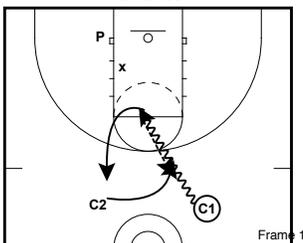
Coach dribbles away, then passes to wing cutting to foul line extended

#10 Post up - wing kick back



C2 drives middle and kick backs to coach 1. Post reads and posts on block. Post should do 4 post moves: drop step, jump hook, up and under, catch and face

#11 Post up - middle kick back



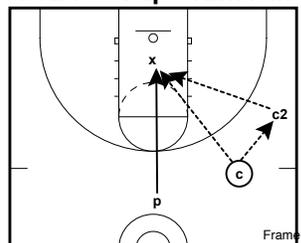
Coach 1 attacks middle and coach 2 fills in behind. Coach 1 pitches to coach 2, and 1 fills

#11 Post up - middle kick back



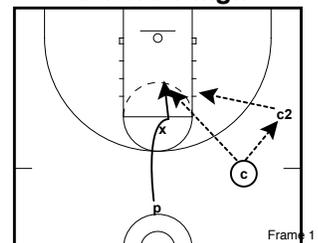
Coach 2 drives, then uses back up dribble and kicks back to coach 1. Post reads kick back and back up dribble and looks to seal defender.

#12 Post up - Rim run



On the rim run entry, the post runs directly down the middle of the lane to the rim. On this entry, the coach throws ahead to the post who run right to the defender and puts his butt right on the defender. The post can get the pass from either coach.

#13 Post up - Rim run, defender high

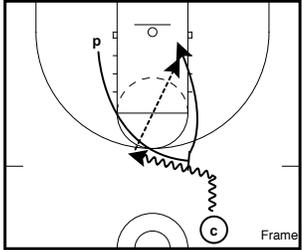


The defender is behind, and the post stops at the free throw line, seals and holds his man and looks for the pass. He can get pass from either coach

2013-14 Drills Part 2

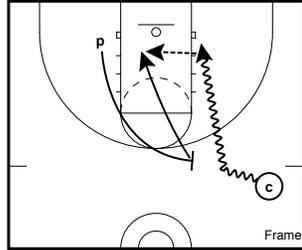
Big Man Drills

#14 Pick and rolls



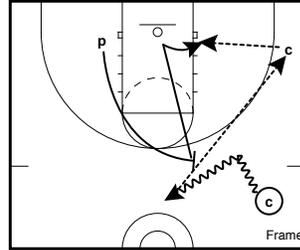
On the pick and roll, the post will turn "back to chest". The post rolls and looks for the high pass / lob from guard.

#15 Pick and rolls - turn down



On the pick and roll, the guard "turns down" the screen. Big still turns and runs to weakside and looks for high pass / lob from guard.

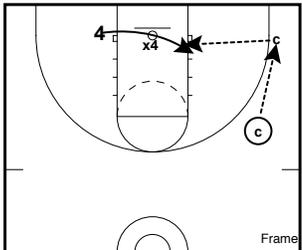
#16 Pick and rolls, and kickback



On the pick and roll, the post will turn "back to chest". The post rolls, no entry, so coach "kickbacks" to other coach for the entry.

Kick, Duck, Skip

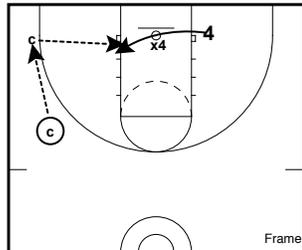
10 Mins - Seal, Call for ball, use both sides



Kick: On pass from wing to corner, 4 cuts under rim and looks to seal and post up x4. 4 can either drop step or jump hook. Finish with make

Kick, Duck, Skip

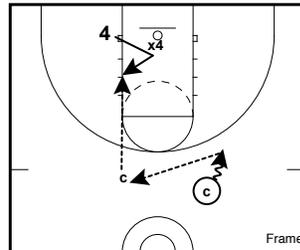
10 Mins - Seal, Call for ball, use both sides



Kick: On pass from wing to corner, 4 cuts under rim and looks to seal and post up x4. 4 can either drop step or jump hook. Finish with make

Kick, Duck, Skip

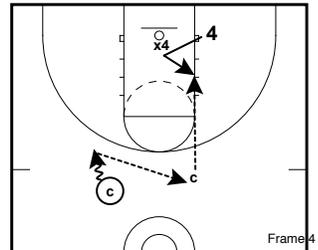
10 Mins - Seal, Call for ball, use both sides



Duck: On pass from coach to coach, 4 seals x4 and calls for the ball on the lane. Coach throws pass, and 4 finishes with drop step or jump hook.

Kick, Duck, Skip

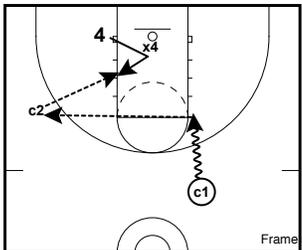
10 Mins - Seal, Call for ball, use both sides



Duck: On pass from coach to coach, 4 seals x4 and calls for the ball on the lane. Coach throws pass, and 4 finishes with drop step or jump hook.

Kick, Duck, Skip

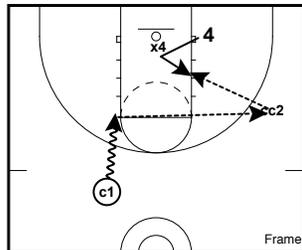
10 Mins - Seal, Call for ball, use both sides



SKIP: Coach dribbles, jumpstops and throws skip pass to Coach 2. On skip pass, 4 posts up, and calls for ball. 4 finishes with drop step or jump hook

Kick, Duck, Skip

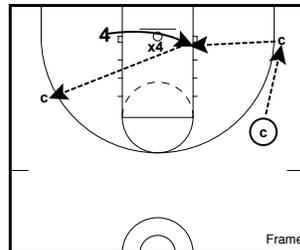
10 Mins - Seal, Call for ball, use both sides



SKIP: Coach dribbles, jumpstops and throws skip pass to Coach 2. On skip pass, 4 posts up, and calls for ball. 4 finishes with drop step or jump hook

Kick, Duck, Skip

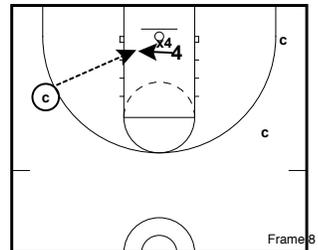
10 Mins - Seal, Call for ball, use both sides



Kick out: On pass from wing to corner, 4 cuts under rim and looks to seal and post up x4. 4 reverse pivots and passes out to backside.

Kick, Duck, Skip

10 Mins - Seal, Call for ball, use both sides



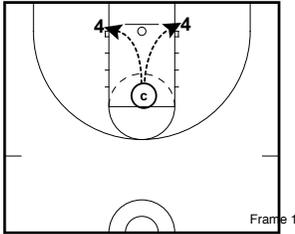
Kick out (cont): 4 relocates, posts, and finishes.

2013-14 Drills Part 2

Big Man Drills

catches and relocations

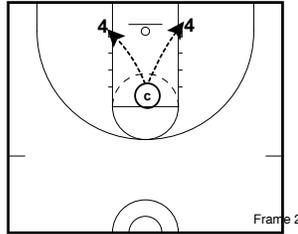
10 minutes - finish all shots, switch lines, use 4 passes



Catches (lob pass): Posts have high hands, coach lob passes to player who drop steps with inside foot, and keeps ball above chin. Use 2 balls (heavy or normal balls)

catches and relocations

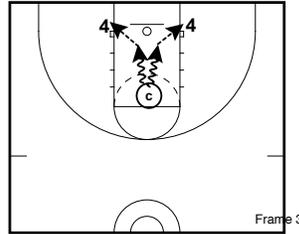
10 minutes - finish all shots, switch lines, use 4 passes



Catches (bounce pass): Posts have high hands, coach throws bounce passes. Post must catch with 2, snatch and chin it, then drop steps with inside foot. Use 2 balls (heavy or normal balls)

catches and relocations

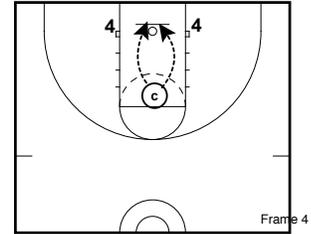
10 minutes - finish all shots, switch lines, use 4 passes



Catches (wrap around pass): Posts have high hands, coach throws wrap around pass. Post must catch with 2, snatch and chin it, then drop steps with inside foot. Use 2 balls (heavy or normal balls)

catches and relocations

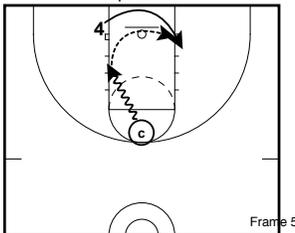
10 minutes - finish all shots, switch lines, use 4 passes



Catches (O reb): Posts have high hands, coach throws ball off backboard. Post rebounds, keeps ball above chin, and finishes. Use 2 balls (heavy or normal balls)

catches and relocations

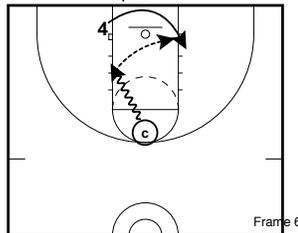
10 minutes - finish all shots, switch lines, use 4 passes



Relocations (lob pass): coach attacks left side, posts take 2 - 3 big steps under the rim. Coach throws lob pass, post keeps ball above chin and finishes

catches and relocations

10 minutes - finish all shots, switch lines, use 4 passes



Relocations (bounce pass): coach attacks left side, posts take 2 - 3 big steps under the rim. Coach throws bounce pass, post snatches ball to chin, and finishes.

catches and relocations

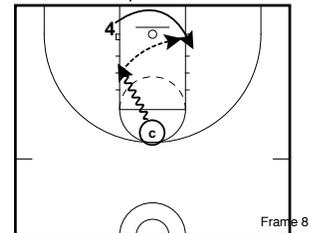
10 minutes - finish all shots, switch lines, use 4 passes



Relocations (wrap around pass): coach attacks left side, posts take 2 - 3 big steps under the rim. Coach throws wrap around pass, post snatches ball to chin, and finishes.

catches and relocations

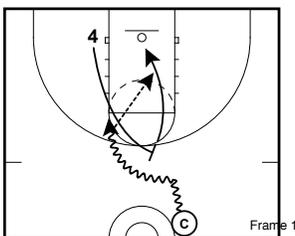
10 minutes - finish all shots, switch lines, use 4 passes



Relocations (bounce pass): coach attacks left side, posts take 2 - 3 big steps under the rim. Coach throws bounce pass, post snatches ball to chin, and finishes.

Pick and roll, handoffs

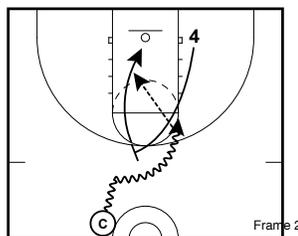
10 mins: Can work with Guards and Posts or just posts



Head Tap: 4 sprints to top of key, coach rubs shoulders, and 4 opens up for bounce pass.

Pick and roll, handoffs

10 mins: Can work with Guards and Posts or just posts



Head Tap: 4 sprints to top of key, coach rubs shoulders, and 4 opens up for bounce pass.

Pick and roll, handoffs

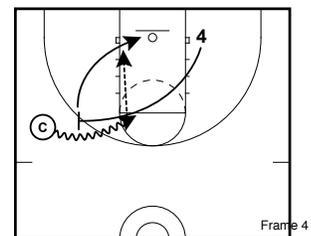
10 mins: Can work with Guards and Posts or just posts



"42": 4 sprints to screen, coach rubs shoulders, and 4 opens up for bounce pass.

Pick and roll, handoffs

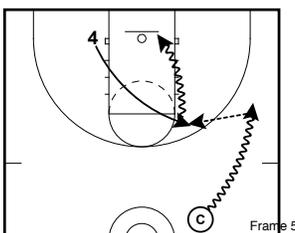
10 mins: Can work with Guards and Posts or just posts



"43": 4 sprints to screen, coach rubs shoulders, and 4 opens up for bounce pass.

Pick and roll, handoffs

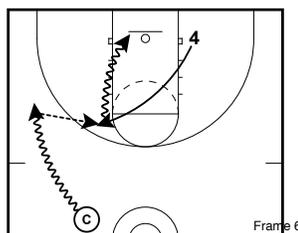
10 mins: Can work with Guards and Posts or just posts



Fake Handoff: Coach dribbles to wing, 4 flashes to elbow. Post fakes 2 cutters (scissors) keeps it and finishes at rim.

Pick and roll, handoffs

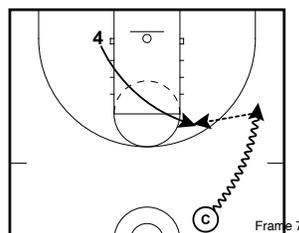
10 mins: Can work with Guards and Posts or just posts



Fake Handoff: Coach dribbles to wing, 4 flashes to elbow. Post fakes 2 cutters (scissors) keeps it and finishes at rim.

Pick and roll, handoffs

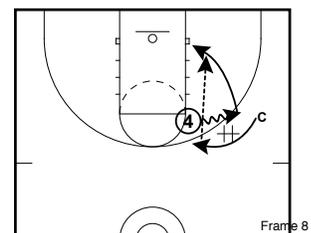
10 mins: Can work with Guards and Posts or just posts



Handoff: Coach dribbles to wing and enters to 4 flashing to elbow.

Pick and roll, handoffs

10 mins: Can work with Guards and Posts or just posts

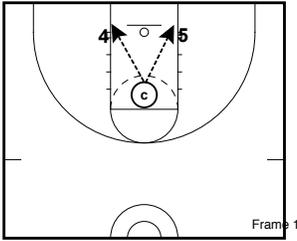


Handoff (cont): 4 dribbles at coach, handing off, then rolling to rim

2013-14 Drills Part 2

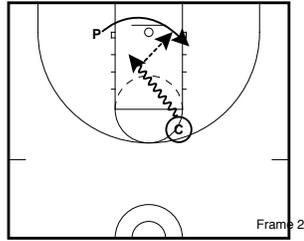
Big Man Drills

Post move series 1



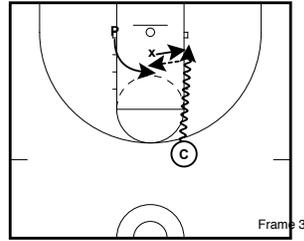
Coach throws passes to posts above the shoulders. Posts hop with their hands in the air ready to catch ball. Balls stay above head and don't drop below shoulders.

Post move series 1



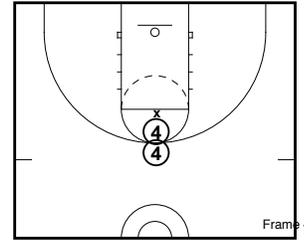
Coach drives middle and the post reads the middle drive. The post crosses his leg over and drives leg thru taking 2 big steps across the lane. Player jumps up an down looking for catch and keeps the ball above his head. Go from both sides. 4 passes: lob, wrap, bounce, shot

Post move series 1



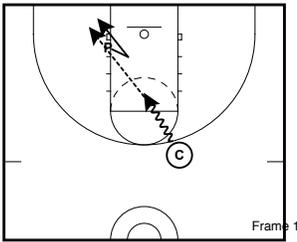
Coach drives down right side, and big man reads this. Post defender goes to help and coach hits post man over the top. 4 passes: lob, wrap around, bounce, shot off backboard

Post move series 1



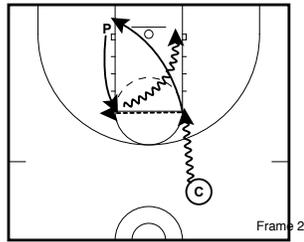
2:00 Win the game free throws. 1 free throw make = 1 point for you, 1 miss = 2 points for opponent. 1st to 5 wins.

Post move series 2



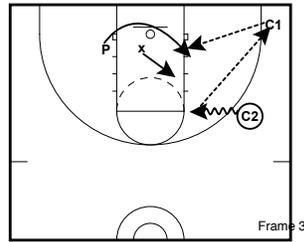
A counter to the relocation drill. The coach drives middle and the post reads the middle drive. There is no one in the short corner, the post reads this, steps back and shoots the mid range jumper

Post move series 2



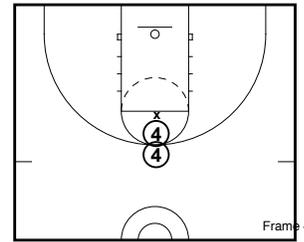
Coach drives and jumpstops at elbow, post player reads the jumpstop and flashes to high post. Post wants to bring defender out and beat defender off dribble. He catches at high post, and drives to rim off the cut from the guard. 5 drives and 5 elbow jumpers each side

Post move series 2



C2 drives middle, defense helps and coach 2 kick backs to coach 1. Post reads and takes 2 big steps across and under the rim and posts on block. Post should do 4 post moves: drop step, jump hook, up and under, catch and face. Each side

Post move series 2



2:00 Win the game free throws. 1 free throw make = 1 point for you, 1 miss = 2 points for opponent. 1st to 5 wins.