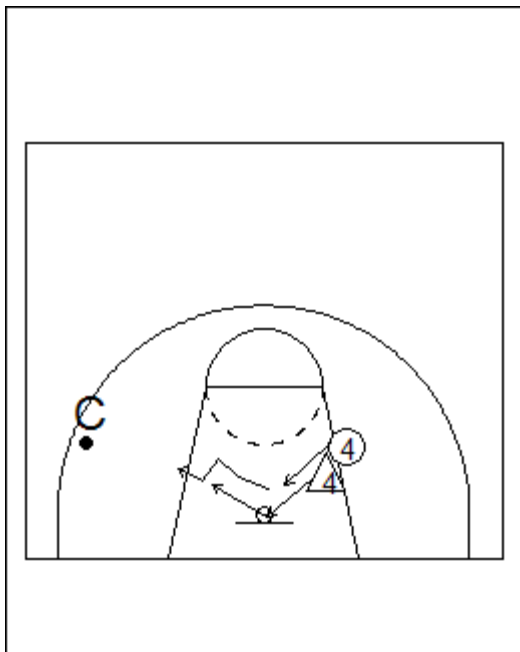




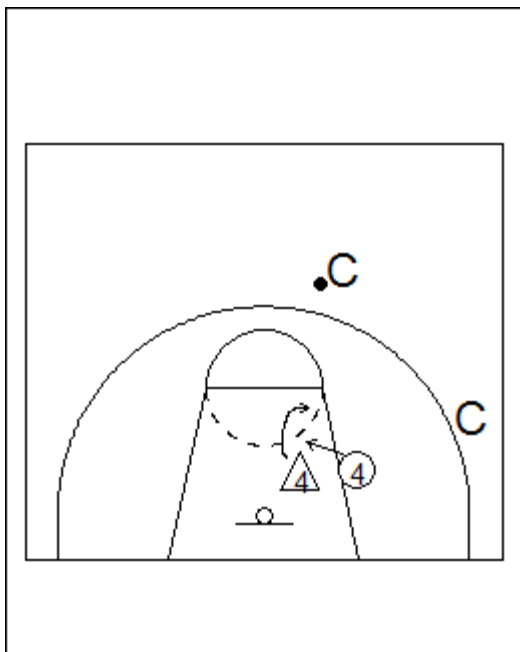
## Mario DeSisti: Post play



### Post play

**Gaining position** - Going from help side to ball side. In this situation you want to take the defender lower by moving to the basket. On your cut to the ball the post must take a long step and "leg whip" the defender to get his/her body in front.

1

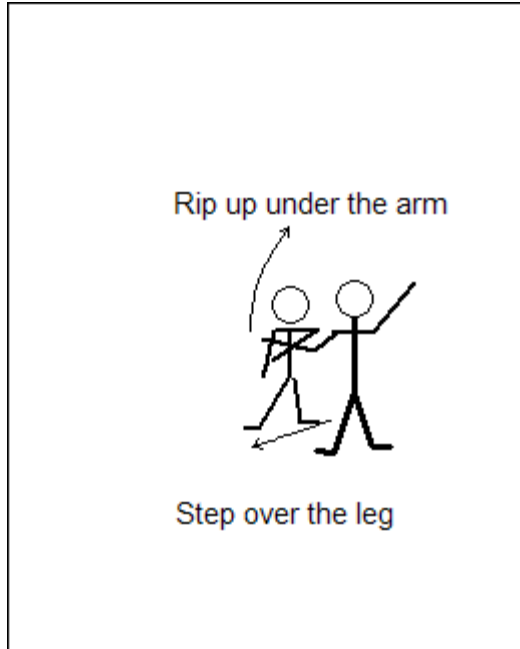


### Gaining position - ball side

The post is facing the defender. On the pass to the wing the post attacks the top shoulder of the defender with his/her bottom arm. At the international level you must be careful as an offensive player in pushing off with the forearm on the chest. It is very often called a foul. This is why Mario teaches a ripping action (upward motion under the arm) of the defender.

This will usually force the defender to fight to the high side. If the defense does stay low you will have an easy pass in from the top.

2

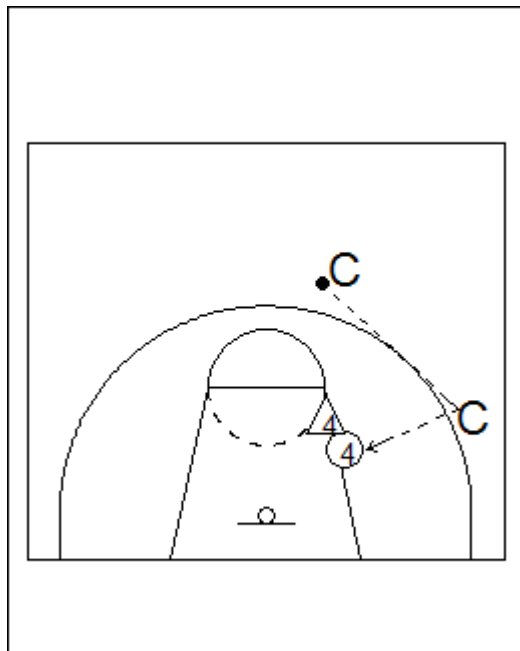


3

### Gaining position

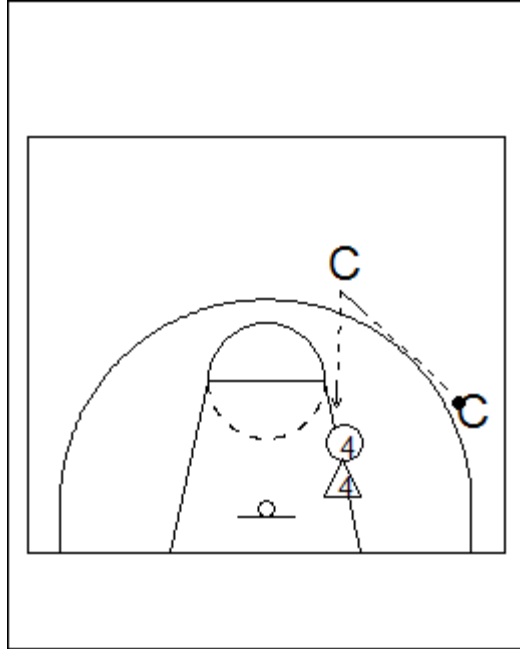
The offensive player must step over top of the defenders top leg. Sit on the thigh. The post must also clear the arm by ripping up under the arm. The elbow is the weakest point of the defenders arm.

Present a wide solid target.

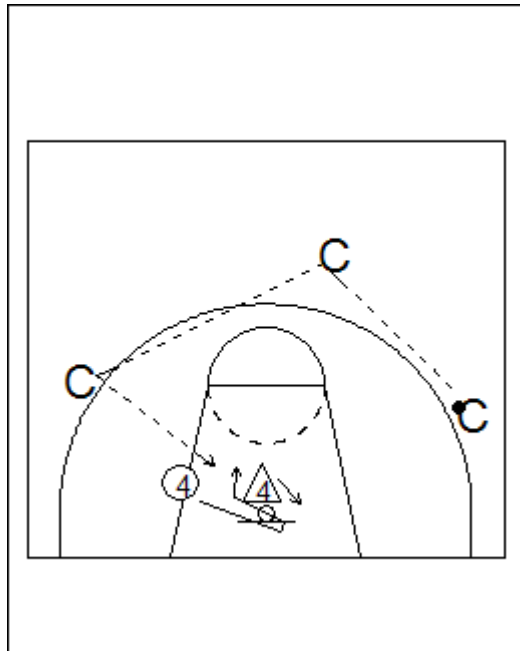


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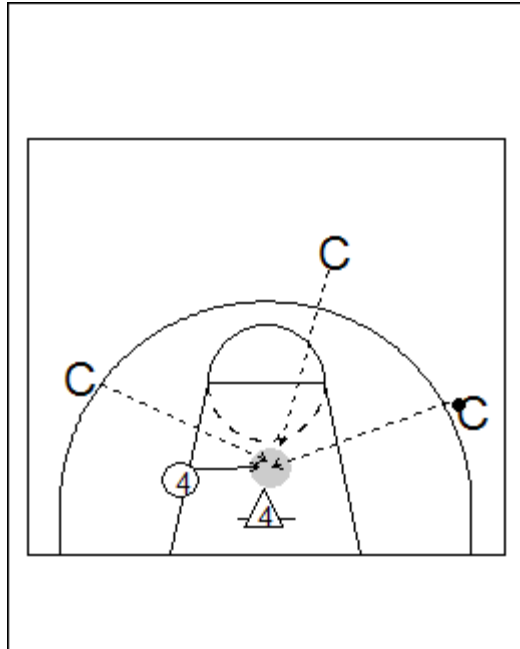
You have now put the defender in a very vulnerable position. Box the player high and receive the pass from the wing.



5  
 If the defense stays low look for the relay pass back through the top.



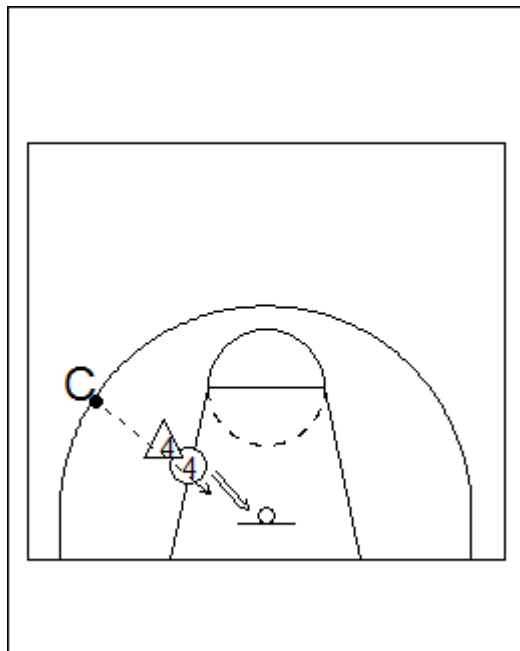
6  
**Gaining position on ball reversals**  
 As the ball is being reversed the post must occupy the help defender. Start to take the defender down under the basket. As the ball comes back quickly reverse direction and "leg whip" for the seal. This is also a good technique on ball screens at the top.



7

### Best position

The front of the rim is the best position to receive the ball. You can receive the ball from all perimeter positions. It is difficult to establish a help side and once you receive the ball it is easy to score quickly before help arrives.



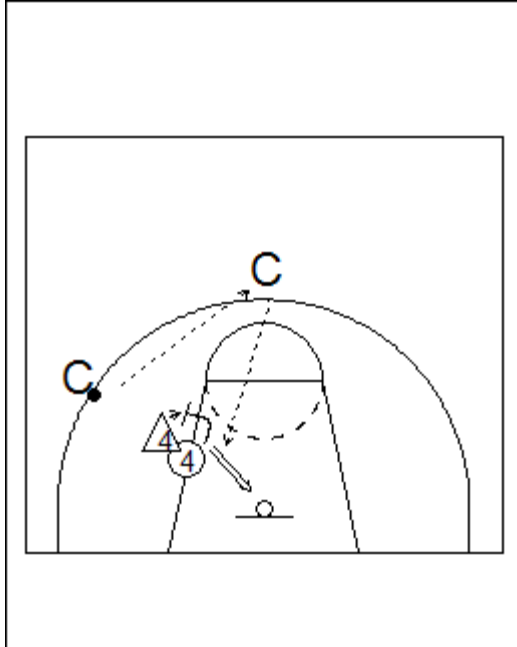
8

### Being fronted

#### Jumper

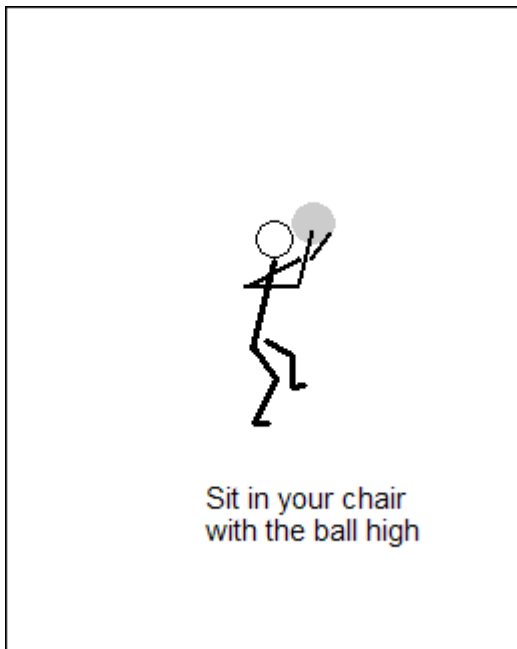
Seal the defender sideways with your hips facing the baseline. Keeps the hands high so you do not get called for pushing off. The ball can be thrown over the defense. Give an ever so slight "butt push" before jumping for the ball. This is a backward push of the backside to sit on the defender to prevent movement.

### Non-Jumper



Seal with the side of your body, but face the middle. Point to the top to indicate where you want the ball to go. When the ball is in the air pivot to block the defenders feet. This prevents the defense from recovery. The pass can now be delivered from the top. As the pass is delivered give a slight butt push.

### Possession of the ball



If the post caught a pass that lead him/her to the basket he/she does so to score. This is any easy read by the post.

If the post catches the ball with his /her back to the basket without a quick score he/she want to take time to read the defense. This is a difficult skill to learn and takes time. It starts with a good balanced stance with the ball high and looking over the inside shoulder.

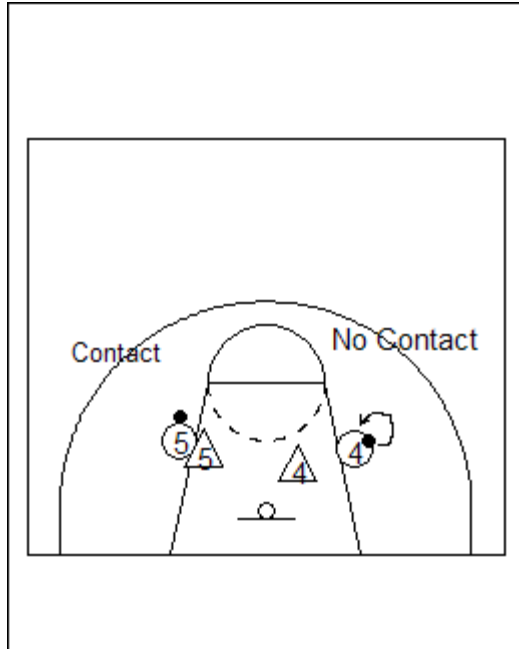
The first read is to see if double teams are coming. If so look to pass to the open player.

### Read the defense

Assuming that no double is coming, the post is now able to read his/her defender. The first read is there:

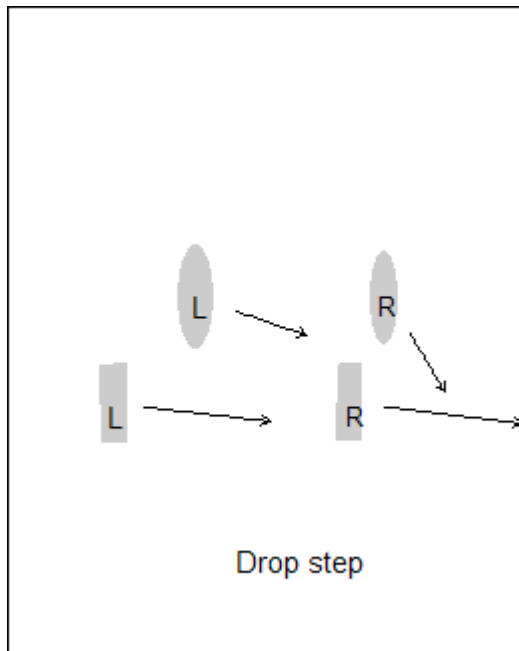
- contact
- No contact

If contact the post will use back to the basket moves to score. If no contact the post will look to square to face the basket.



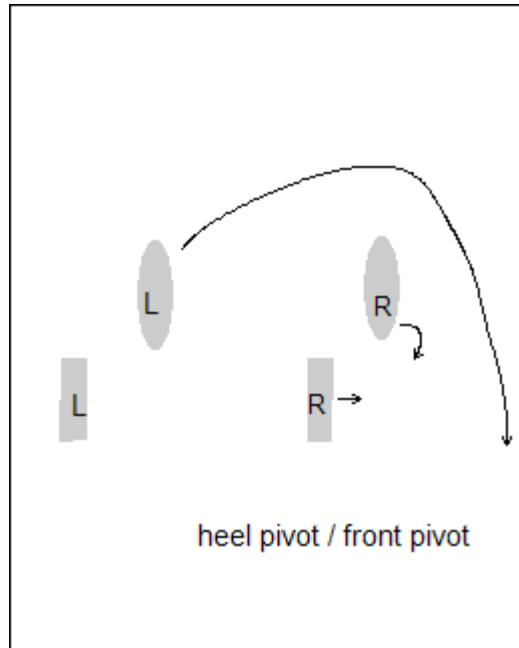
### Drop step

Today's defense is very good at defending against the drop step. A good physical defender is able to slide to recover as the offensive player makes his/her move. It is an excellent move when receiving an attacking pass that leads you directly to the basket.



### Heel Pivot / Front pivot

Against aggressive contact defense you are much better to heel pivot and spin to prevent the recovery. This is a quick move that uses the defenders contact against him/her.

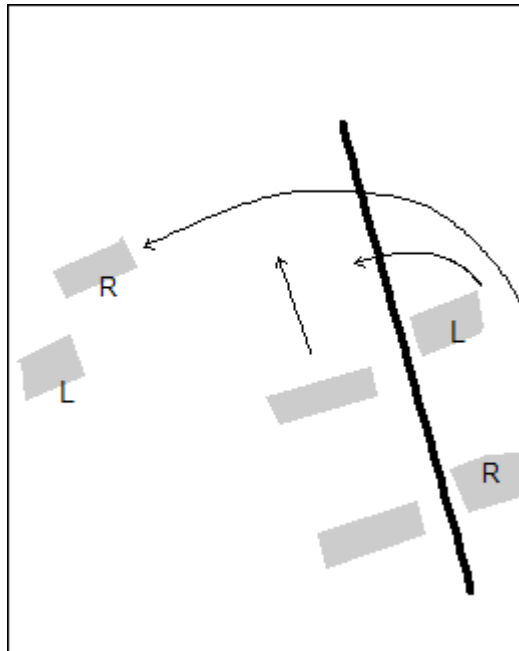


### Advanced move

This is the move that is now being taught to top international post players.

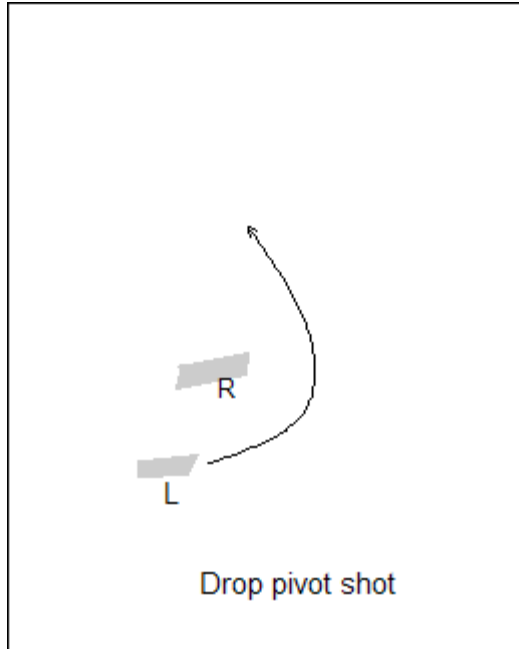
Start with a heel pivot of the top foot. This is crucial to allowing the player to open up the hips and attack. Step with the top foot to beat the top foot of the defender. Good defense will mirror the step. Now take a protected dribble between the legs and a jumping front pivot over top of the defenders foot. The landing is right left.

If the defense is beat you have you baby hook shot.



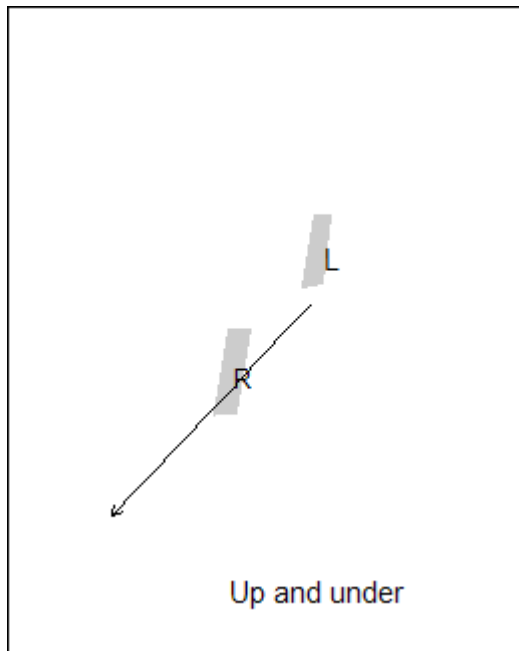
15

If the defense recovers take a half pivot away for the shot



16

If the defense comes at the offensive player he/she can pivot back for the up and under. This could be a cross over or a straight step depending on the defense.

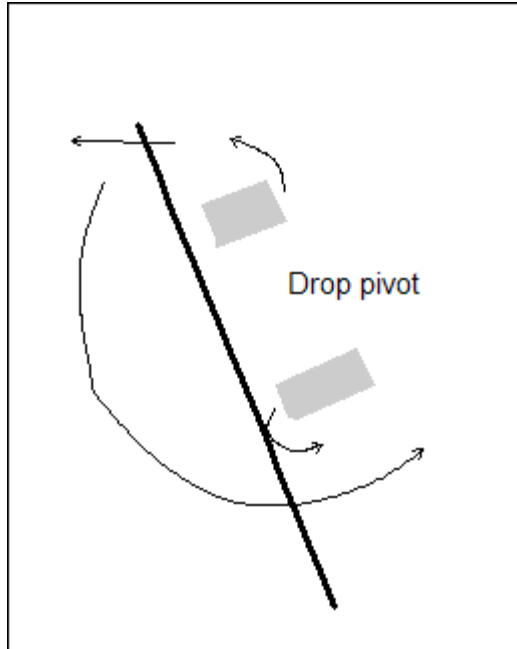




### Step back shot

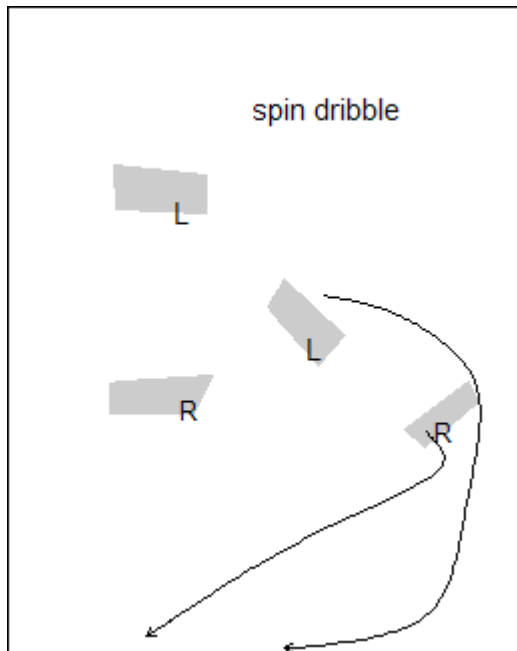
If on the first move the defense start to move away, drop pivot away for a shot. The defense recovers you can come back with the up and under.

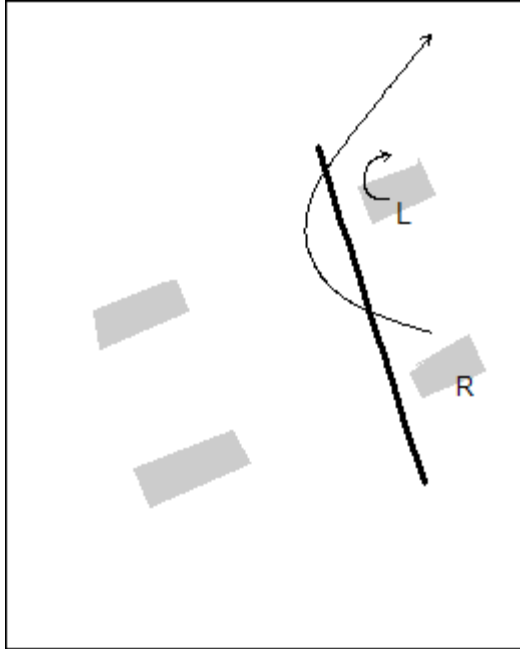
This could be done after the step or the dribble.



### Spin back

If the defense shows his/her chest the player uses a spin dribble to seal off the defender from recovering.

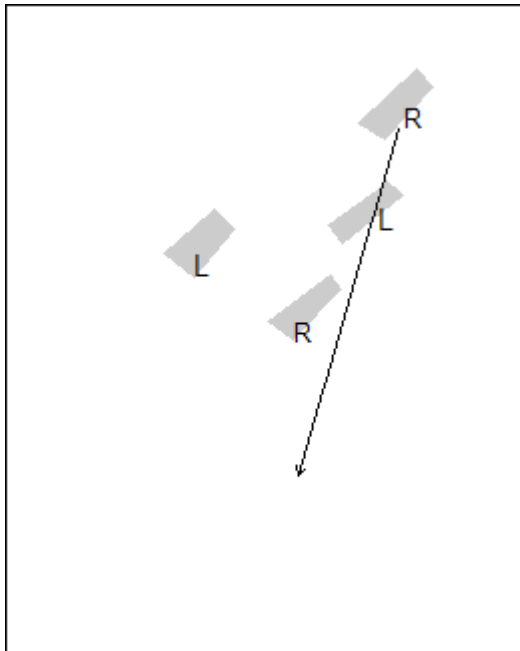




19

**No contact**

If there is no contact the post wants to do a 1/2 pivot away from the defense. This creates space for the shot.



20

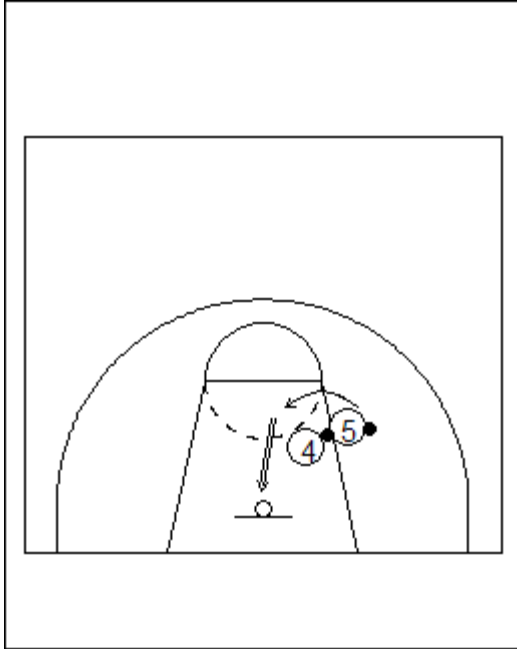
**Up and under**

If the defense closes the player can now step back with an up and under move.

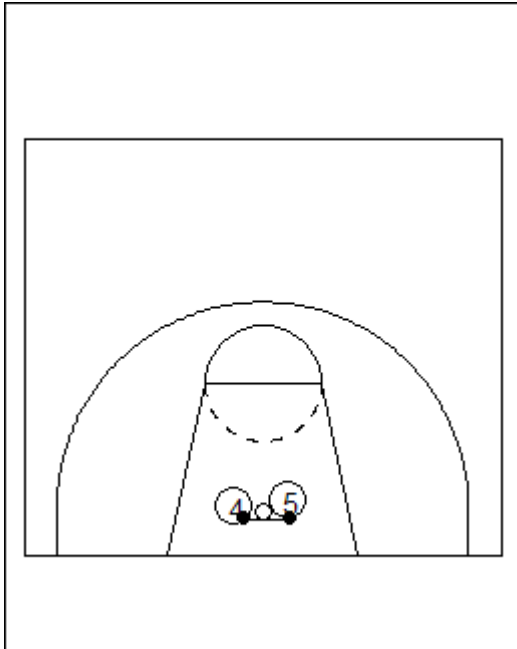
**Drill****Ball push**

Player 35 start in position with a ball. Player #4 gives a read by pushing a ball into #5's back. Read the pressure and react. If no contact square for shot.

Push from behind so that the offensive players gets used to contact.

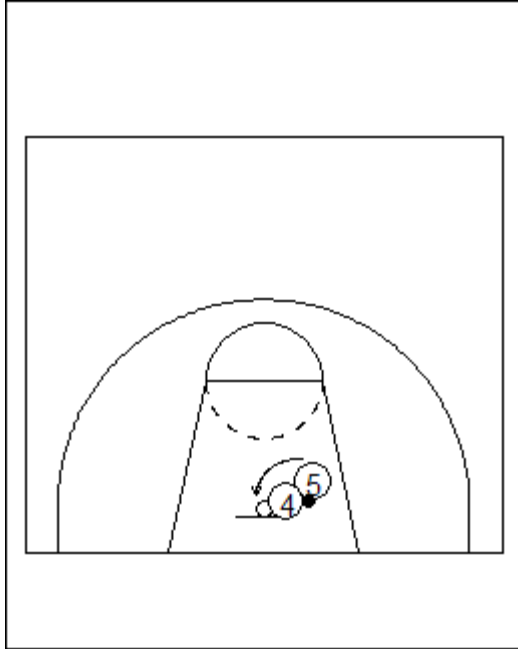
**Mikan**

The players take the ball over the head, jump and bang it off the backboard with two hands. Land and immediate return to score the basket. They switch sides and go again.



**Guided defense**

The same drill only this time one player provides defense. If the chest is in the way spin to the other side.

**Cut throat**

The three players line up at the foul line. The coach shoots the ball off the back board. Who ever gets the ball now plays 2 on1 vs. the other two. On the score start again.

This can also be played from foul shots. After making three in a row the coach starts with a toss. When you score you start with foul shots.

Monitor the aggressiveness.

