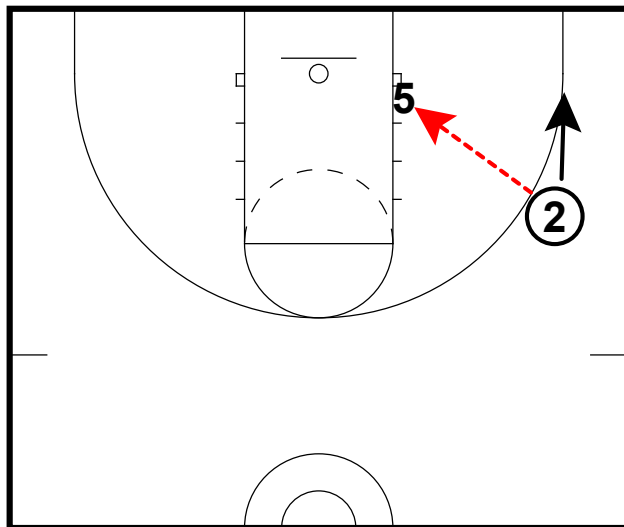


Post - Perimeter Shooting

Post - Perimeter Shooting Shooting Drills

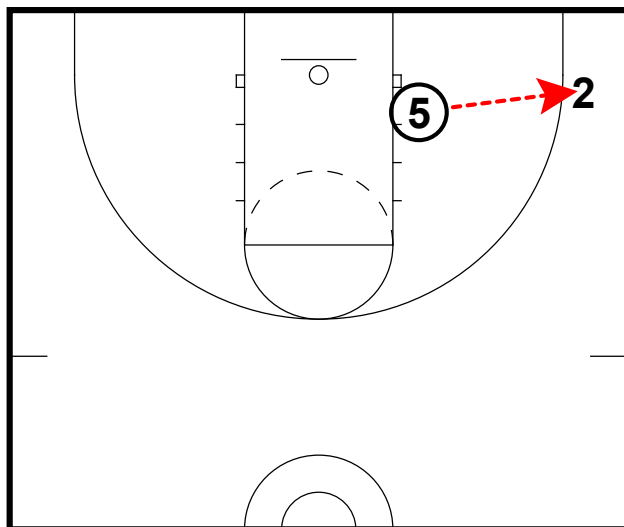


This is a two man shooting and passing drill.

#2 always starts with a good post entry pass (make reference back to passing objectives).

#5 has two choices. He can make a post move and score or pass it back to #2

Post - Perimeter Shooting Shooting Drills



Assuming #5 chooses to pass back to #2, he should re-position himself in preparation to catch the ball again.

#2 has two choices: shoot the ball, or re-enter it to the post.

IF #2 shoots - #5 needs to get offensive rebound and score it with a shot fake.

IF #2 re-enters to #5, he needs to make a post move and score. If he misses, get own rebound and shoot again until he scores.

After the ball has been scored, start from the beginning again.