



Post Moves

Whether you are a guard or a post, everyone should know how to beat the defense in the post area. These moves are not easy at first. They require a lot of practice; first to perfect the moves themselves; and then to learn by experience which move to use in which situation. For example, if you beat the defender once or twice with the baseline drop step, then she will be looking for that move, and you can easily get the turn around jab step baby jumper, because she will back off. Just the opposite, if you have already made a couple baby jumpers, you can drop step either to the baseline or lane, or do the up or under move, since she will be looking for your jumper. The bottom line: perfect the moves by practicing, and vary your moves in the game.

Low Post Moves

Go at a pace that challenges your abilities. You should be tired after these sessions. After you have done these routines for a few weeks, try increasing the amount of time for each interval.

Drop Step to Baseline

- Spin the ball to yourself and catch it with both feet off the ground.
- Give a head and arm fake toward the lane.
- Extend your inside (baseline) foot backward toward the hoop and pivot quickly on your outside foot so your body is parallel to the baseline. Take another shuffle step/hop to the hoop with a one-bounce power-dribble.
- Keep your body between the defender and the ball, and extend your arms forward toward the hoop.
- Finish the shot by jumping high to the basket using the proper hand to bank the ball in.

Drop Step to Lane

- Spin the ball to yourself and catch it with both feet off the ground.
- Give a head and arm fake toward the baseline.
- Extend your outside (lane side) foot backward toward the hoop and pivot quickly on your inside foot so your body is facing the basket.
- Square-up and shoot a quick bank shot.

Up and Under Move

- Spin the ball to yourself and catch it with both feet off the ground.
- Give a head and arm fake toward the baseline.
- Extend your outside (lane side) foot backward toward the hoop and pivot quickly on your inside foot so your body is facing the basket.
- Fake a shot to the basket.
- Quickly duck under the defense and dribble straight to the basket for a lay-up.
- Protect the ball and don't be afraid to bounce the ball off the defense's shoulder, as this is the straightest and quickest path to the hoop.