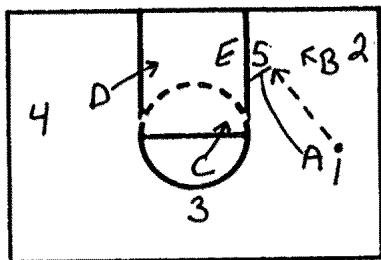
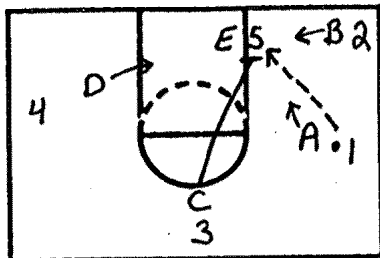


# POST DEFENSE - THE DIVE ON THE BALL

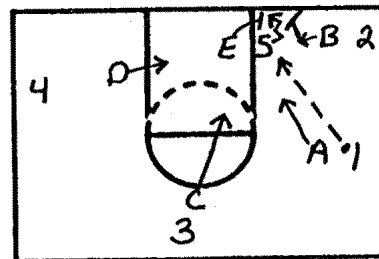
Defending the post upon receiving the ball has become an important concept of team defense. Diagrammed below are six techniques of "diving" on the ball once it is passed inside.



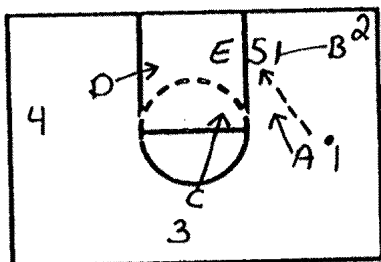
**"Dive The Passer"** - On this technique the defensive player guarding the passer dives on the ball. #1 passes to #5 and #A dives on the ball. #B, #C, and #D play halfway.



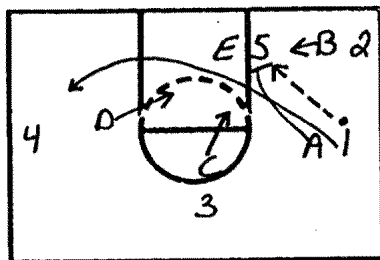
**"Dive The Man On Top"** On this technique the defensive player guarding the man on top dives to the ball. #1 passes to #5 and #C dives in on the ball. #B, #A, and #D play halfway.



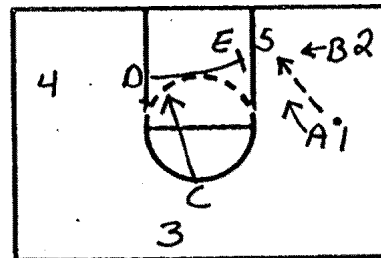
**"Half Way And Help"** On this technique, all defensive players go halfway to the ball and hold. Once #5 dribbles, the closest defender doubles #5 and #E.



**"Designated Diver"** - On this technique, #B has been designated as the diver on all post passes. #1 passes to #5. and #B dives in on the ball. #A, #C, and #D play halfway.



**"Dive The Cutter"** - On this technique, the player guarding the cutter (#A) dives in on the ball. #1 passes to #5 and #1 cuts. #A goes with #1 then dives in on #5.



**"Rotate The Helper"** - On this technique, the help-side defender rotates and dives on the ball. #1 passes to #5. #D rotates and dives on #5. #C rotates to help position.