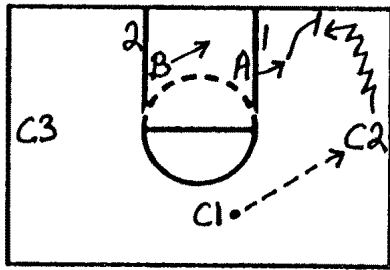
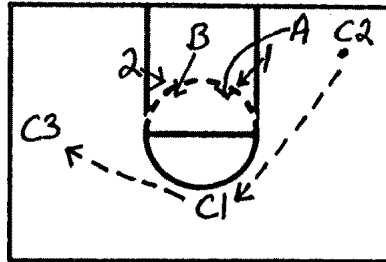


DEFEND THE POST

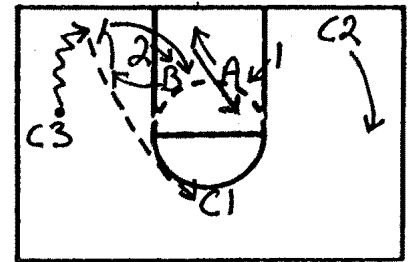
Diagrammed below is a man to man defensive drill to improve post defense. The drill teaches the deny, step around, early help, and defending the duck-in.



#C1 has the ball and #A and #B are in a deny position. #C1 passes to #C2. #A steps around #1 and provides early help. #A stops #C2 on baseline drive. #B steps over to help position.



#C2 passes back to #C1. #1 and #2 duck into the lane. #A must sprint back and deny #1 and #B deny #2. #C1 looks to pass to #1 or #2. #C1 passes to #C3.



#B steps around #2. #C3 drives baseline. #B stops #C3 on baseline drive. #C3 passes back to #C1. #2 and #1 duck in. #B and #A must deny.