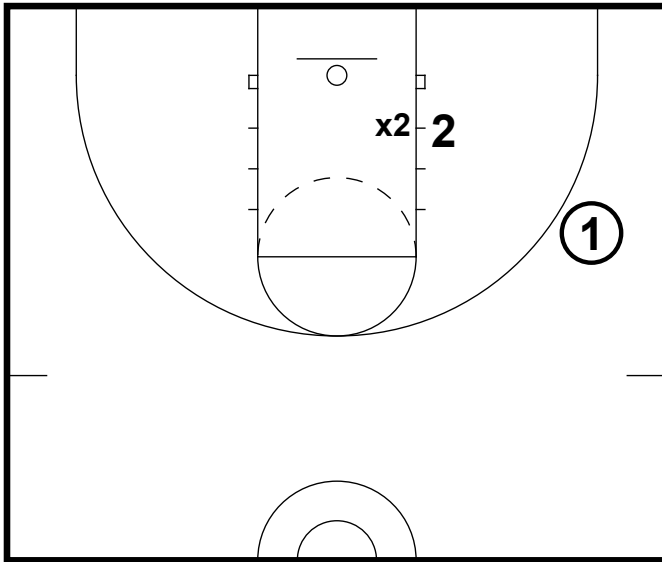
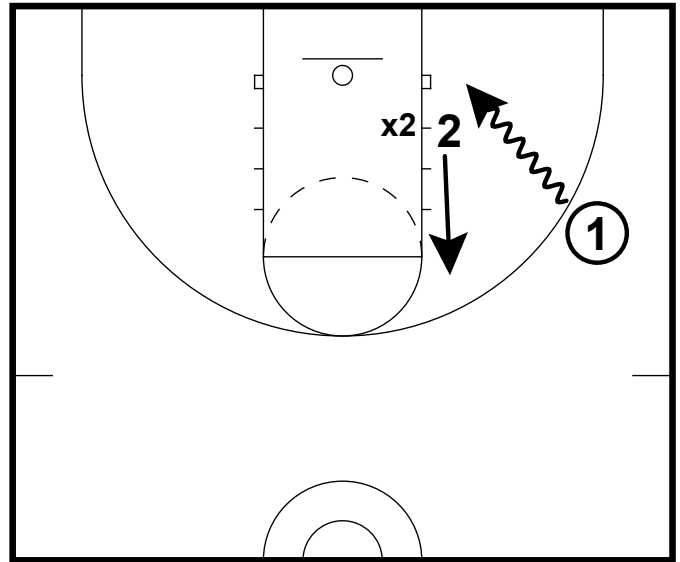


Post Slides

Frame 1



Frame 2



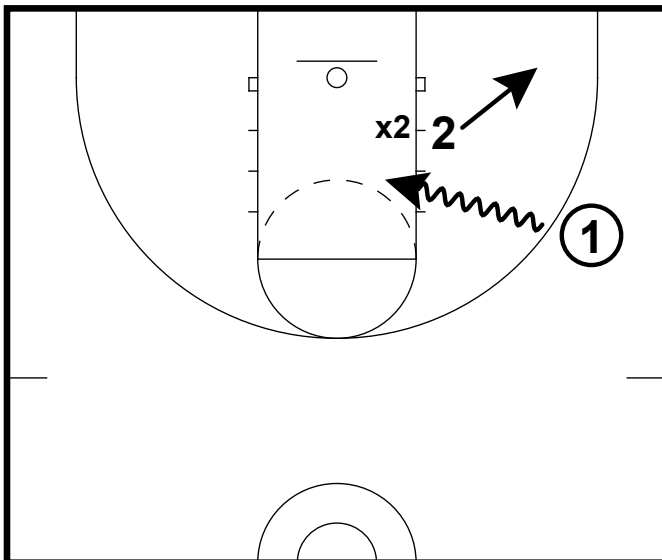
Layer 5 - Post Slides

If a player is in the post and the wing dribbles to the basket, the person in the post must react to this. The post will slide either to the elbow or the short corner, opposite the direction of the dribbler.

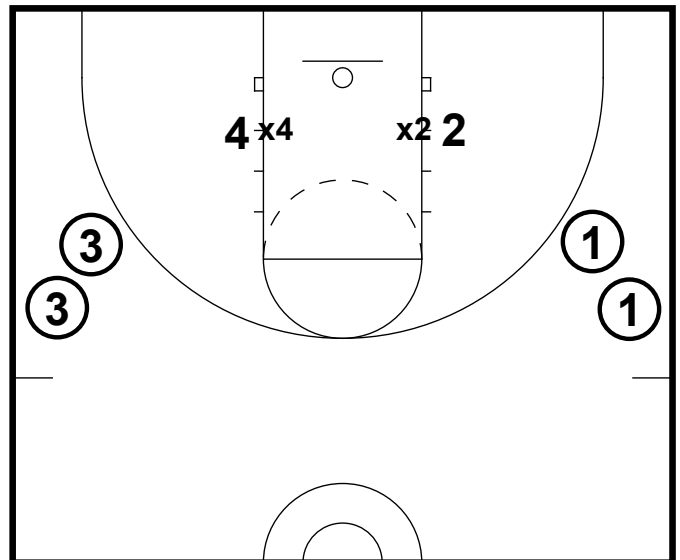
Baseline Drive

If the wing drives to the baseline, the post will slide to the elbow. Wing will pass to the post for a shot.

Frame 3



Frame 4



Middle Drive

If the wing drives to the middle, the post will slide to the short corner. Wing will pass to the post for a shot.

Drill - Two Line Post Slides

1. Both groups can go at the same time.
2. Have them start with baseline drives then switch to middle drives. As they advance, let the wing choose which way they drive.
3. Go for 2-3 minutes then have the groups switch sides.
4. **Rotations** - Wing to Offense, Offense to Defense, Defense to EOL.