



DEFENDING THE POST

1. All players, regardless of size, must be prepared fundamentally to defend post ups.
2. There are four methods for defending the post
3. **Directly behind:** allows your man to catch the ball cleanly and choose which direction to go. Not recommended against strong post players
4. **Three quarters baseline side:** overplays to the baseline and forces the pass to come on the high side. Recommended if you are forcing the post player middle and have help in that direction
5. **Three quarter high side:** overplays the high side and forces the pass to come on the baseline side. Recommended if you are forcing the post player baseline and have help in that direction.
6. **Full front:** Completely denies the pass from reaching the post player. Recommended against very strong post players. Requires help against the high lob pass.
7. More contact is permitted in the post versus the perimeter. Defenders can usually use an arm-bar to maintain position (but cannot push using the hands). Get low, use the strength of your legs and the arm-bar to keep the defender out of the paint.
8. Don't allow him to back you down underneath the basket.
9. Contest the shot by going straight up with both hands and not fouling



Defender behind.



Three-quarters baseline side.



Three-quarters high side.



Fronting the post.