



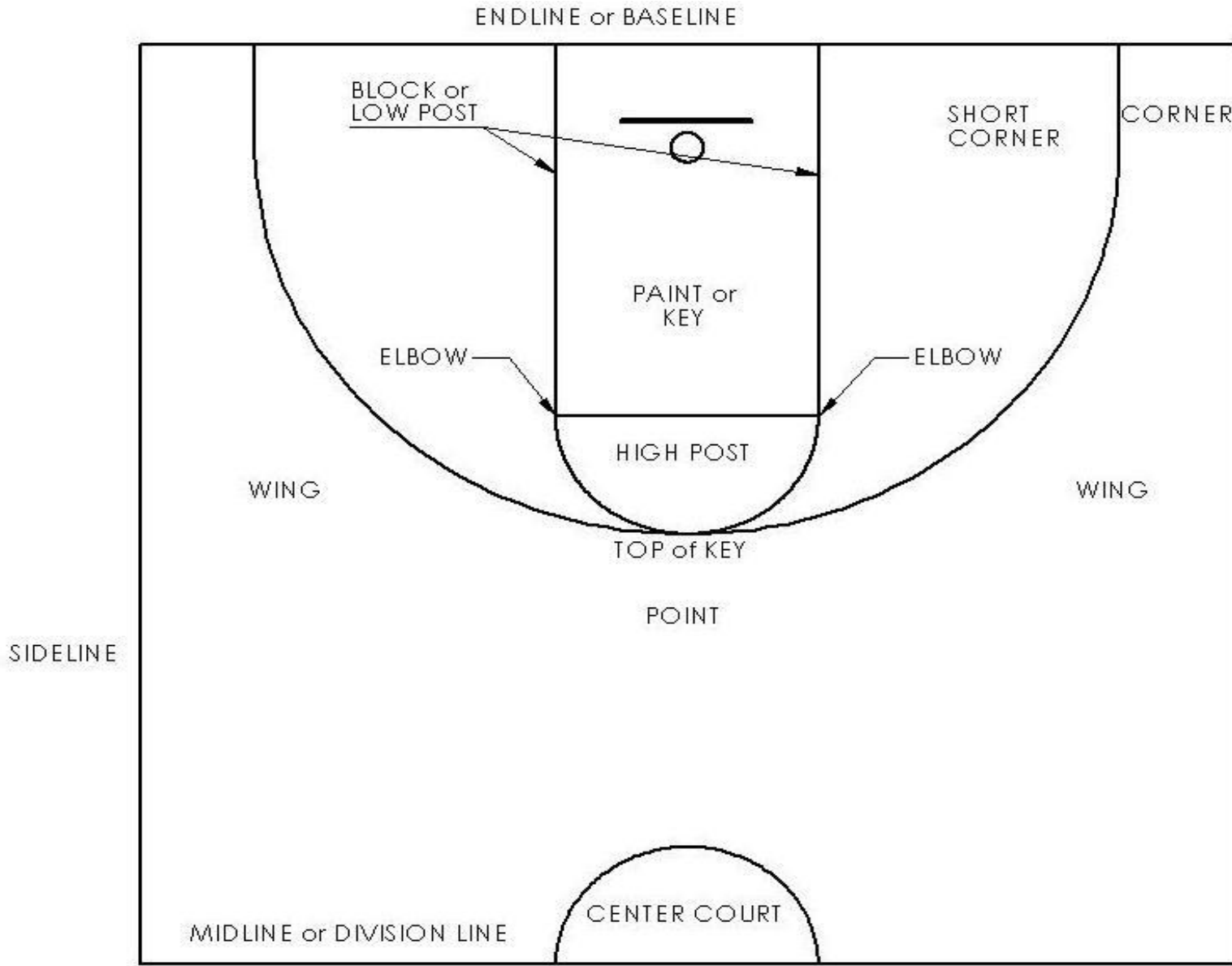
Stow Youth Basketball Association
Post Offense Informational

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Breakthrough Basketball, LLC (www.BreakthroughBasketball.com) .
Many thanks to their organization and Don Kelbick for providing these!

Definitions

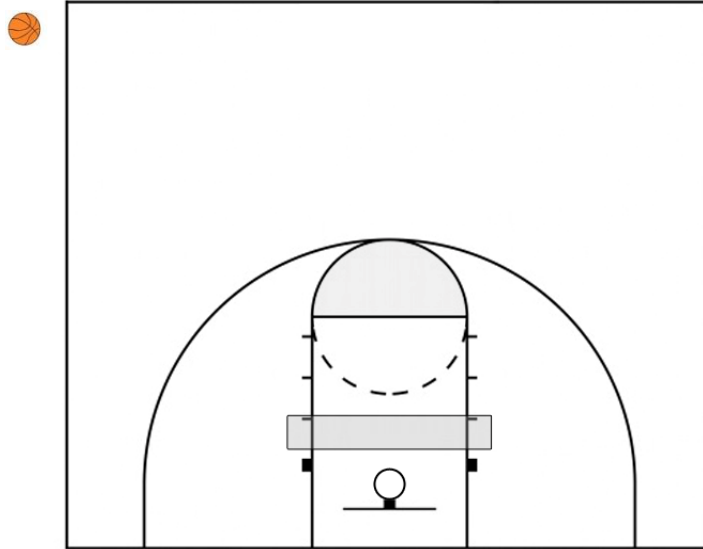
- Offense Object = Put the ball thru the hoop. It's most effective to do this close to the basket
- Post Player = a player that operates typically close to the basket where scoring can be more effective.
- Pivot Foot = the foot that remains in contact with the floor when performing a pivot
- Swing Foot = the foot that is lifted from contact with the floor while pivoting

Court Terms:

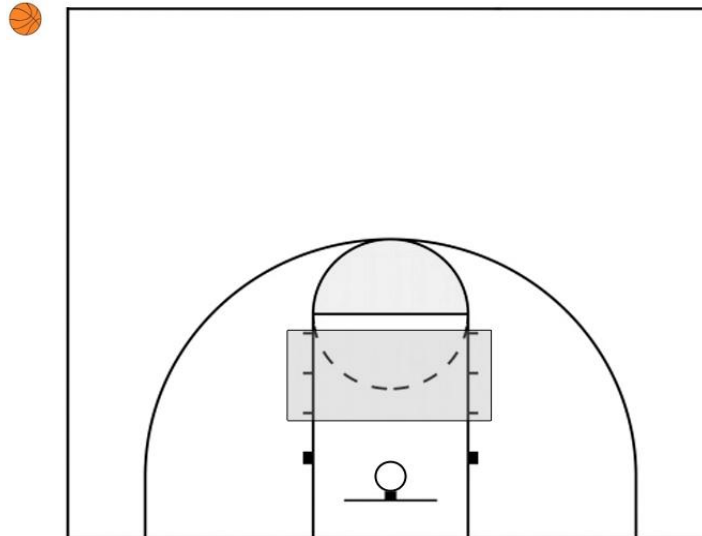


Post Positions:

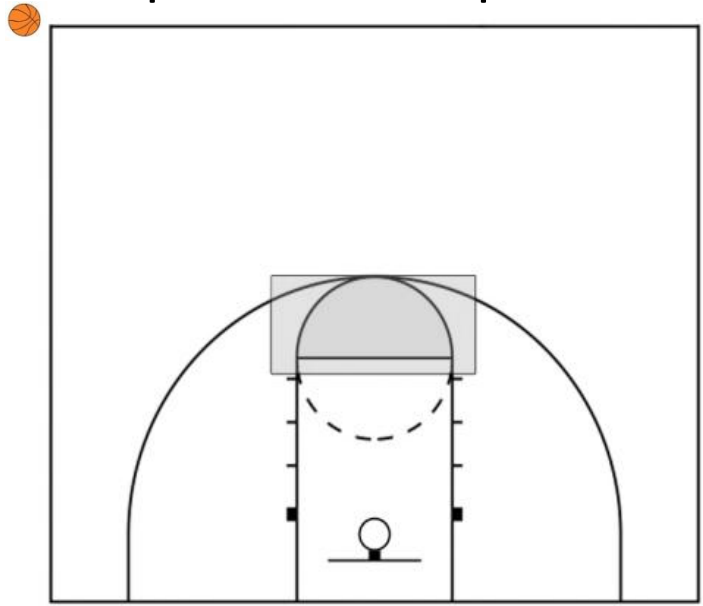
➤ Low Post = Middle lane of court just above low block straddling 2nd lane marker



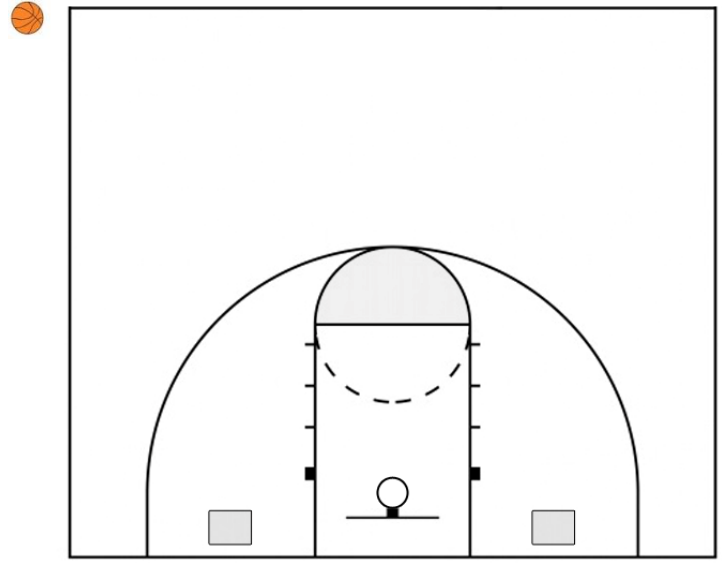
➤ Mid Post = Position between low post and elbow



➤ High Post = From mid post out to 3pt line



➤ Short Corner = Near baseline about half way from between foul lane and 3pt line



Traveling:

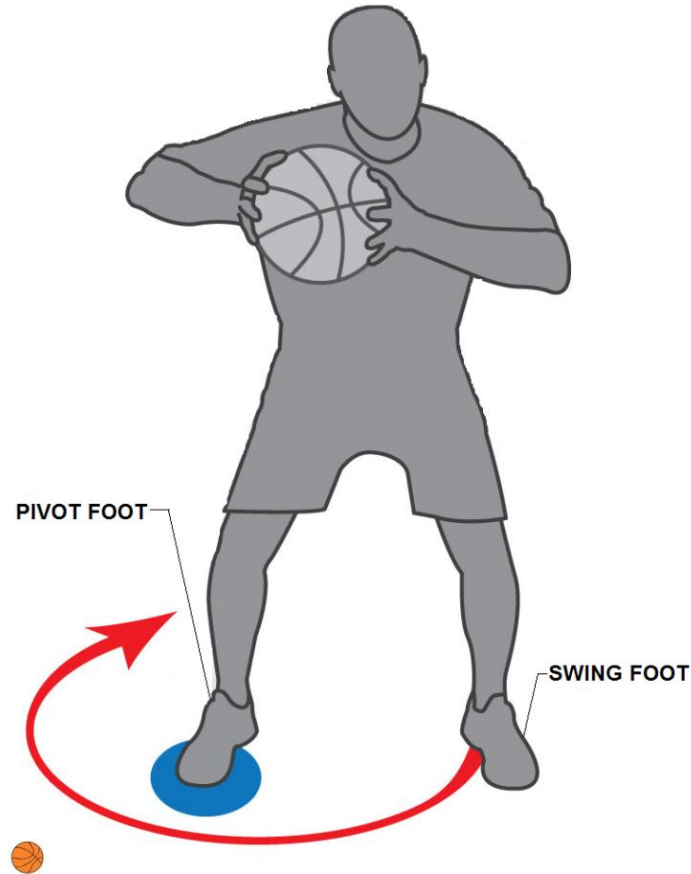
A violation called when a player while holding the ball moves their pivot foot in excess of prescribed limits.

Once a pivot foot is established, limits are:

- Pivot foot may be lifted but not returned to the floor before the ball is released on a pass or try for goal (Per NFHS Rule 4-44-3a)
- After stopping, if the player jumps, neither foot can be returned to the floor before releasing for a pass or try for goal (Per NFHS Rule 4-44-3b)
- The pivot foot cannot be lifted before starting a dribble (Per NFHS Rule 4-44-3c)

Footwork/Pivoting

Pivoting is a basic of the game that is often overlooked. It is the foundation of great post players.



There are 4 basic pivots that are typically used in the post as follows:

Front Pivot

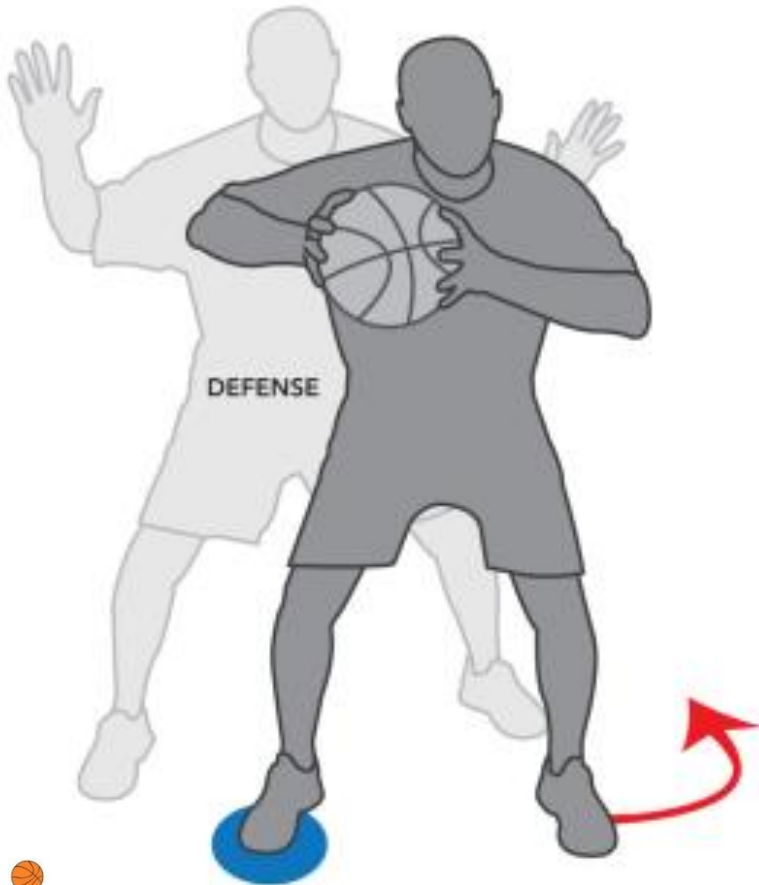


● Pivot as Shown to Face Basket



● Facing Basket Ready for Open Jump Shot

Drop Step Pivot

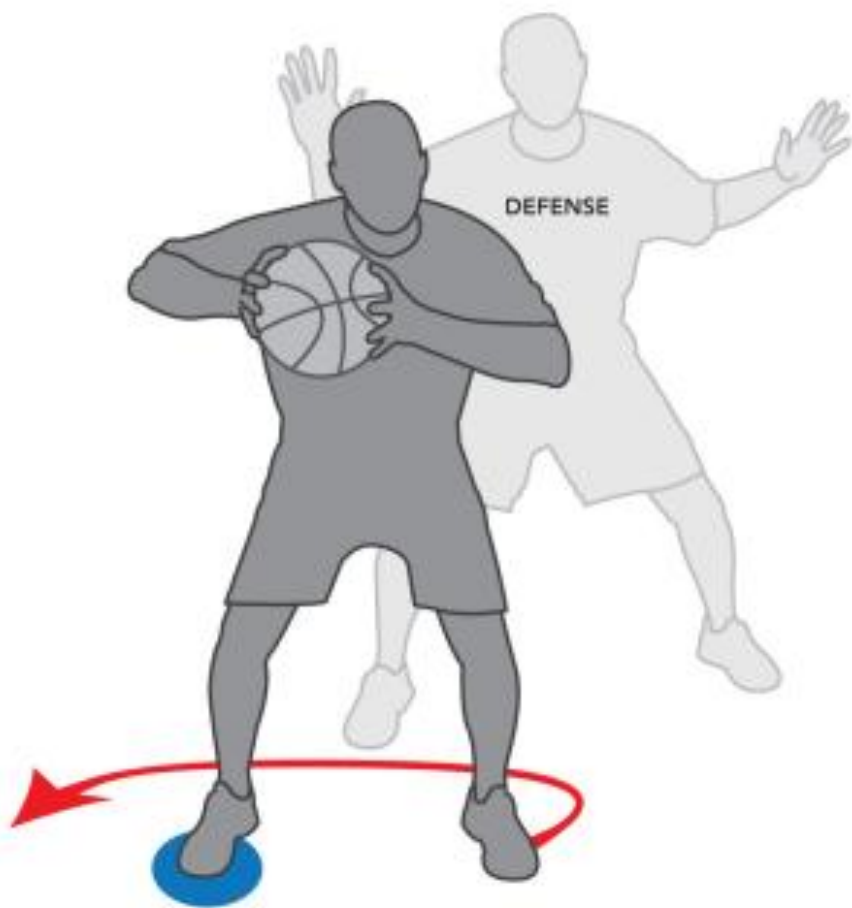


Pivot as Shown Extend Swing Foot
Around Defender



Defender on Backside
Ready to Lift Pivot for Score

Inside Pivot

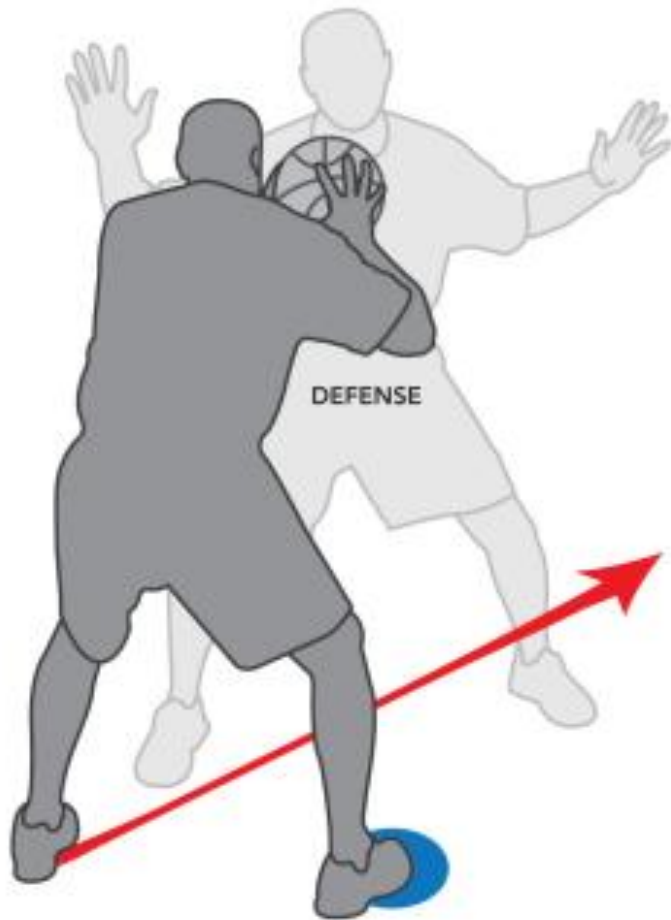


● Pivot as Shown to Face Basket

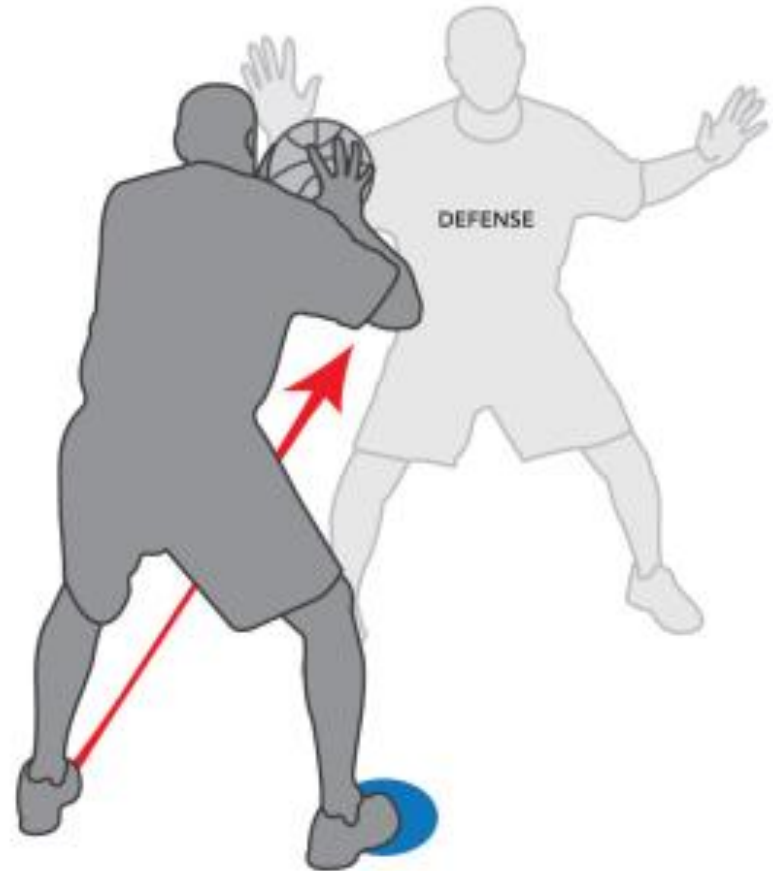


● Facing Basket Ready for Open Jump Shot

Step Thru Pivot



- Step Thru Pivot
Across Defender



- Step Thru Pivot
Inside Defender
(also called Sweep)

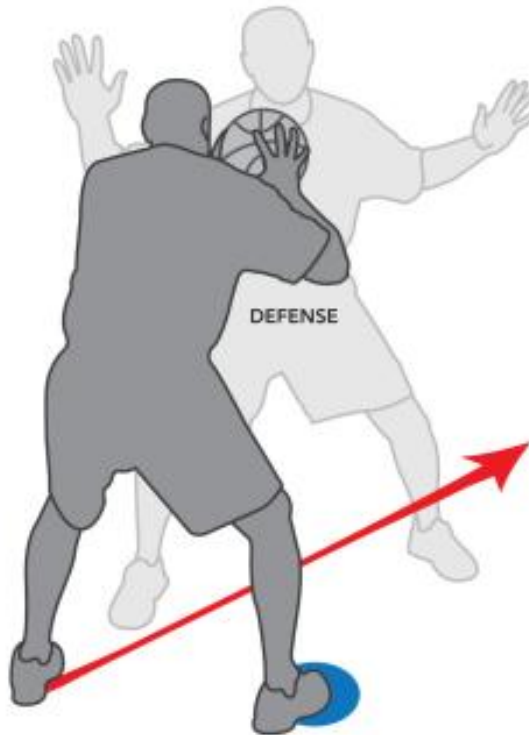
Counters

Counters are simply pivots that are performed after the first pivot is defended. They are the same pivots, just used in succession. Typically they are best executed in certain sequences.

Front Pivot, Step Thru Pivot Counter



Front Pivot

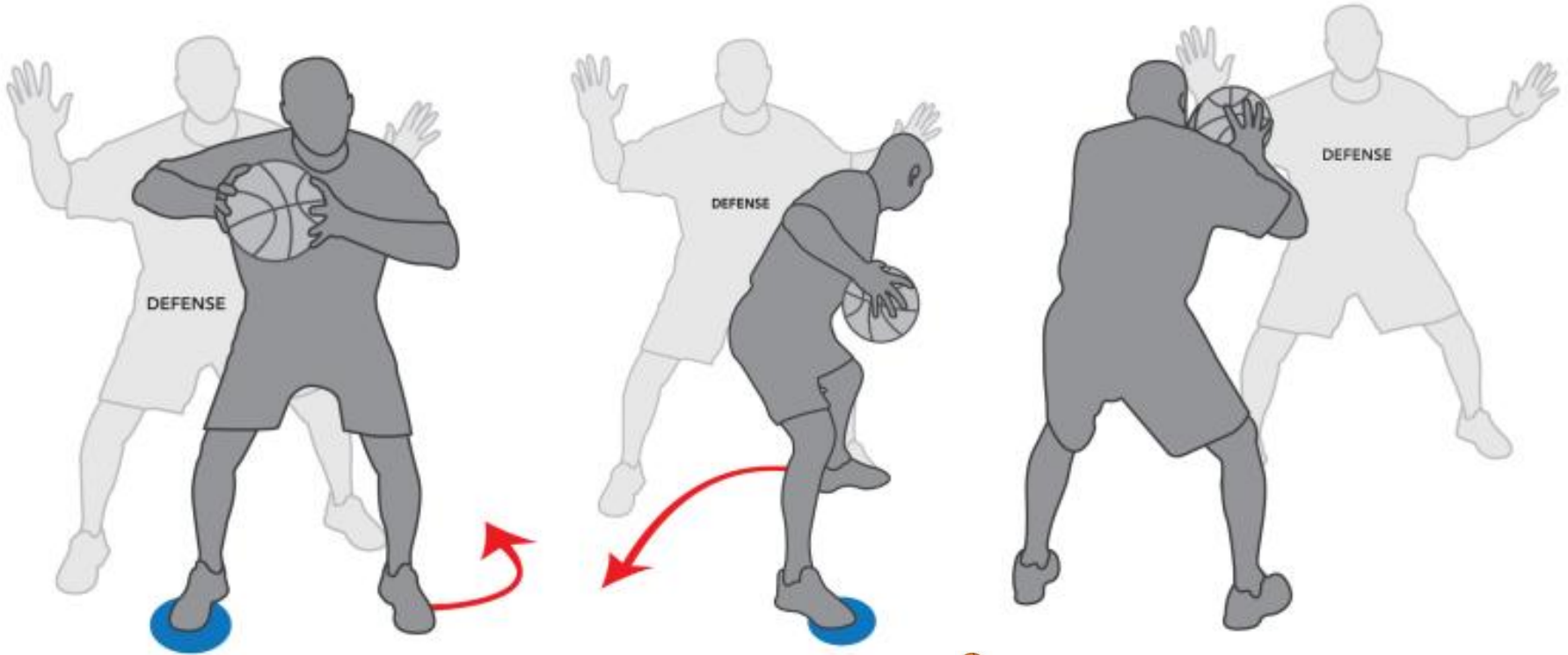


Step Thru Counter



Defender on Backside
Ready to Lift Pivot for Score

Drop Step Pivot, Inside Pivot Counter



Drop Step Pivot



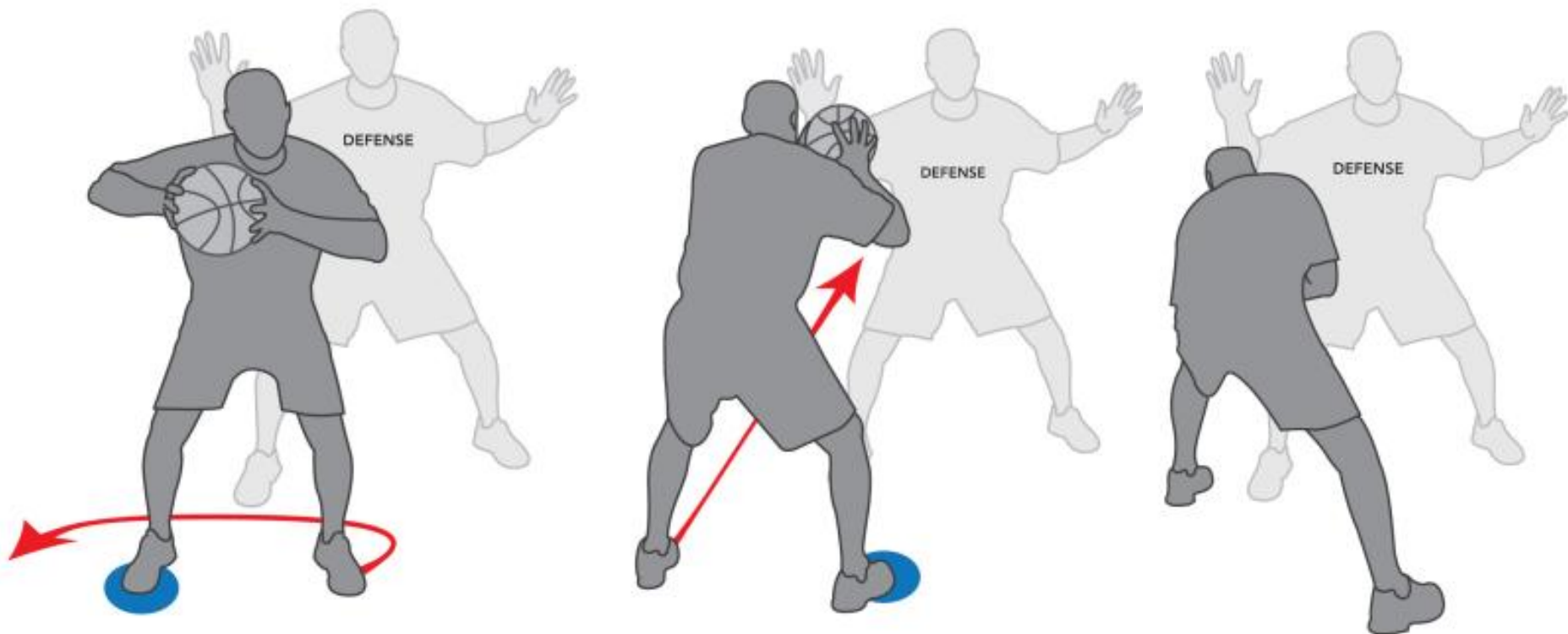
Inside Pivot Counter



Space Created From Defender Ready for Open Jump Shot

Drop Step Pivot Counter Video

Inside Pivot, Step Thru Pivot Counter

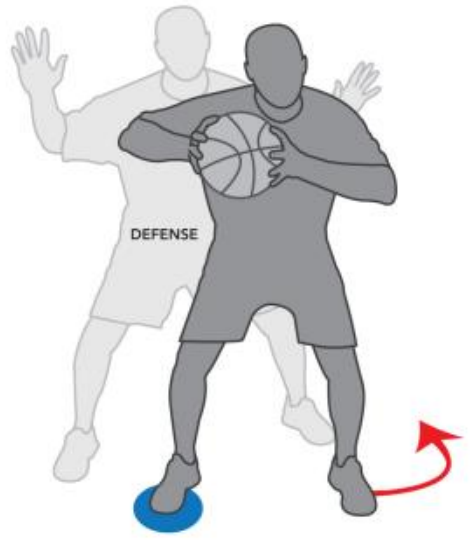


● Inside Pivot

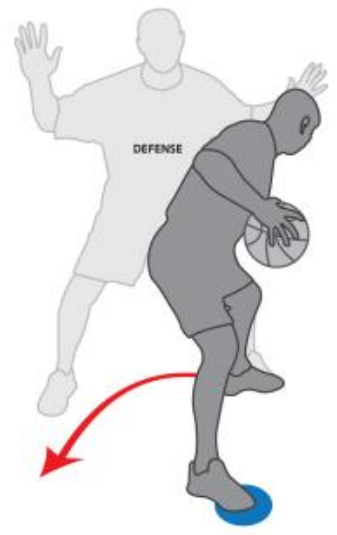
● Step Thru Pivot Counter

● Hips and Shoulders Past Defender
Ready to Lift Pivot for Score

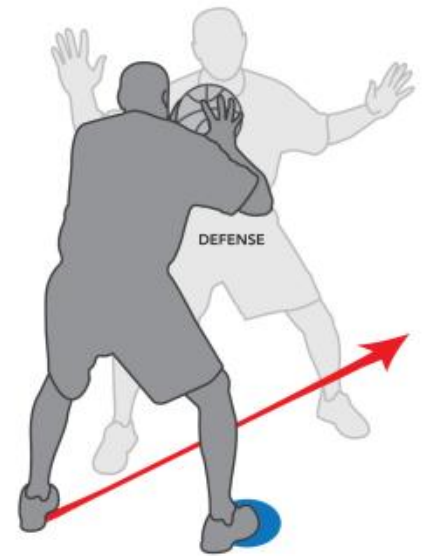
Counters can then be continued if the opposition is able to defend the initial.




 Drop Step Pivot




 Inside Pivot Counter



 Step Thru Pivot Counter



 Defender on Backside
Ready to Lift Pivot for Score

The Dribble

The Dribble for a player posting up is the key to unlocking even more counters. The reason is the dribble simply allows you to switch pivot feet. It is also a means to create separation from the defender after you have beat them with a pivot. Care should be taken using the dribble, as it also allows the opposition a good chance to create a turnover.

Examples:

➤ Drop Step Baseline, 1 Dribble, Switch Pivot, Drop Step Middle

➤ Front Pivot, Step Thru Pivot Counter, Power Dribble, Layup

➤ Drop Step Middle, Inside Pivot, Power Dribble Baseline, Jump Stop, Drop Step Middle

...and many other combinations...

Many thanks to:
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