

FRONT THE POST

Team concepts

STATUS

Installation for this season has not been confirmed.

THE RULE

**WE FRONT THE HIGH POST AND THE LOW POST.
WE POST UP LIKE WE WANT THE BALL.
WE TRACK HOW MANY ENTRIES WE ALLOW.**

WHY WE FRONT

**1 DENY
THE
ENTRY.**

**2 SHOW
HELP.**

3 ROTATE.

FREE TO ROTATE

We front so we're free to leave and make the next rotation.

FREE TO HELP

We front so we can show help without being stuck behind a player.

HOW: DON'T WRESTLE

When we front the post, we don't run into his side and wrestle. We run straight into the passing lane without touching him.

Paint touches hurt us. What do we preach to our guys? Get a paint touch. So are we going to stand behind the high and low post and let them make the entry? Absolutely 100% hell to the no.

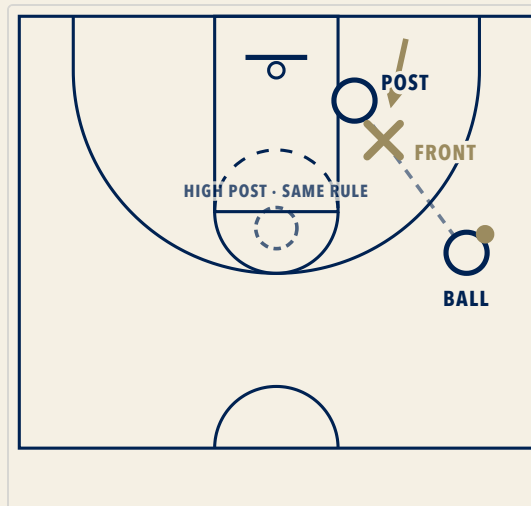
COACH BAZZ

COMMON ERRORS

- Standing behind the post and letting them make the entry.
- Running into his side and wrestling for the front.
- Fronting half way, so we're stuck behind him when it's time to help or rotate.

HOW TO CORRECT IT

Ask, don't lecture: "What are you supposed to do right there?" If he can't remember, give him the words: post up like we want the ball.



The defender comes straight into the passing lane, in front of the post, without touching him. Same rule at the high post.

ON THE COURT

**POST UP LIKE WE WANT THE BALL.
DENY THE ENTRY. SHOW HELP. ROTATE.
STRAIGHT INTO THE PASSING LANE. DON'T
WRESTLE.**

ALL FIVE PLAYERS

Write in each player's job as your staff teaches it.

POST ENTRIES ALLOWED

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One box per entry, in practice or a game. We track how many entries we allow.

CONNECTS TO

The Funnel (Section 3.3): we organize our help in one direction.

How our matchup works (Section 4.1): keep seeing the ball.