

**Peter Lonergan
Post Play**

<https://www.youtube.com/watch?v=X0KkBGbjyA&feature=youtu.be>

- Low, wide and leveraged. In the post height is over-rated until the end of the move.
- **Warm-up:**
 - Spin ball out on spot. Catch ball, cross-step forward pivot, reverse pivot.
 - Load = same start, reverse pivot then forward pivot.
 - Load = add in pass fake
 - Load = add in explore dribbles. Catch, look over shoulder. Two lateral dribbles, pick up ball and jump stop on the gather. Forward pivot, reverse pivo and repeat.
 - KPI = toes for forward pivot, heel for reverse pivot
- **Baby Hooks:**
 - 4 same hand hooks but at different angles. 2 shots on one side of rim, other side on the other. Change hands after. KPI = knee lift.
 - KPI = Chin up, eyes up. Fingers in the net.
 - Load = further out.
 - Load = add guided defender (second move e.g. pivot / cross-step) if cut-off.
- **Spin Outs:**
 - Start key line out of bounds. Partner feeds in to practice the hungry hands (10 thumbs or hand slightly angled towards ball). Check middle, then forward pivot baseline and shoot off backboard.
 - KPI = hit the halo before to get open.
 - **Load** = forward pivot middle, no backboard
 - **Load** = forward pivot is guided
 - **Idea** = make spot slightly different every-time. Anywhere on low block / mid post area.
 - **Load** = forward pivot middle. Cross-step running lay-up middle.
 - **Load** = same start, power lay-up or stride stop finish.
 - **Load** = repeat sequence going baseline
 - **Load** = same sequence, but add a shot fake after the pivot. Sell it with the chin and eyes, hips go down.
- **1v1 Seals:**
 - Defender in smile. Post on swing passes to opposite wing (simulating arriving in transition). Then 'pins and spins' for a live 1v1.
 - KPI = 'put them in jail' on the seal by keeping them in the smile.
 - KPI = if you have them in jail don't give them the keys! This means if they are caught by seal in the smile, go straight up. Don't need to even take a dribble.
 - **Load** = load up to 2v2 with weak side. If defender digs or doubles, kick it out and play.
 - **Load** = 2v2 with strong side. Defender on passer. Same scenario as above. Teaches the relocate or laker cut for player that feeds the post.
- **1v1 Self Spin:**
 - Both start under key line on the baseline. Spin to block and play live 1v1.
 - Catch and exhale helps with being quick but not hurrying.