

# Drill

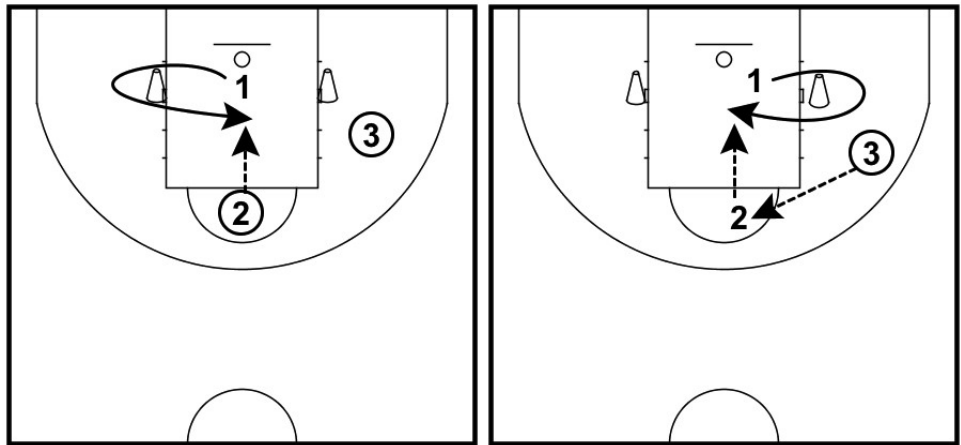
## Drill: Detlef Schrempf Series (Post Play Phase A)

**Goal:** Learning Goal: Improve frequently used post finishes. Points of Emphasis: Catch the ball on balance, keep the ball high.

**Equipment/#** - 3  
**players** players  
**needed:** - 2  
balls

### Sketch:

#### Diagram:



**Description:** The first player starts under the hoop & curls around the blocks in a figure-eight pattern. The second player passes from the foul line. The third player rebounds the ball & feeds the passer. After shooting, the first player doesn't worry about the rebound & simply curls around to get in position for the next shot.

Begin with a pair of three basic shots: an outside-inside jump-stop into a hook shot (start with the ball at shoulder height & finish above the ear), a drop-step & spin towards the baseline (seal on the catch) & a shot in the middle of the paint (catch on a 1-2 step). Each player performs the sequence & rotates through all of the positions twice.

Progression: Introduce an advanced sequence, including a McHale move (pivot & step around the defense), a baseline spin for a lob & curling higher to the elbow for a jumper or one dribble attack.

Time: 6 minutes. Work:Pause Ratio: 1:2.

**Load(s):**  Physical  Mental  Technical  Pressure  
 Social/emotional

**LTAD stage(s):**  Fundamentals  Learn to Train  Train to Train  
 Train to Compete  Train To Win

**Categorie(s):**  Ball Handling  Defense  Dribbling  Dynamic 1 on 1  
 Footwork  Fundamental Movements  Passing  
 Picks  Principals/Actions  Rebounding  Screens  
 Shooting  Static 1 on 1

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**Phase(s):**  A  B  C  D

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