



## **Drill - High & Low Post Scoring**

We have added a high post and low post workout for you to do. It's important to be able to score and make plays from the mid range area ( 12 - 15ft )

**Start with the ball in hands & back to the basket in the key**

**Stay low and spin the ball out to yourself around the elbow or free throw line**

**Catch in triple threat - low stance**

**Pivot to square up and 10 toes to the ring ( 4 ways to pivot = L & R**

**Forward/Reverse )**

**Make your move and shoot the ball - Jumpshot, Jab step to shot, Shot fake into shot**

**Rebound your own shot and spin the ball out to the same spot**

**Make 7 - Record how many shots it takes you to make 7**

**#Repeat on other elbow and around the low post area**

**If you have a partner to train with or a parent to help, then use them to pass the ball**

**See Videos of drills by clicking link below**

**<https://youtube.com/playlist?list=PLqGGZ-CRmqA8gCxutoU5PrwllfvxAbSur>**