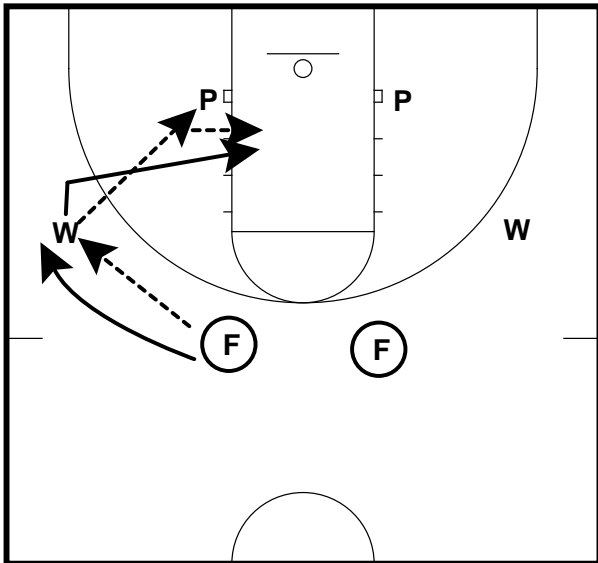


FSU Practice Drills

Pinch Post Warm-up

F=Fill; W=Wing; P=Post

Frame 1

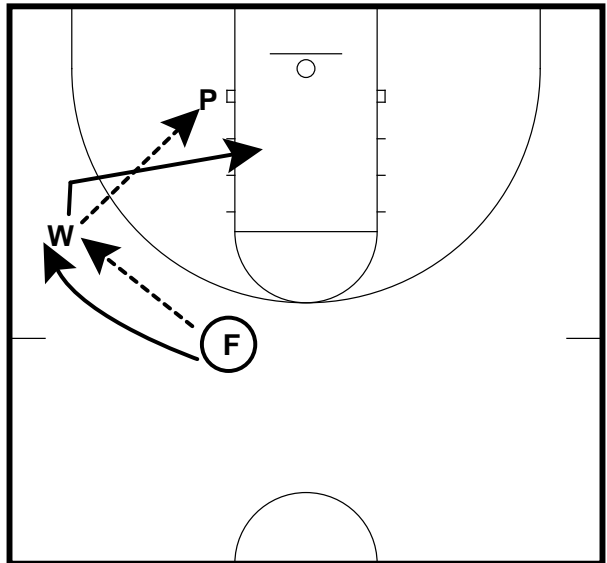


Ball goes from top to wing to post. Wing cuts off the post. Top guard fills behind to wing. First Look: "hit the cutter" - wing receives hand-off from the post. (we run this on both sides of the court)

Pinch Post Warm-up

F=Fill; W=Wing; P=Post

Frame 2

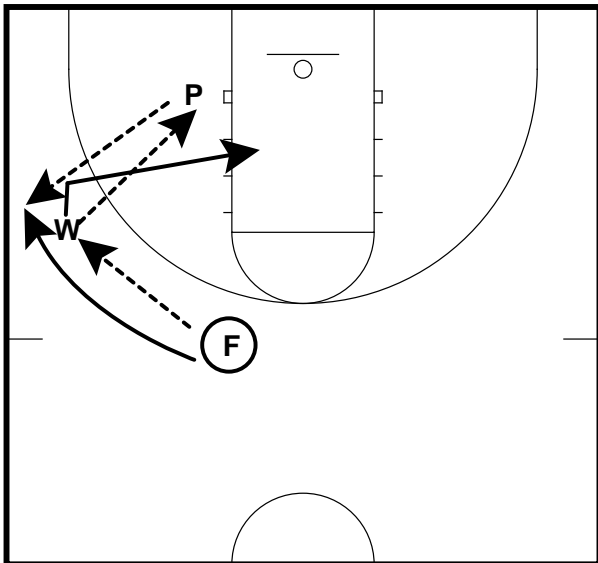


Second Look: "fake the hand-off and go to work". Post fakes hand-off to wing cutter and then scores using their go-to move.

Pinch Post Warm-up

F=Fill; W=Wing; P=Post

Frame 3

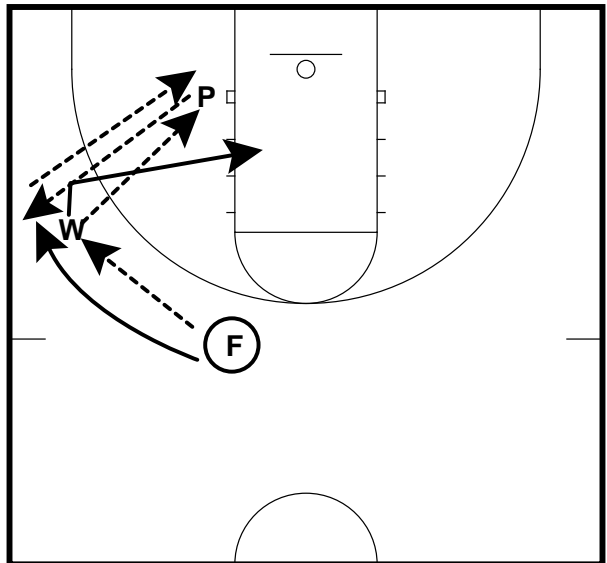


Third Look: "hit the fill". Post kicks the ball back to the fill player for a shot.

Pinch Post Warm-up

F=Fill; W=Wing; P=Post

Frame 4



Fourth Look: "hit the fill, go back inside". After the post kicks the ball to the fill player, the fill feeds the post and the post scores.