



Playing the Post: Basketball Skills and Drills

Burrall Paye, Burrell Paye

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PLAYING THE POST presents the principles and practice drills that will improve your inside game.

Highlights include: **12 drills for high and low post scoring; **8 drills for rebounding; **7 drills for post passing; **24 techniques for defending the post; and **10 advanced high and low post moves. Take your team to the next level, and win more games!

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