



How to Score in the Post Mini eBook

Hal Wissel

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Learning and teaching the moves and shots for playing in the post can be challenging. Executing them on the court in game situations can be even more difficult.

In this mini e-book, How to Score in the Post, Coach Hal Wissel covers everything you need to be a competitive post player. Learn and practice eight low-post moves including the drop-step baseline power move, front turn baseline for bank jump shot, and the spin-back power move.

Catch your defender off guard with eight pinch-post moves that include the step-back jump shot, crossover drive layup, and drive across lane for hook.

Master the midpoint, or short corner, moves by setting a screen to get open and then sink the straight one-dribble drive middle for hook, crossover one-dribble drive for reverse layup, and the shot fake jump shot.

With full-color photos, detailed instruction, and drills designed for mastering execution, How to Score in the Post will take your performance to the highest level.

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