

Defence: Not your job to bring the ball down the court. Unless instructed otherwise by the coach gets back hard into defence.

When playing in the centre position you are not only responsible for the opposition centre, you are the second line of defence against the other four players.

In defence the only time you should stand tall is when you are trying to block a shot. Staying low helps you move through the key and has you in a more powerful position to block out and rebound.

Block outs and Rebounds: When blocking out try to gain front position and stay low until you are ready to spring at the rebound. If caught behind you have two options, you can roll off your opponent to get next to or even in front. A stronger player can use their weight advantage to push the lighter player under the ring. Use hips and shoulders to do so. Do not extend arms.

When rebounding execute either a defensive style rebound (chin ball and elbows out), or offensive style (ball held high and ready to reshoot). In all cases aim to catch ball at the top of your jump.

Offence: Work through the key. In particular across blocks and up to the free throw line (remember to step out of the key to avoid 3 second call). The centre is an ideal position to set screens for guards or forwards particular if you feel they are against a slower opponent. If you set a screen always roll out of the screen and block out that defensive player. Face basket and be ready for pass or rebound. If you are not screening and another player drives or cuts to the key, get out of the way typically to weak side rebounding position. Be ready for pass if opposition tall goes to the ball.

When working the posts use your hand/s as a target. Let the ball handlers know exactly where you want the pass. Keep your backside pushed out. Helps to maintain space as well get a better understanding where your defender is.

If receiving the ball when cutting towards the basket try and finish with simple lay up shot.

Posting options (start with back to basket). Try to receive ball with both feet on the ground or whilst jumping to a stop. This allows you to pivot off either foot.

Pivot: Receive ball pivot and square up to basket and shoot.

Pivot and fade away: Make pivot (forward or reverse) and plant other foot away from basket. Step off pivot foot to create space and shoot. (Do not put pivot foot back down). Good move against taller opponent.

Drop Step: Step backwards towards basket on defenders weaker side. Use leg to wrap around defender. Bring pivot foot around to square up to basket and shoot without putting pivot foot back down. Shoot with hand that is further away from defender. If further out can add power dribble on first step and then take one or two steps towards the basket.

Pivot and Rip: Catch ball, pivot and square up. Pull ball low to opposite side and step through with non pivot foot. Take dribble on protected side and attack the basket.

Dribble Pivot shot: Catch ball take a dribble across the front or side of the ring with back to the ring. Pivot towards ring and shoot jumping off non pivot foot, if shot is covered.....

Dribble Pivot step through shot: Catch ball take a dribble across the front or side of the ring with back to the ring. Pivot towards ring. Square up for shot then step through with non pivot foot to opposite side, pull ball through hard. Lift pivot foot and shoot with opposite hand.