

POST DRILL

Organization: Half the players on each post. The coach stands behind the goal with all the balls. Goalkeeper stays in goal all time.

Structure: Large open space for maximum opportunity to move.

Procedure: The coach starts each set by throwing a ball over the goal and yelling a number between 1 and 3. Then that number of players leaves each post and play 1v1, 2v2, or 3v3 to goal. The first team to touch the ball is on offense and the other team is on defense. The last team to touch the ball before it crosses the line gets the point.

Coaching: Support your teammates.
Create numbers up situations by dribbling at and committing the near defender.
Patience on defense.

