

Post Up And Get Ahead

Objective – creating overheads and scoring

GameFocusResetProgression

1. 5v5 but use substitutes if necessary to keep more players involved.
2. All subs from the halfway line.
3. Try a long narrow pitch
4. Provide loads of time for planning and tactics.
5. Keep the sections of the game short and award points accurately (in fact make them award their own)
6. Standard goals get 3 points.
7. If a player passes the ball and then runs ahead +1 point (leading ahead)
8. If they do that and another player drops in as a guard +1 point

1. Forward first fast
2. Transition
3. Effort

Notes

1. STOP – Players leading towards the ball for a pass as it compresses the amount of space – instead stretch the game; this means attackers starting at a distance away from the ball carrier, before leading back towards the ball if appropriate.
2. To create chances for a player to lead ahead teammates need to offer a pass to the player on the ball – “post up”

Share the captaincy of each team around so that every player

has the opportunity (and responsibility to run one team talk during the session).

Ball feed from baseline

1. . Offer a bonus point for anyone posting up.
2. It is even better when the team substitute shouts out and scores every great post up. That way players are all working out what 'good' looks like.
3. Leading ahead is not intuitive for players who have spent time playing in fixed positions. Emphasise its importance by adding double points for a lead ahead.
4. Ask what it looks like when an individual player is playing well in this game and what it looks like when a team are playing well.

