

Post Up

Objective – How to receive (lead) under pressure

GameFocusResetProgression

1. Attacker passes to teammate
2. Teammate has to Lead/relead
3. IF necessary post up with a wide based receive
4. Roll either way and look to get the ball to the blue player in the end zone preferably by dribbling (2 goals) or passing (1 goal)
5. Game now changes direction
6. Sub inside players every 5 gos

Attackers

1. Lead
2. Post up
3. Wide based receive to protect the ball
4. Dummy left or right and do a wide arc to get the ball high

Defenders

1. Mark hard

1. New ball

1. Each team gets 5 balls see who scores the most
2. End zone player can join and make it a 2v1
3. Time to score

