"Post to Post"

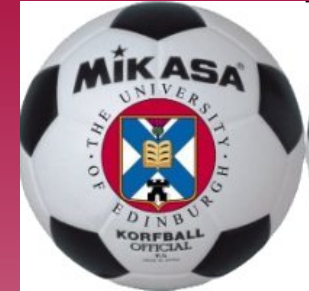**Situation**
People need to improve their shooting/People look bored

Mission
Practice shooting/Have fun

Execution

Set-up: 2 posts shooting distance away from each other, 1 ball, 2 equally split teams.

1. Again, if you don't know Post to Post you can't really be an EUKC coach, but it's a good one for variations leading to shooting practice. Can be good as a Contextual Interference exercise.

2. Teams line up behind the post, with one underneath it. The ball starts at Post 1 and that person shoots at Post 2, and then joins the back of the team's line. Another person from Post 1 takes the position under the post, ready.

3. If the shot misses, the person starting under Post 2 must collect the ball before being allowed to shoot back. If the ball touches the floor before it is collected, Post 1 receive the ball back (to the next person in the line) and shoot again. If the ball bounces off the korf, it is allowed to bounce once before being collected.

4. When a person scores, that team gains a point and also gets the ball back. Play either to a score or time limit.

5. Alternatively, each person has a set number of lives. If they are scored upon they lose a life, and must join the back of the queue, not having a chance to shoot. Once their lives run out, they are out of the game. The last team standing wins.

Progression/Variations:

Have the players under the post ready for the collect facing **away** from the ball. They are only allowed to turn when their teammates shout "SHOT!" in response to the other team shooting. This demonstrates the importance of communication.

Find ways to put pressure on the shots if possible. I've tried, but it's a tricky one, starts getting complicated.