

Making a Habit of the Back Post Run

(by Otto Orf, 12-10-2013)

- Red player (#4) has beaten his mark (#14) by breaking down the left flank with ball. 
- White players (#14) and (#11) are tracking back to defend while focusing on ball.
- The white team goalkeeper moves toward a proper position at the near post.
- Red player (#10) is trailing the play.
- Note red player (#6) focusing on ball on far right. 



- Red player (#4) shoots toward goal, on the run with 'toe poke' technique.
- White player (#14) is beaten and (#11) reaches for a block.
- White team goalkeeper leans toward near post (note left knee bend & weight on right foot).
- Note red player (#6)  still focusing on ball, 'observing' the play.



- Red players (#4) & (#10), white players (#14) & (#11) and the goalkeeper watch the ball as it passes in front of the goal and by the far post.
- Red player (#6) adjusts his body angle and accelerates *TOO LATE*. Unable to get into the proper far-post position he also must watch as the ball goes past the far post and out of bounds for a goal clearance. 



Opposite side forward players should **ALWAYS 'CRASH'** the far-post. This either (a.) provides an unchallenged goal scoring opportunity OR (b.) preoccupies a defensive player and opens valuable space for the supporting players in front of the goal. Accelerate early and work hard to reach the back-post when you are the forward opposite of the ball.

Aim wide of the back post when at a poor shooting angle. The goalkeepers first responsibility is always to protect the near post the far post shot takes the goalie 'out of the play'.

The above photo sequence depicts a missed opportunity as no one can get on the end of the perfect crossing pass. Only when principles such as making a hard back-post run become instinctive will a team be able to operate in a truly efficient manner. This run has to be made at full speed in practice on a regular basis by all players who end up as the forward player opposite the ball in the offensive side of the court.

Make these the practice habits of your team and start racking up the points today!