

### ACTIVITY #1

**Set up:** In groups of three with two balls per group. One keeper sitting and one on either side of them with a ball.

**Instructions:** Servers toss the ball on the ground to the side of the sitting keeper for them to collapse on. Begin sitting 10 serves, kneeling 10 serves and standing 10 serves. Then rotate keepers. Second time around service is in the air.

**Coaching Points:**

- Lead with the hands
- Land properly
- Recover quickly to start position.



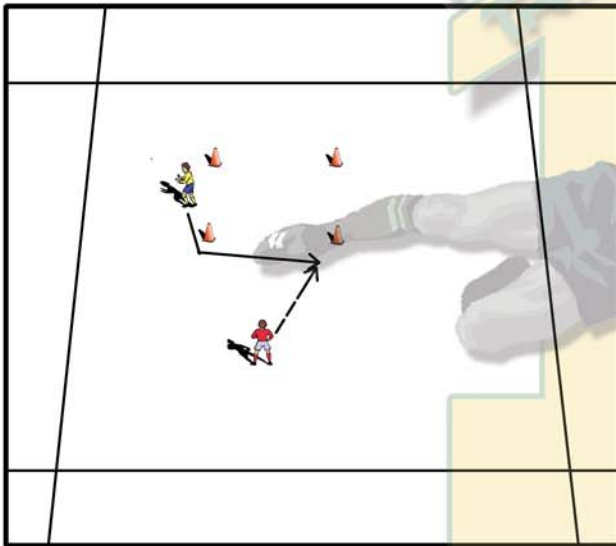
### ACTIVITY #2

**Set up:** Keepers in pairs with a ball and a 3 X 3 yd grid.

**Instructions:** Server 3 yards in front of grid with ball in hand and the keeper in the side panel. On command the keeper moves around the corner cone and collapses to save the ball from the server. Keeper returns the ball to the server and returns to starting position. Six saves then switch positions. Next time through keeper starts in other side panel.

**Coaching Points:**

- proper footwork around cone
- lead with hands to ball
- land properly
- recover quickly without using the hands



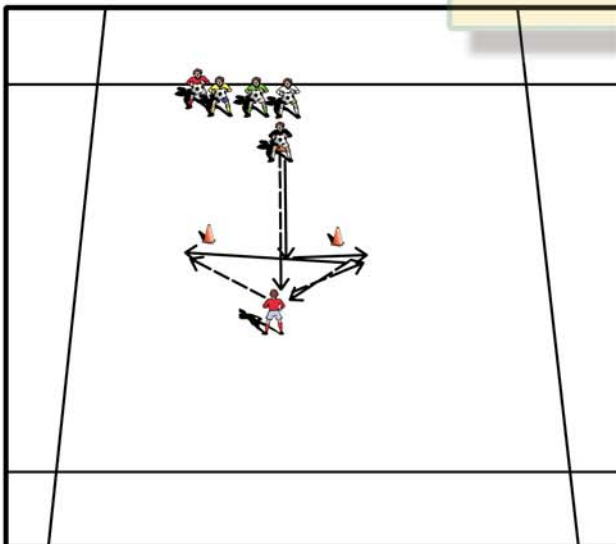
### ACTIVITY #3

**Set up:** Cones set up as a 3 yard gate and one in back 3 yds. Server 3 yards in front of the gate and keepers with a ball each in line behind the back cone.

**Instructions:** Keeper tosses the ball to the server and then moves into the gate. Server tosses the ball to the side for the keeper to save and return. After returning the ball keeper must recover quickly as the server will toss the ball to the other side for a second save.

**Coaching Points:**

- get into gate quickly
- lead with hands to ball
- land properly
- recover quickly without using the hands
- move across to get to the second shot



**ACTIVITY #4**

**Set up:** Three cones set up to form two three yard gates. Server 8 yds out in front and keeper at centre cone with a ball.

**Instructions:** Keeper rolls the ball to the server and moves to the side cone and then back to the other gate to receive a first time shot from the server. Six to one side and then six to the other side.

**Coaching Points:**

- proper footwork across the gates
- proper technique to save the ball.

