

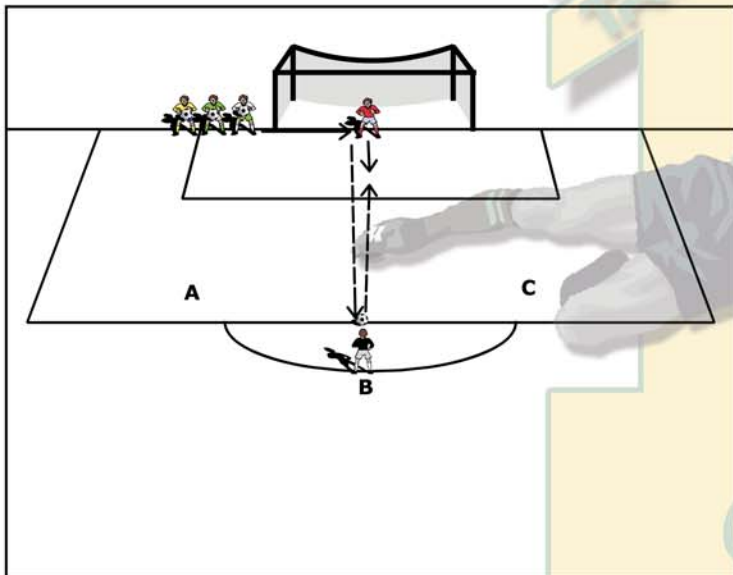
ACTIVITY #1

Set up: To work on hand/eye and feet movement required by the keeper set up the ladder as shown with the server 10 yards in front of the ladder with a supply of balls.

Instructions: Keepers run through the ladder and receive a ball from the server upon getting set. Each keeper performs each exercise twice. - One foot in each/ Two feet in each/ Lateral right foot lead two in each/ Lateral left foot lead two in each/Right foot only in each rung/ Left foot only in each rung.

Coaching Points:

- encourage quick feet
- get the eyes up and not looking at feet
- use arms for balance
- when catching, proper set position with soft hands.



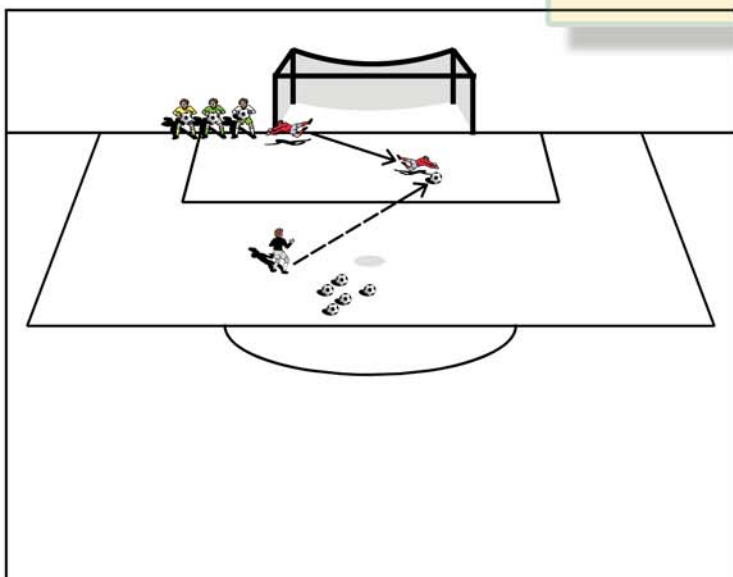
ACTIVITY #2

Set up: Keepers with a ball each and a server 12 - 18 yds out in front. To build confidence and technique.

Instructions: Keeper rolls ball to server who hits the ball directly back to the keeper in either one or two touches. Keeper should close the space between them and the shooter while being sure to get set to make the save. Service should also be made from the left and right as well.

Coaching Points:

- close the space quickly
- read the shooter to determine when the ball will be struck
- get set properly and on time
- catch the ball technically clean



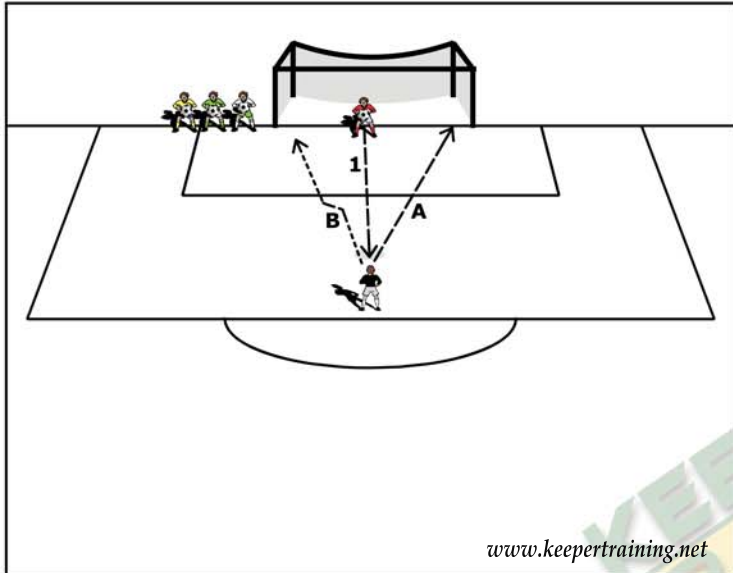
ACTIVITY #3

Set up: Server slightly off center of goal and the keeper on their side at the near post. Server has a supply of balls. Working to develop agility, diving, and angle play and shot stopping techniques.

Instructions: Server starts by yelling "GO". The keeper gets up and moves quickly across the goal mouth on the keepers arc. The server is hitting a driven ball towards the far post side-netting. The keeper should catch or parry the ball. The server should stretch the keeper just enough to be realistic but allow the keepers to experience success.

Coaching Points:

- get to feet quickly with proper recovery technique
- get across the goal quickly
- attack the ball on the keepers arc
- always face the shooter



ACTIVITY #4

Set up: Server 12 - 16 yds out in front of goal. Keeper in goal with a ball in hand. Work on preparing the keeper to read visual cues that would be game situations.

Instructions: Keeper rolls the ball to the server and the server can strike it first time, take a touch and shoot or dribble like a break away. Vary the angles slightly.

Coaching Points:

- cut off shooters angle
- read the shooter
- clean up the ball on a big touch
- through the ball when engaging the shooter
- hands to ball

