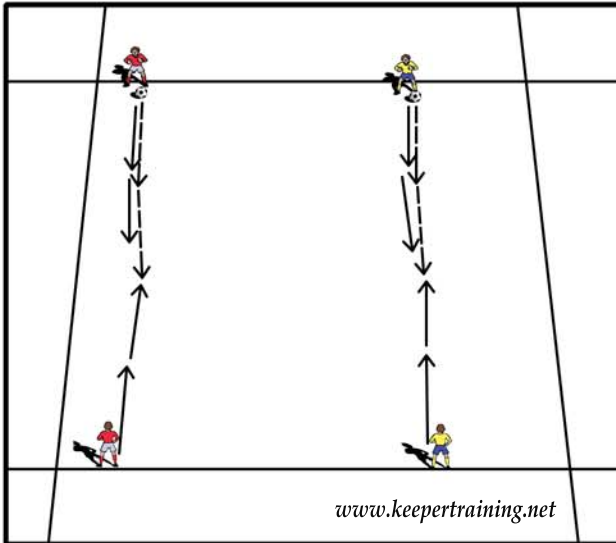


### ACTIVITY #1



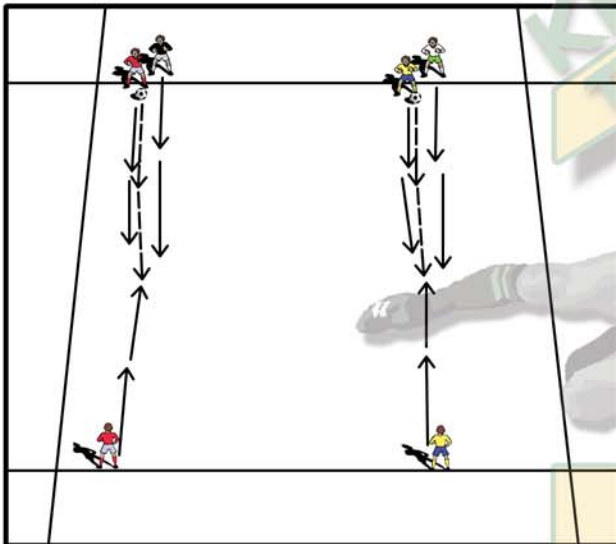
**Set up:** Keepers in pairs with a ball per pair and stand 20 yds apart.

**Instructions:** The keeper with the ball pushes the ball 5 yds forward and runs after the ball, the keeper steals ground by moving forward. When the player gets the ball again the keeper must get to the set position. The player then pushed the ball forward again and the keeper attacks the ball using proper footwork. Repeat 10 times then switch roles.

**Coaching Points:**

- start from a set position
- move to ball under control and quickly
- get set when player has ball

### ACTIVITY #2



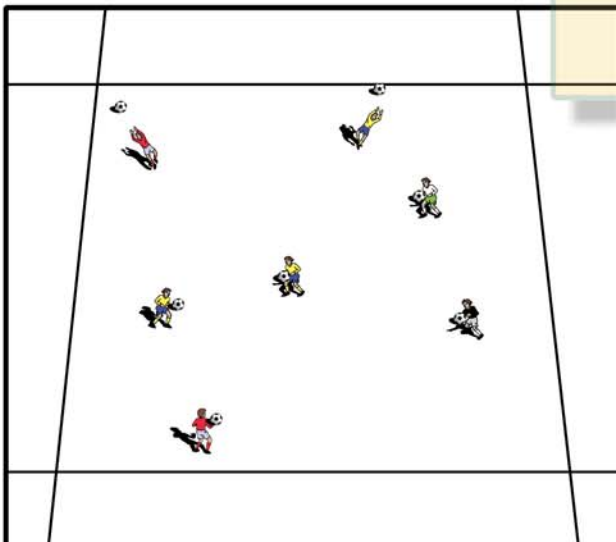
**Set up:** Keepers in groups of three with a ball per group and stand 20 yds apart with two on one side and one on the other.

**Instructions:** We now add a chaser to make the drill more game realistic. The keeper with the ball pushes the ball 5 yds forward and runs after the ball and the chaser follows applying pressure, the keeper steals ground by moving forward. When the player gets the ball again the keeper must get to the set position. The player then pushed the ball forward again and the keeper attacks the ball using proper footwork. Repeat 10 times then switch roles.

**Coaching Points:**

- start from a set position
- move to ball under control and quickly
- get set when player has ball
- read the striker to know when to attack the ball

### ACTIVITY #3



**Set up:** Keepers, each with a ball in a grid.

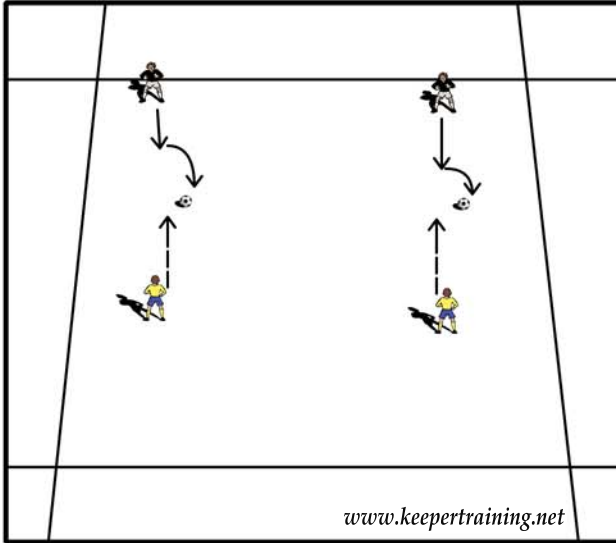
**Instructions:** Keepers move around the grid and on command they toss the ball in the air and then use proper technique to catch the ball in the air.

**Progression:** Keepers pair up and on command the keepers toss the ball in the air and must catch thier partners ball.

**Coaching Points:**

- catch the ball at the highest possible point
- use non jumping leg and arms to propel you into the air
- One footed take off
- call for the ball
- focus on the ball not the traffic

#### ACTIVITY #4



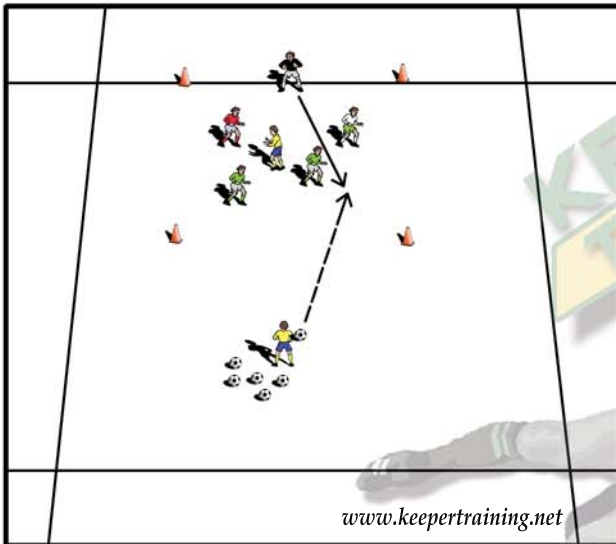
**Set up:** Keepers in pairs with one ball per pair. Approx. 6 yds apart.

**Instructions:** The keeper with the ball tosses the ball up and to one side or the other. The keeper moves to get the ball at the highest possible point, with the knee closest to the server going up for protection.

**Coaching Points:**

- proper catching technique
- proper knee in the air
- one footed take off
- jump off proper foot

#### ACTIVITY #5



**Set up:** Keepers in groups of 7 with a few balls per group. One working keeper, one server and 5 obstacles.

**Instructions:** The 5 players (obstacles) stand in a small group in front of the keeper. The server stands five yards in front of the group and serves the ball high in front of the group, the keeper must move through the crowd and get the ball as high as possible. Four each and then rotate keepers.

Progression: have the crowd move around in front of the keeper.

**Coaching Points:**

- judge the flight of the ball before moving to it
- concentrate on the ball and not the crowd
- proper catching technique
- protect yourself at all times

