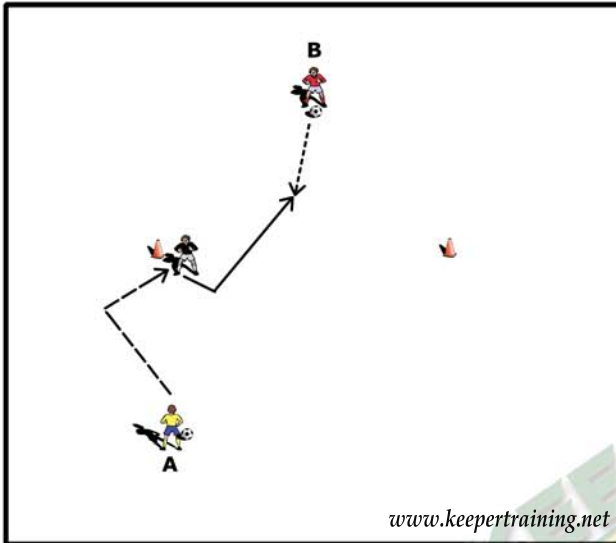


ACTIVITY #1

Set up: In groups of three with a 6 yard goal. One keeper working and two servers 10 yds out from either side of the goal.
Instructions: Server A tosses a high ball for the keeper to catch, keeper returns ball and turns to make breakaway save from server B. Eight saves and then switch positions.

Coaching Points:

- proper handling
- proper footwork to turn and close the ball as quickly as possible.
- quick recovery to repeat



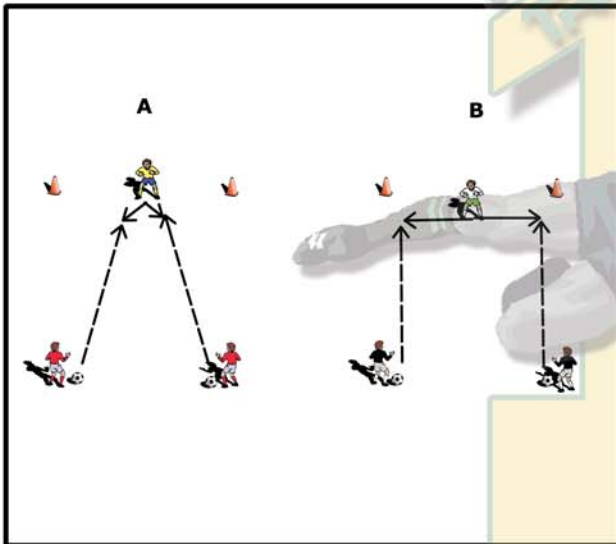
ACTIVITY #2

Set up: In groups of three with a 6 yard goal. One working keeper and two servers 10 yds in front of the posts with a ball each.

Instructions: A. Servers play the ball on the ground just to the side of the keeper who must move into line with the ball and receive it, return the ball and get service from other server 8 saves then switch. Progress to B on the diagram, servers now serve closer to the posts and the keeper must decide which handling technique to use based on the speed of the service.

Coaching Points:

- get properly set
- move into the line as quickly as possible
- proper decision whether to move behind or dive



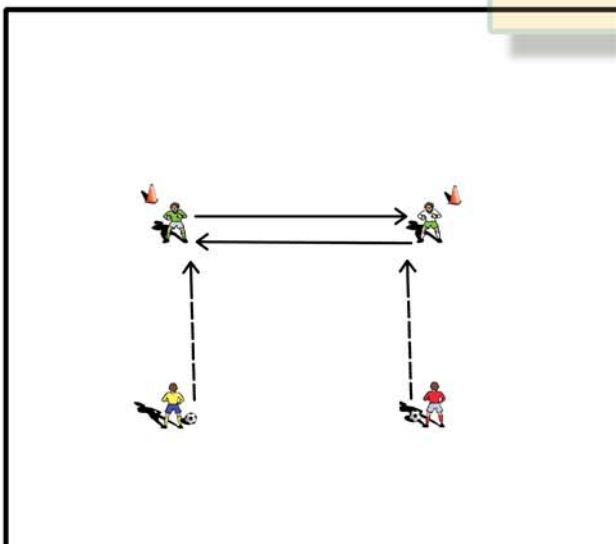
ACTIVITY #3

Set up: Now in groups of four with a 6 yard goal and two servers with two working keepers. The two servers should be 10 yards out in front

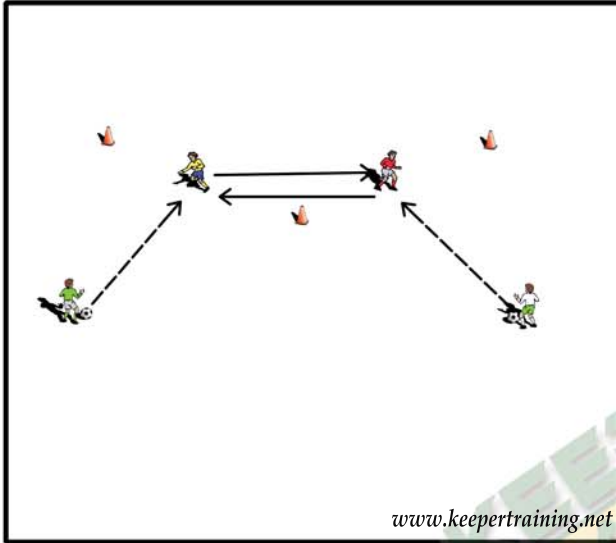
Instructions: The ball is served from both servers at the same time and the keepers must move to get the ball from the server furthest from them. Return the ball and repeat for 10 saves and then switch.

Coaching Points:

- proper foot movement to receive ball
- proper decision making on appropriate handling technique



ACTIVITY #4

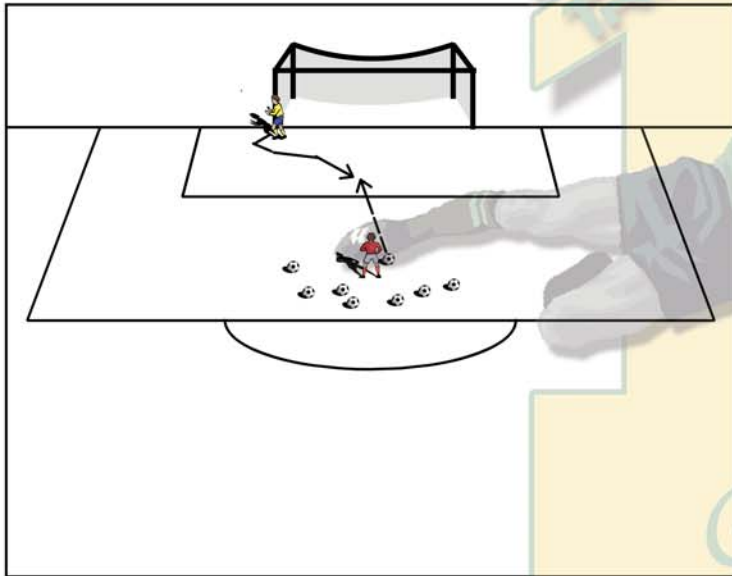


Set up: In groups of four with two working keepers and two servers. Two six yd goals to form a kind of triangle. Servers are 10 yds in front of each goal.

Instructions: Servers send the ball in for the keepers to save. Keeper returns ball to server and then moves across to other goal to make save. Repeat for 10 saves and then switch.

Coaching Points:

- important the servers make the shots saveable for the keeper to work
- proper decision on handling technique
- proper footwork across the goals



ACTIVITY #5

Set up: Keeper in goal facing the touch line on the near post side. Server 12 yds out in front with a supply of balls.

Instructions: The server yells go and the keeper must turn and get into the line of the ball to make a save from the server.

Coaching Points:

- proper footwork into line
- feet stopped when ball is struck
- proper set position when making save

with Gary