

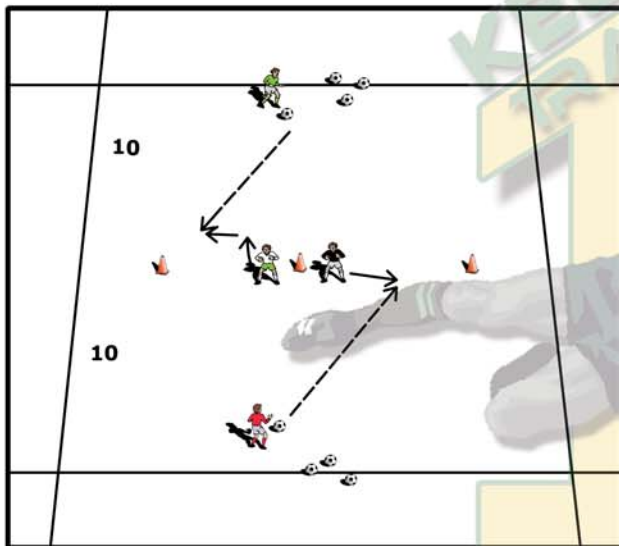
**ACTIVITY #1**

**Set up:** Set up two 6 yard goals side by side with a keeper in each and a server 10 yds out in front on each goal. Each keeper should have a ball and there is a supply of balls behind the goals.

**Instructions:** The keepers roll the ball out to the server in front of them and then ready for a shot from the opposite server. As the server will hit the ball across the goal they must go for the far post each time. Keepers make the save and roll the ball back to the server as they move to the center cone to ready for the next shot.

**Coaching Points:**

- Keepers should coordinate the return of the ball to the server
- proper footwork across the goal
- quick recovery to feet.



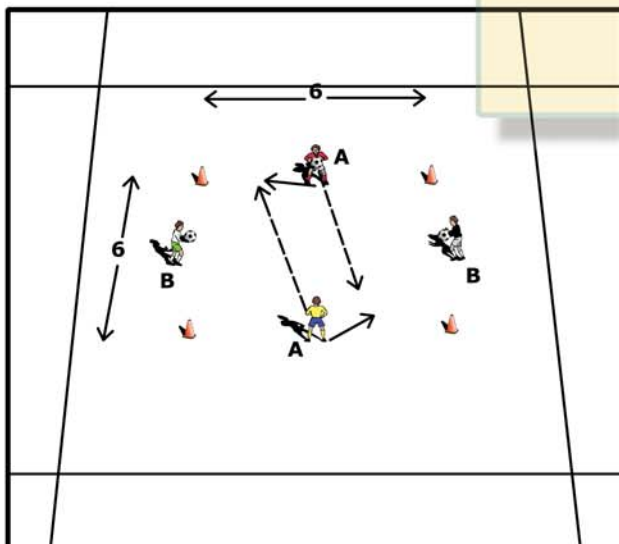
**ACTIVITY #2**

**Set up:** Set up two 6 yard goals side by side with a keeper in each and a server 10 yds out in front and another 10 yards behind each with a supply of balls.

**Instructions:** Both keepers face the same server. The server shoots at one of the 6 yard goals for that keeper to save. The keeper who does not receive the ball must turn and get a service from the server in back of them.

**Coaching Points:**

- focus on the ball as the shot is taken
- concentrate on the task at hand
- proper footwork across the goal
- quick recovery to feet.



**ACTIVITY #3**

**Set up:** A six yard grid with a keeper in each panel. Each keeper has a ball in hand.

**Instructions:** On signal The two A keepers serve the ball to each other to make a save quickly recover and repeat for one minute, while they rest B keepers will repeat the drill for one minute. Continue rotation until each group has competed 3 turns.

**Coaching Points:**

- keeper in ready stance when making save
- ensure service is good to make keeper make save.
- recover quickly to keep the flow going

#### ACTIVITY #4

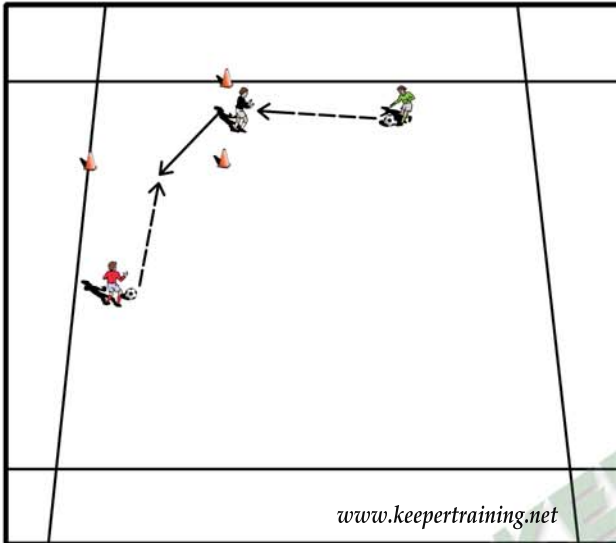
**Set up:** Keepers in groups of three. Two 5 yd goals set up with cones as shown. Keeper in one of the goals with a server in front of each goal 8-10 yds.

**Instructions:** Server hits the ball at the Keeper for the keeper to collect. Keeper rolls ball back to server and then moves into other goal to receive a ball from the second Server. Continue for 10 Saves.

**Progression:** Move to the server volleying the ball at the keeper.

**Coaching Points:**

- Set properly when receiving the ball
- Proper footwork to get from goal to goal.
- Proper handling technique



#### ACTIVITY #5

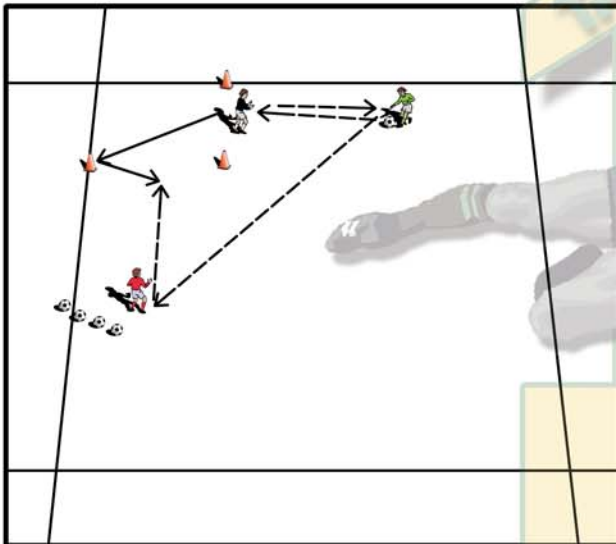
**Set up:** Keepers in groups of three. Two 5 yd goals set up with cones as shown. Keeper in one of the goals with a server in front of each goal 8-10 yds.

**Instructions:** Server hits the ball at the Keeper for the keeper to collect. Keeper rolls ball back to server and then moves to touch the far cone of the other goal and then get into the other goal to receive service. As the server receives the ball back from the keeper they pass the ball first time to the other server who now hits it at the small goal the keeper is moving into. Continue for 10 Saves.

**Progression:** Move to the server volleying the ball at the keeper.

**Coaching Points:**

- Set properly when receiving the ball
- Proper footwork to get from goal to goal.
- Proper handling technique



Gary