

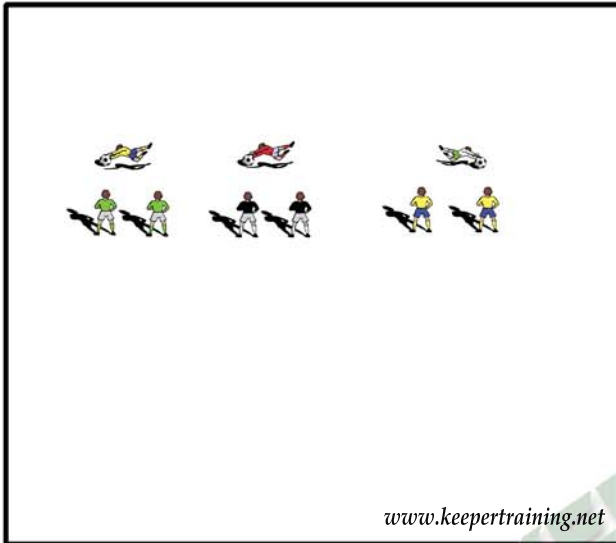
ACTIVITY #1

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.



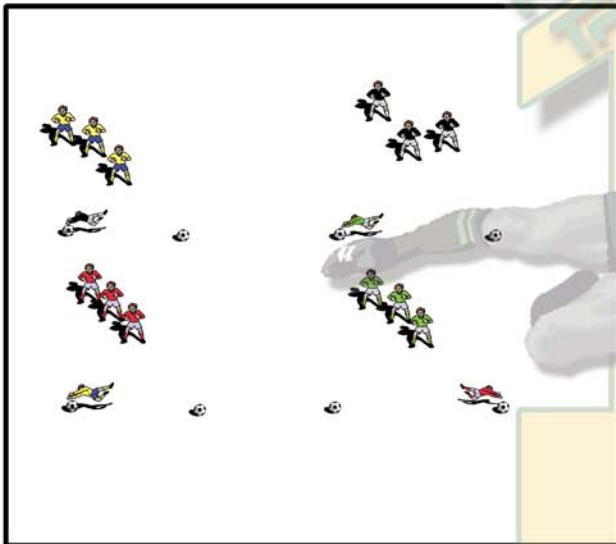
ACTIVITY #2

Set up: Keepers in groups of 4 with two balls per group. The balls are set up 6 yards apart and the keepers in a line 3 yards behind the balls.

Instructions: First in line sets in the centre of the balls and works on taking a big step toward one of the balls and then dives using proper breakaway technique to get the ball.

Coaching Points:

- step should not be too big
- shift weight over the lead foot and then push through the ball



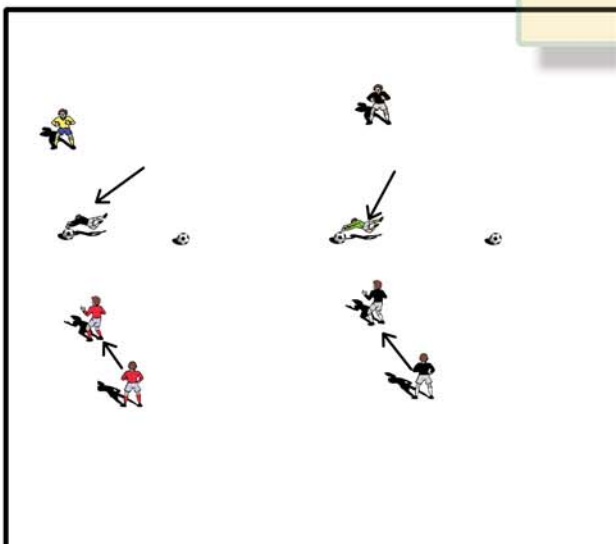
ACTIVITY #3

Set up: Keepers in groups of 4 with two balls per group. The balls are set up 6 yards apart and two keepers in a line 3 yards behind the balls, with two attackers in front of the balls 5 yards out.

Instructions: The attacker must try to go to one of the balls but as they make their move the keeper tries to get there first. Once the attacker starts in a direction they cannot change direction

Coaching Points:

- read the movement of the attacker
- use proper technique and lead with the hands



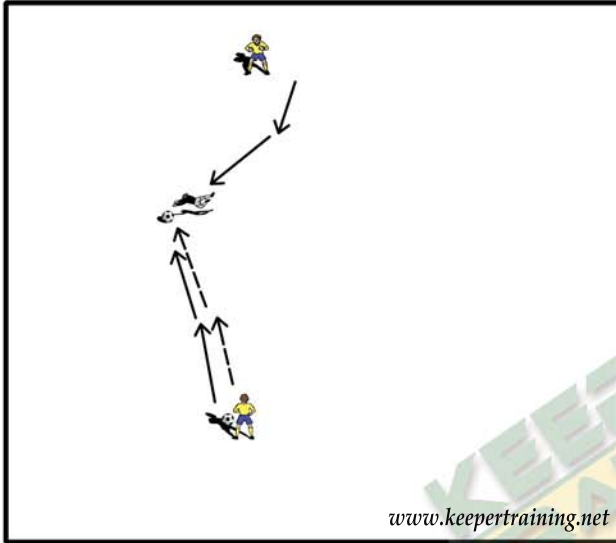
ACTIVITY #4

Set up: Keepers in groups of 4 with one ball per group. Two keepers work for 5 saves each and then switch with the attackers. The ball starts with the attacker.

Instructions: The attacker pushes the ball in front and the keeper must read the moving ball and get to it with proper technique

Coaching Points:

- read the movement of the attacker
- use proper technique and lead with the hands



ACTIVITY #5

Set up: Keepers in pairs with as ball per pair. They stand 4 yards apart facing each other.

Instructions: One keeper starts with the ball between thier feet and touches the ball back and forth while the keeper is in a set position and watching the ball. Whenever they want the attacker touches the ball forward and the keeper must read this touch and dive on the ball.

Coaching Points:

- be patient and wait for the attacker to make thier move
- read the movement of the attacker
- use proper technique and lead with the hands

