

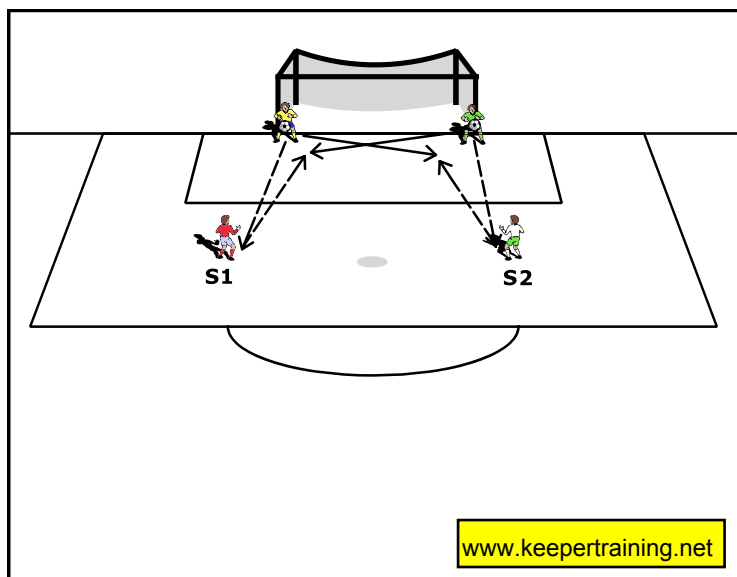
ACTIVITY #1

Set up: Keeper in goal with two servers 12 yards out and just outside the posts. One ball with S1.

Instructions: S1 plays the ball to the keepers feet and the keeper opens with the ball and passes it to S2. S2 repeats for the ball to go the other way. Progress to handling the ball, as the keeper rolls the ball to the server the server hits the ball back first time for the keeper to save.

Coaching Points:

- Close down as much as possible
- ensure feet are stopped when shot is taken.



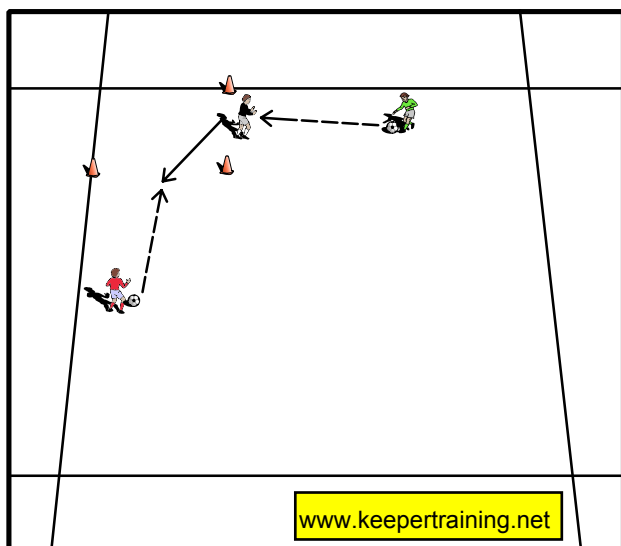
ACTIVITY #2

Set up: Two keepers in goal, (one at each post with a ball) with two servers 12 yards out and just outside the posts.

Instructions: The keepers roll the ball to the servers and then move across the goal to make the save from the opposite server. The servers should hit the ball first time

Coaching Points:

- proper footwork across the goal
- balanced position while moving



ACTIVITY #3

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 #4

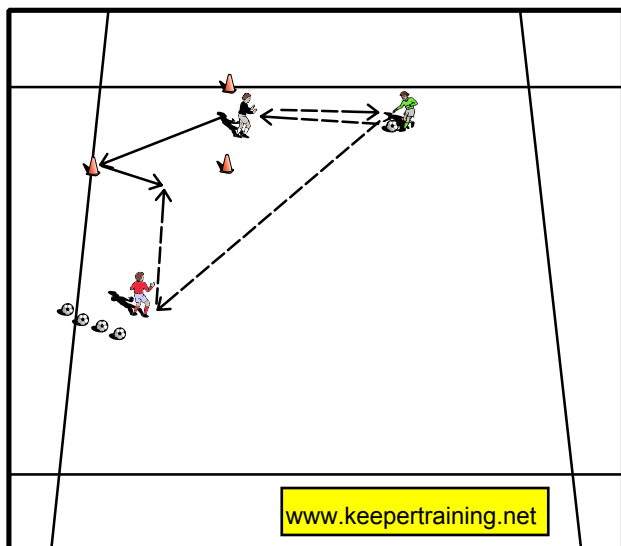
Set up: Keepers in groups of three. Two 5 yd goals set up with cones as shown. Keeper in one of the goals with a server in front of each goal 8-10 yds.

Instructions: Server hits the ball at the Keeper for the keeper to collect. Keeper rolls ball back to server and then moves 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



ACTIVITY #5

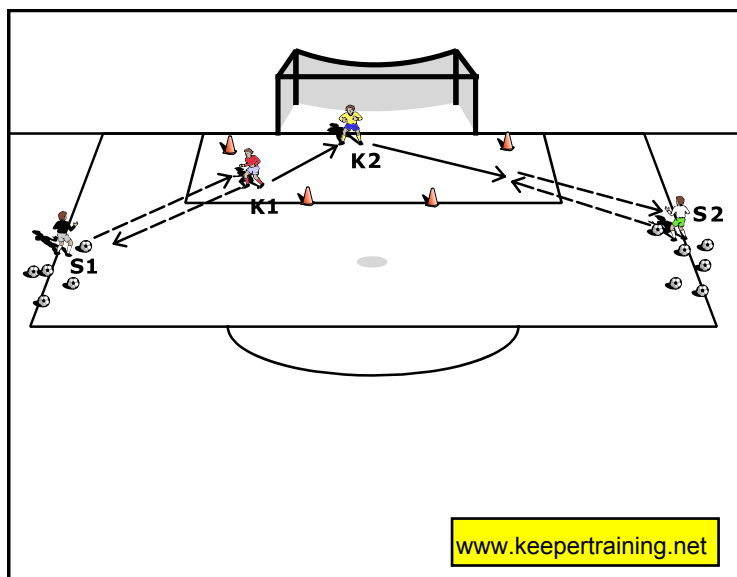
Set up: In front of the goal there are two more 6 yard goals created with cones on an angle from the real goal as shown.

Servers with a supply of balls are about 10 yds in front of angle goals. One keeper is in the real goal and one in the angled goal.

Instructions: S1 tries to beat K1 in the angled goal as well as K2 in the real goal. As the ball is saved or is out of play S2 now tries to quickly score on the other angled goal that must be protected by K2 moving forward to make the save, while K1 drops back to protect the real goal.

Coaching Points:

- Proper footwork
- Set position, balance & mobility
- Quick recovery



ACTIVITY #6

Set up: Technical Practice:

Goalkeeper (A) is positioned in goal: Goalkeepers (B) are positioned at two different angles as shown

Instructions: Goalkeeper (A) moves laterally receiving a "near-post" shot from (B). Player (B) then quickly passes a "cut-back" ball to (C) - the goalkeeper (A) must quickly regain his feet to adjust to this new ball position. (C) then attempts to score towards the far-post area - goalkeeper must attempt to save all shots.

Rotate goalkeepers after 4-6 repetitions.

Coaching Points: (1) Short Step Forward, (2) Hands forward of body line, (3) Ball on ground, then keeper takes ball with one hand behind and one hand on top of ball, use ground as third hand. (4) Back to feet as quickly as possible, (5) Push of with hand and leg keeping body weight forward

