

Warm Up

Emphasis: Handling, angles, technique



Set-up:

One goalkeeper stands in goal. The server stands just outside the penalty area, with several balls.

Objective:

The goalkeeper starts in different positions; sitting, push-up, squatting, on each side...The goalkeeper has to react to the accurate service on goal.

Progressions:

1. Start the goalkeeper at one of the posts.
2. The goalkeeper starts on the penalty spot, back pedal and make the save.

Coaching Points:

- Get in your stance early.
- Get the angle right.
- Recover to feet as quick as possible.