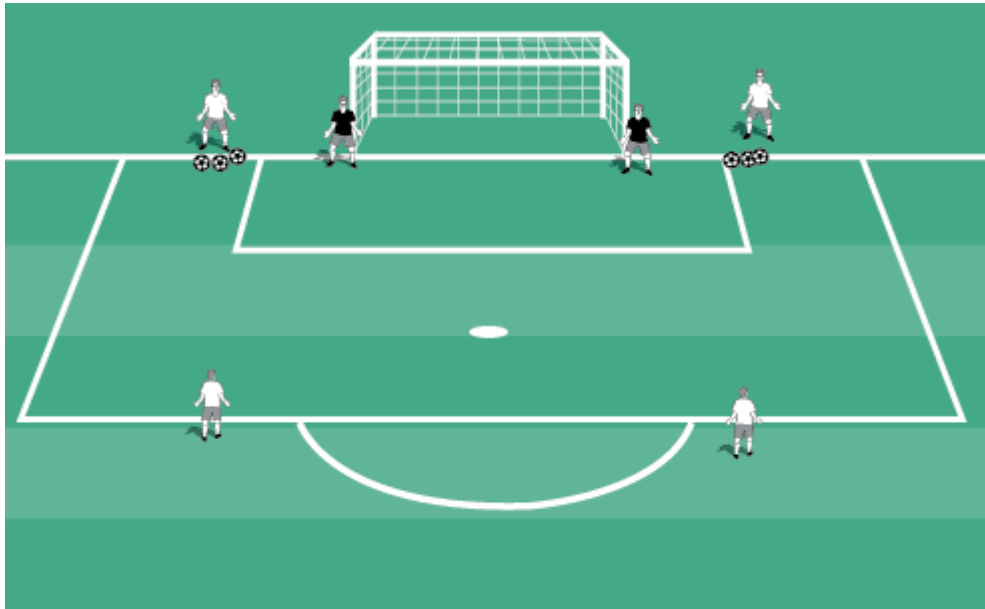
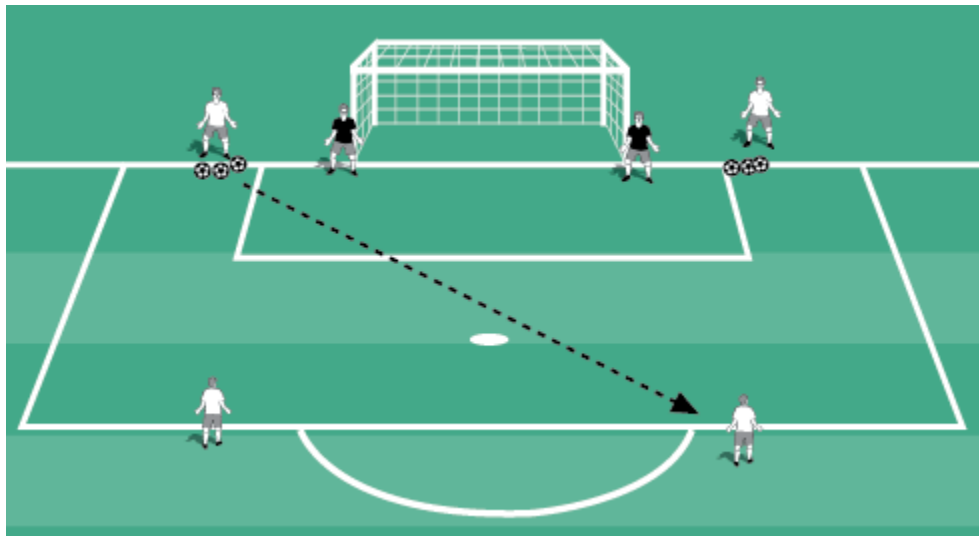


Angles, Shot Blocking And Some Fitness

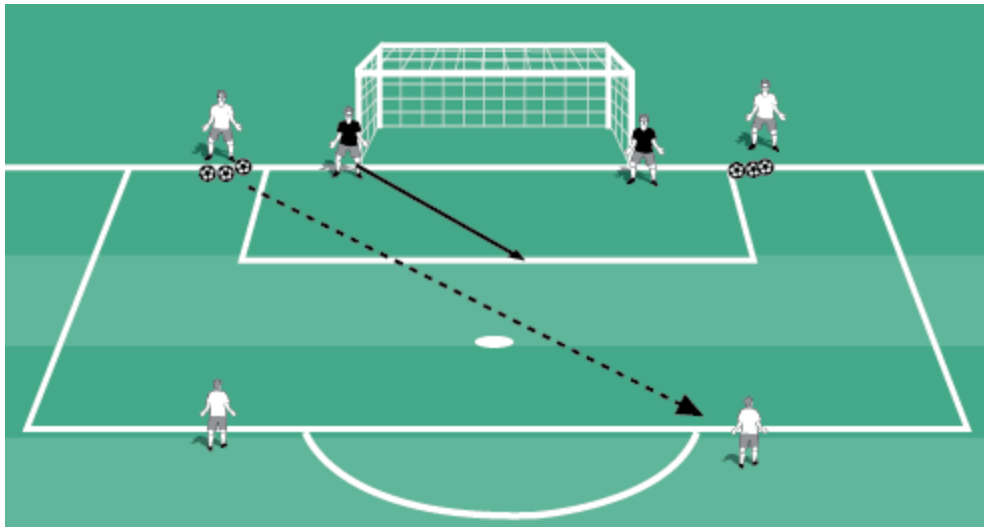
Start with two keepers (one keeper by each post) and four servers (two servers are on the end line, 6-8 yards from the posts and the other two servers are on the 18 opposite them). The servers on the end line have balls.



One server on the end line starts by serving a ball diagonally across the 18 to the far server.



The keeper at the post closest to the server passing the ball sprints out to cut off the angle.



The server receiving the ball then shoots and the keeper makes the save



The keeper then retreats back to his starting point and the same thing is done from the other side with the other two servers and the other keeper.

Each keeper would do this 5 times and then they would switch sides so they are handling shots from the other servers.

It's extremely important for the servers to make sure they are timing their serves so the two keepers don't get in each others way.

Any questions, comments or suggestions should be sent to Lawrence@finesoccer.com or they can be posted on the [FineSoccer Forum](#)