

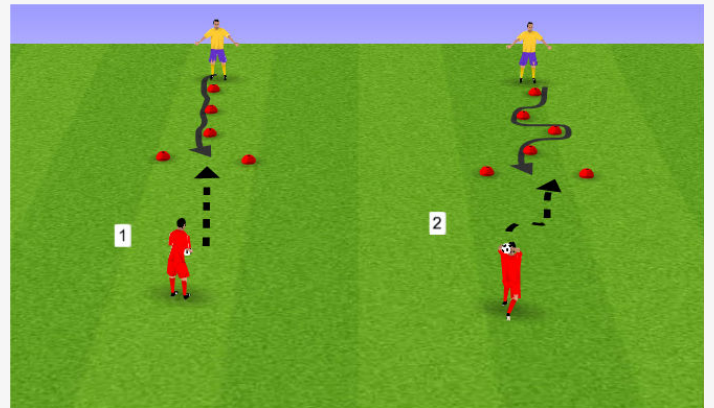
## Tech to high balls

Partners or small groups:

1: Two steps through cones to scoop  
 -Backward two steps to basket  
 -Sideways to volley contour high

2: Weave through cones to bounce ball on ground for high catch  
 CP: eyes on ball, communication, catch ball at highest point, knee up for protection, ball in front of head

-Backwards weave through cones bounced ball for high catch  
 Rotate sides on bound to catch right or left



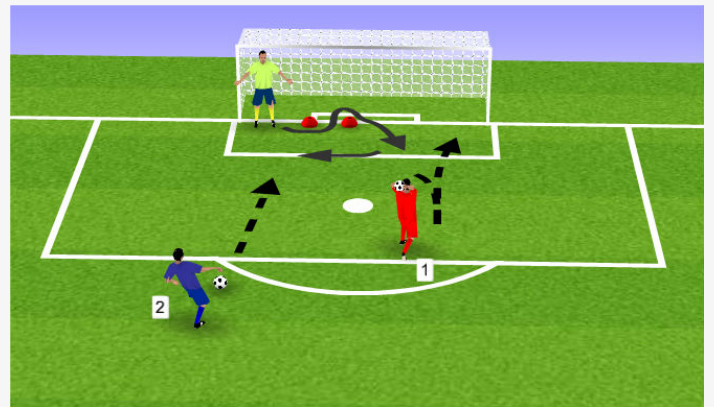
## Save high balls

GK weave through cones to

1. catch high ball from bounce and get across for second save  
 2. high ball: contour save

Rotate players for four rounds, change sides

CP: quick footwork, communication, eyes on ball, absorb ball for clean catch, both hands to ball, tips across as needed



## Save upper 90

GK weaves through cones:

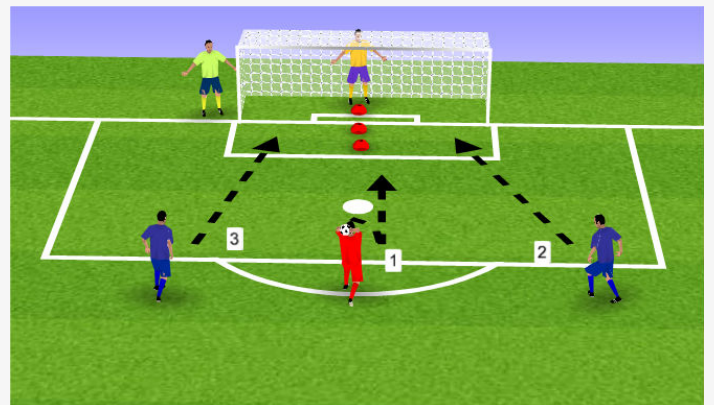
1: Server bounces ball for high catch

2. GK moves across for high ball

3. Across entire frame for third high ball, build to tip or parry for older players

GKs stay in for four rounds then rotate to servers. Second round rotate sides to start

CP: efficient footwork to get across, eyes on ball, catch in front of body, communication, decision to catch, tip or parry, hand behind ball



## Two Goal lines

Saves for points:

Two GKs one defend goal on top of six and other defend regular goal

Two touch shots from outside box, various services from ground, 1/2 volleys, volleys

Two shots from each outside shooter for 8 total saves.

Rotate GKs to outside position and two goals, Change order of shots

CP: Ball line, eyes on ball, catch, parry or tip, hands around ball, footwork across

