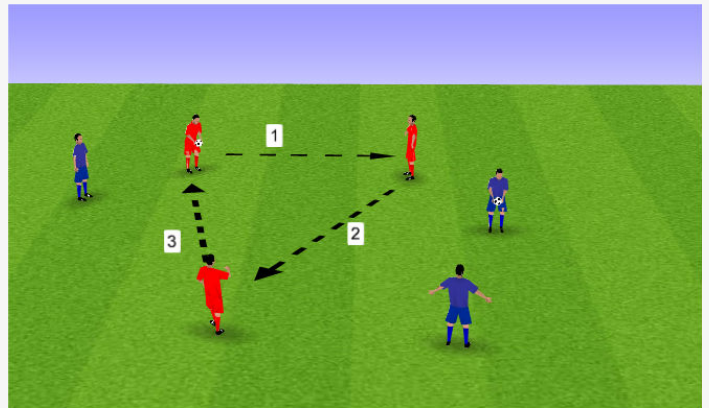


Patterns in 3s (10 mins)

Groups of 3:

- 1st person ground distribution to 2nd person who scoops ball, 2nd person volley to 3rd person for basket then continue to ground distribution....for 1 minute (ground scoop, volley-basket)
 - two touch ground serve for front smother, overhead distribution for bounce catch below waist
 - volley to contour/high contour, side arm push pass for contour/side contour
- CP: communication, set early, body shape to shooter, eyes on ball



Middle GK (20 mins)

Groups of 3:

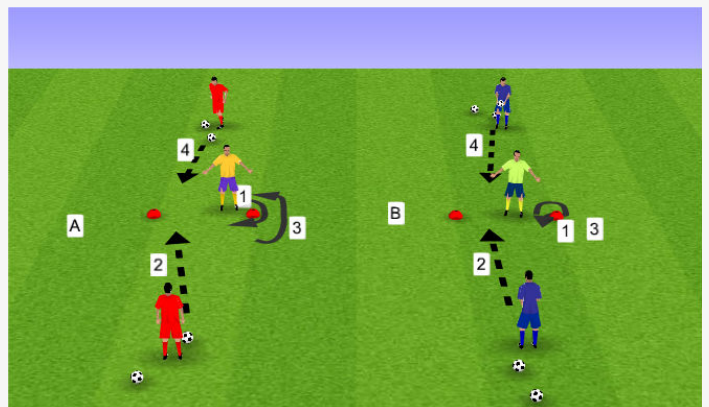
A: 1. GK goes behind and around cone 2. server passes ball on ground for dive save and distributes back 3. GK goes back around same cone for service on other side for dive and distributes back to server

do 8 serves total and rotate

B: Same pattern, change to jump over cones (over and back) then low volley for extension dive waist or lower, overhand distribution back to server (younger players may toss ball for extension dive) do 8 serves total and rotate

Last round is choice serve for extension dive

CP: Set position, step to ball, eyes on ball, land on side, ball in front, low ball behind and second hand to control to ground, quality to kick to get back up, efficient steps around cones, control body



3 cone stack (20 mins)

Two sides alternating for dives:

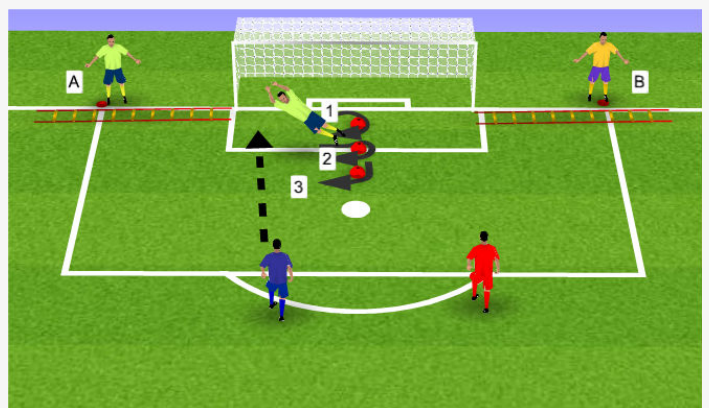
A GK goes first two step through ladders, around first cone for low ground save scoop or dive (stay on feet if possible), distribute back and go around second cone for next low save, distribute and shuffle around final cone for low save

B GK may start after first save and dives to the left

Rotate GKs after each set or switch after 3 rounds with alternating sides for GKs

Change footwork in ladders, change service to get side contour and extension dives/parry

CP: body shape for shuffle, hands in front, control body, set early, stay on feet, shoulders forward, hands in front, eyes on ball, land on side, quick reset



2v2 + shooter (20 mins)

Games of 2v2 plus shooters for start: 2pts for low shots below waist

Soccer balls start alternating sides shooters one or two touch for 4 balls each side then rotate players. If original shot save, play 2v2 to goal until out of bounds or goal scored. Winner 3 burpees loser 6 burpees

CP: Communication, quick organization, set position, eyes on ball, connect with team, body shape to shooter

