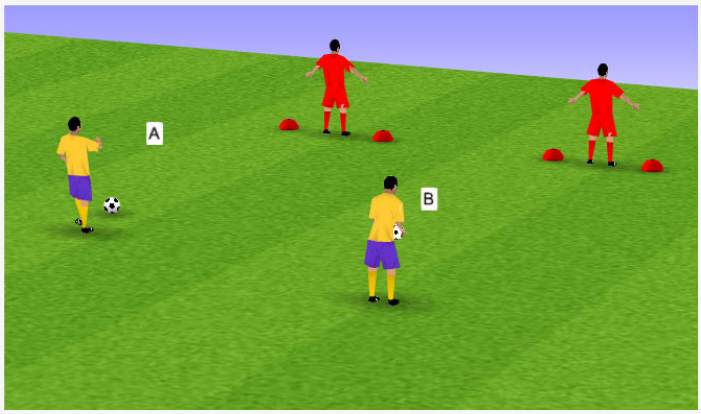
GK Reaction

Category: Goalkeeping: Reaction saves
Difficulty: Moderate

Am-Club: Illinois Youth Soccer Association
Jen Pfeiffer, Arlington Heights, United States of America

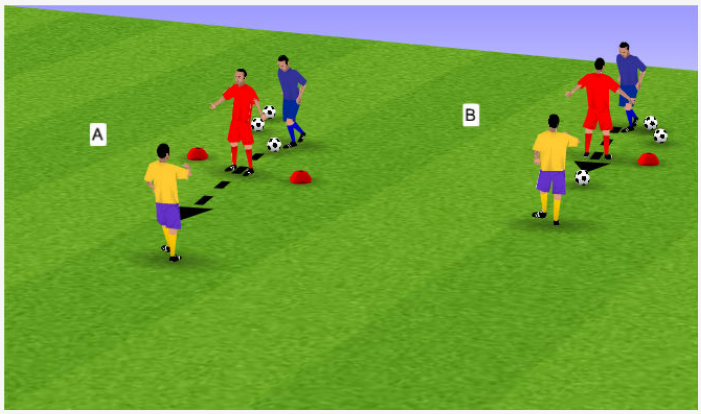
Vocal turn

Partners 10 yards apart: Rotate at 10
A: GK between cones arms width apart. Partner tells to turn to scoop ball
B. Volley service
C. Start in Push up- get up to feet with one hop and weight forward
D. Start on Side, dive position, alternate sides, and get up for volley catch
All distribution back to feet or hands for next service
CP: Relax hands in front, absorb ball early, eyes on ball, get body behind ball, weight forward when turn, quick footwork



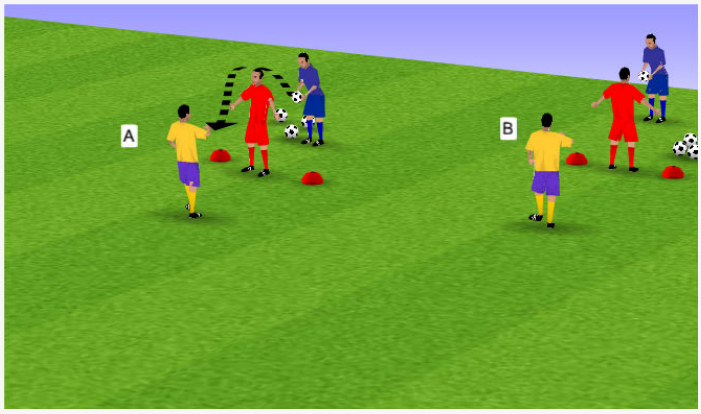
Thru Feet

Groups of three: 10 reps then rotate
A. One player serves ball through legs for one touch low catch
B. Player faces server then turns for one touch service.
Choose space based on age of players



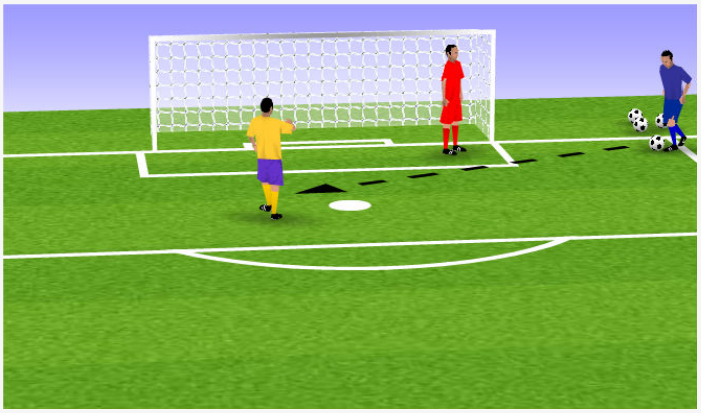
Overhead

Groups of Three: Rotate at 10
A. Blue toss ball overhead for yellow punch to red reaction save. Save or deflect outside of frame.
B. Blue toss ball overhead for yellow punch and red turn for reaction save. Save or deflect outside of frame.
C. Toss to one touch volley?
CP: Punch to space for reaction, lock wrists, set position, eyes on ball, clear to space or catch, hands in front,



Across 6

Groups of 3:

Pass ball across six yard box for one touch finish. GK shuffles across goal to react...close enough to take two shuffle for shot. Make it simple then build to stretch. Rotate after three. Change sides.

CP: hands in front, shuffle small steps, weight on toes, catch or deflect to outside of frame, get up quickly to set at start position