

GK Reaction/Reload

Category: Goalkeeping: Reaction saves

Difficulty: Moderate

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Ladder review

Players rotate lines after make save or service 4 reps each:

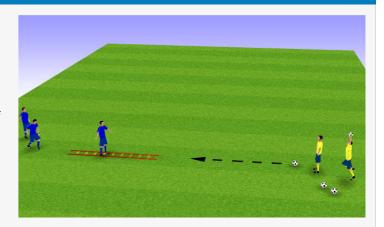
Two foot- ground serve for scoop

Diagonal across-ground serve for front smother

Side ways two foot, alternate side and lead leg-ground serve for basket

Backwards in/out-volleys at head level

Single leg hop alternate legs- to any volley service within range of arms



Reaction save

Server about 12 yards from GK (small goals arms width)

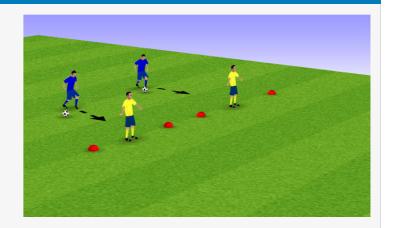
- -server yells turn for shot on ground
- -GK turns quickly with one step to get set....NO HOP/JUMP turns
- -react to save

Add

-balls in air

rotate at 10, 2 rounds

CP: set position, weight forward, hands relaxed, eyes on ball, catch early to absorb, tech hand shape behind ball, quick steps



Reaction2

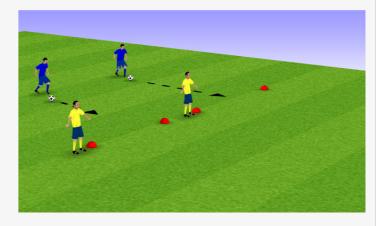
Servers 15 yards away from GK

- -GK starts on side of cone, alternate start side 10 total then rotate
- -server says go and takes two touches
- -server waist or lower, 2nd round higher
- -server does burpee for wild shot

Add

-higher players: service to opposite cone

CP: quality footwork to get centered for shot, set on shot, weight forward, step to ball, eyes on ball



Ground UP

GK starts on dive ground one side, alternate sides for 10 total reps then rotate

Server 12-15 yards away for volleys

- -GK gets up when ball is dropped, visual cue
- -Ball served within reach of GK

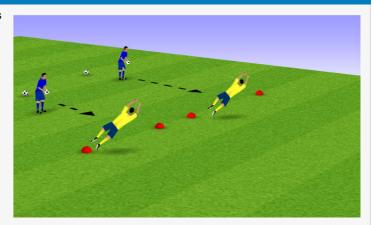
Gk starts second round with stomach on ground

-jump to set position, no walk ups, weight forward, hands in front, light feet $% \left(1\right) =\left(1\right) \left(1\right) \left($

Server volleys or two touch service, penalty for wild shots collected for rotation

all rebounds live

CP: GK move feet to get behind ball, dive when feet can't get you behind ball, eyes on ball, Up quick with no hands or one hand, weight in front, knees bent, kick self up, shoulders forward



Goal Reaction

GK in goal weight for "Turn" by server

- 1. serves ball one touch, react and clear from 6 yard box
- 2. two touch to collect and distribute to small goal for point red running in for any rebounds

rotate for 4 rounds, if small numbers stay in for 2 then rotate. Rotate sides then add volleys or high balls from center (1), server can start on ground in dive

CP: Step in front of goal line, eye on ball, hand/body behind ball, reload quick for second save, technical distribution

