

Description

Footwork activities with handling passback and shots. Build to game with restriction of passback in order to attack. Follow with expansion into team session/games.

Footwork & basic saves

Footwork Series thru ladders for basic saves/warm-up:

1: 4x thru with forward/diagonal movement with scoop or low ball saves at end of ladder

Ladder: two feet in each, single foot alternate each time at ladder, out/in

2: 4x thru with diagonal, sideways with basket or mid range shot at cross of L and top of ladder

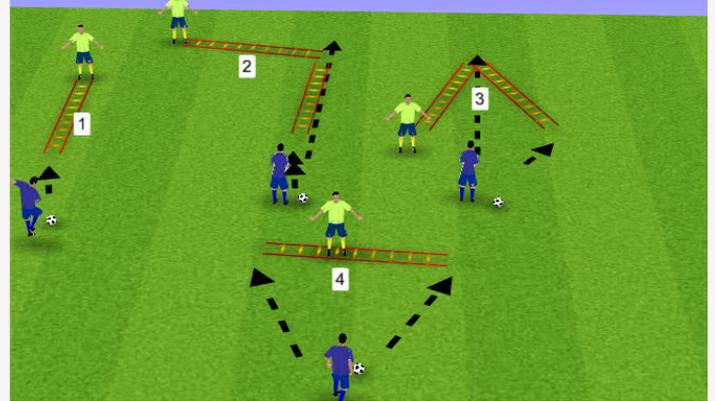
Ladder: change sides of ladder after 4x thru, side low one rope up/down-diagonal forward, ziggy shuffle-backward diagonal

3: 5x thru with drop step/side on for high ball saves, go all the way around and back for 1

4: 5x footwork choice in middle with dives on outside of ladder with two touch serves, get up quick and back for 1

2 rounds with rest between sets

CP: low center of gravity through ladders, hands in front relaxed, eye on ball for catch, communication, get up quick, dive forward, quick feet with body over under control



Pass back, shot

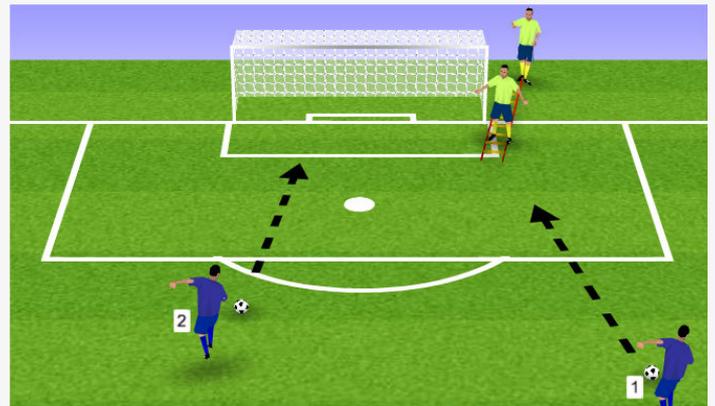
Through ladder first:

1. call for ball for one touch pass back, get across goal for shot 2

Shot 2 in range of body midline, two touch to get set

4 rounds, change sides and serving sides

CP footwork with weight over body, check-in between ladder, verbal and nonverbal for pass back "Ball", crossover step to get ball line for #2, hands front, shoulder forward, low center of gravity



Pass back, across frame

Pass back, across frame:

1. GK demands for pass back with one touch clear or counter goals on outside

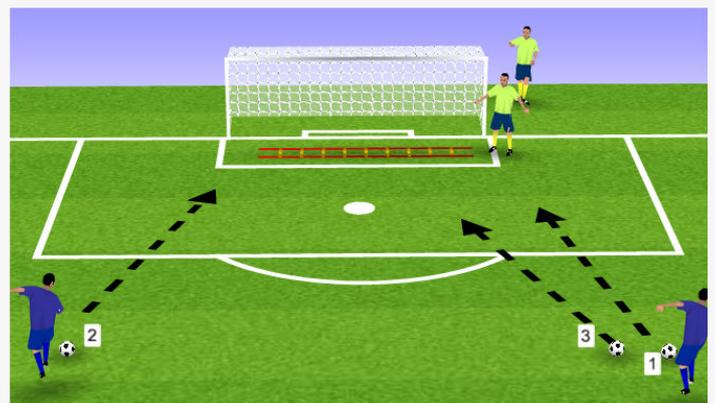
Lateral across frame thru ladders, reality ladders about 1/2 size

2. Shot to near post and up again across to #3, distribute back or counter goals

3. Shot to post low or midrange

All rebounds live

CP: Footwork across frame, shuffle or crossover to get to ball line, shoulder square to ball, command ball, weight forward with hands in front, low center of gravity to get across quickly



Passback 3v3+1

60x50 field with 4v4 plus one (GKs included)

Players must passback to GK in order to attack

CP: GK on ball line, immediate support, command ball verbal and nonverbal

Next Phase with team in expanded sided or games

