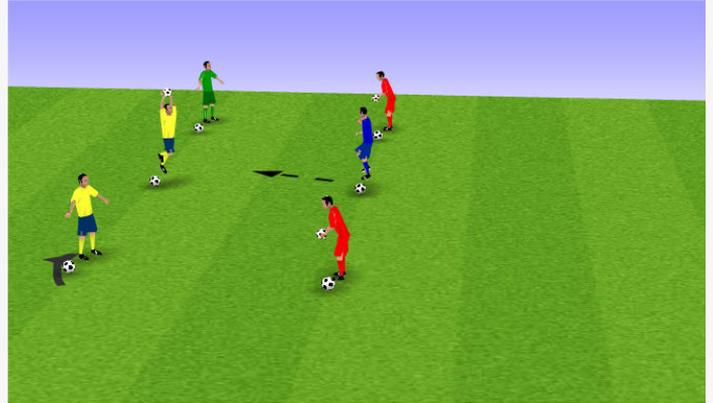


Description

High balls with vertical fitness. Build to extension saves with tips/parry ball. Communication in session, high repetition game to lead into team session.

Warm-up High Balls (10 mins)

Partners 10-12 yards apart
 Jump over ball to set position for service
 -Start with ball on the ground and scoop catch build to higher balls
 -10 of each: Scoop, basket, contour, high contour
 rotate each service
 -build to volleys from hand for high balls.
 Fitness element to jump over ball and step in front for lower balls
 CP: set position, weight forward, relax hands, eyes on ball, hands behind ball in triangle, catch high balls in front of body, hips forward to server



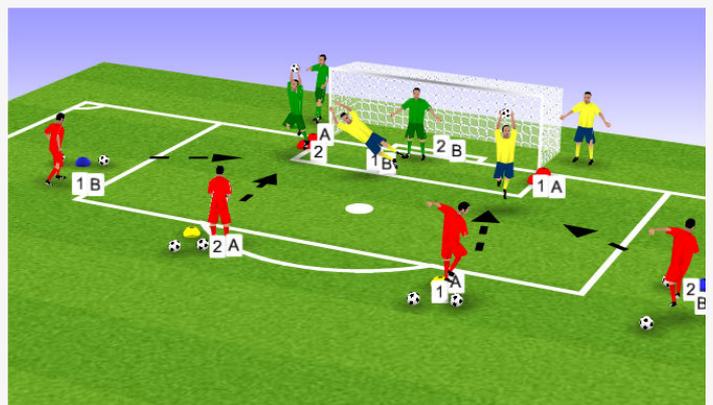
High Catches (15 mins)

Two groups of GKs:
 GK rotate sides of frame for two shots:
 Jump over cones on outside of frame (diagonal pattern w/three jumps) then shot:
 1: high volley and distribute back
 2: two touch service from ground to back post. should be reachable then build to full extension and/or tips
 Server side rotates so only one GK at a time. Rotate at 4 each side to servers.
 CP: Set position for shot, eye on ball, extension hand to catch, reach for tips/parry wide, power step to extend, hands in front for set, soft hands to catch in front, absorb ball if contour



High Chaos (20 mins)

Two groups GK and servers:
 Two GK go at a time:
 Communicate to start thru cones:
 Cones jump over, back, over to set
 A: Volley for first round then shots from outside 18 yard box, distribute back then cross step to near post of B shot
 B: Two touch service to near post
 Players learn to communicate early for start and who goes behind/high across the goal
 Rotate at 4 rounds for each side. Add various servers on second round, add rebounds and shooters to follow in for cross on B shot.
 CP: timing for set position, cues to service, leave feet with hands first, weight forward to dive up, low body to get across frame quickly, efficient steps across, eyes on ball



GK War High (15 mins)

3v3 Keeper wars goal to counter goals: 1pt given on high ball/extension saves on big goal

Two teams of 4, players sort out rotation;

Must chase ball and bring it back in order to rotate, last touch must chase

Make it, take it. 18 yard box is out of bounds for width. ball restarts from goal. Make clean save choice to throw or volley.

CP: communication, set for shots, timing on extensions, eyes on ball, decision to catch/tip/parry

Go to team session for expanded and games with team

