

Ladder review

Players rotate lines after make save or service

4 reps each:

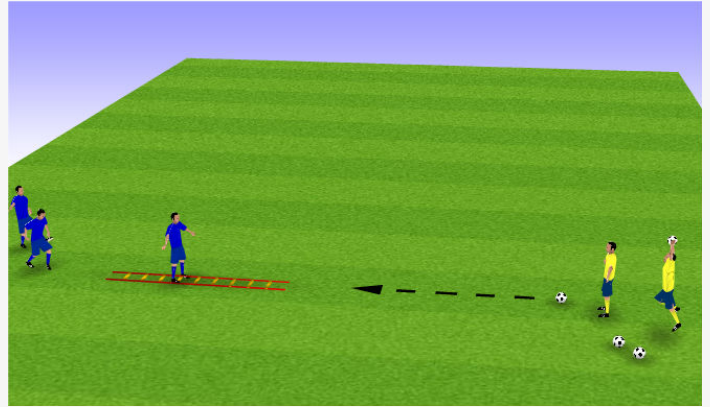
Two foot- ground serve for scoop

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

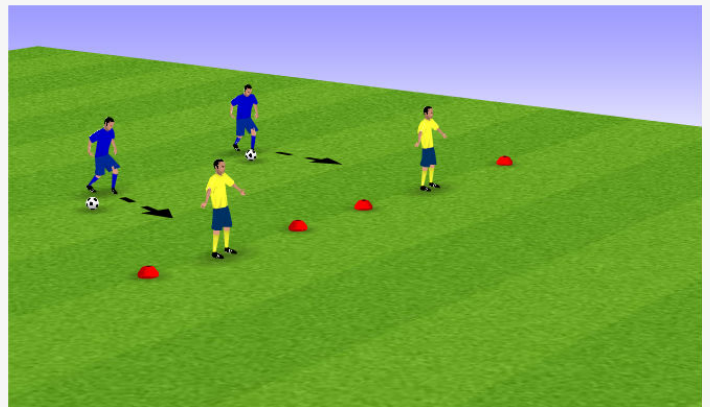
-react to save

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

