

## Tech: Review1

Welcome back from Holiday break:

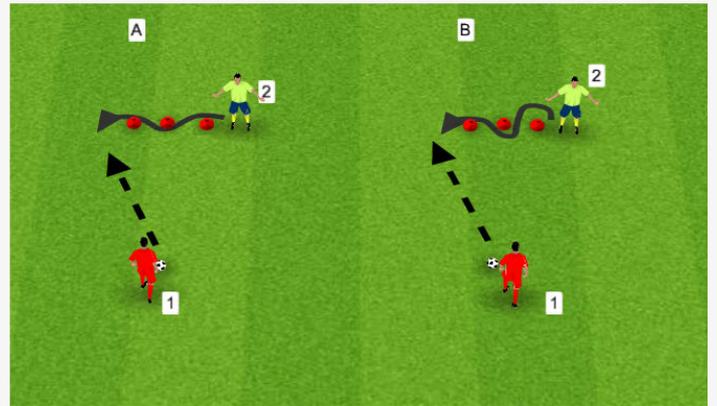
Review basic saves through cones with partners 10 yards apart: 5 on each side, 10 total then rotate

A: GK1 uses two touch to pass back GK2 weaving through cones, ground distribution back

GK2 has one touch pass back with outside foot. Must communicate ball and visual point to foot.

CP: lock ankle, loud, demand voice, body shape to the ball, GK1 touch in front of body across to use other foot

B: GK2 weave through cones for scoop, front smother



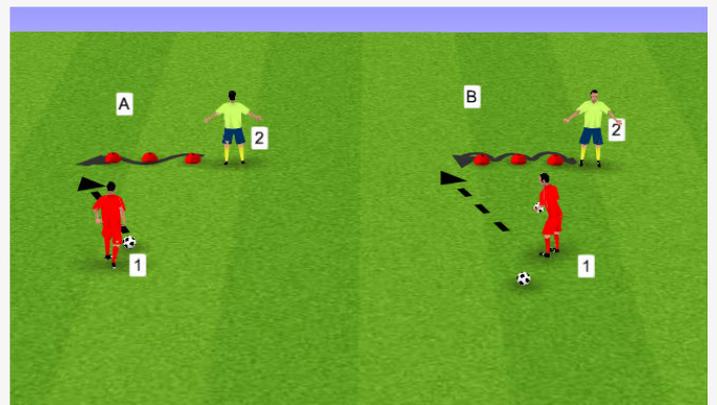
## Tech: Review 2

Partners 10 yards+ apart; Do 5 on each side, 10 total then rotate

A: GK2 weave through cone backwards to turn for basket or side contour (midrange shot)

B: GK2 two step through cones for volley shot to head, overhand distribution back

CP: Set feet for shot, decision for mid range, move feet with hands to get behind ball, body shape to shooter, lock ankle for volleys



## Basic Diving Mirror

GK Mirror session: No players in program to demo but I run it like a classroom with players in front and doing the same thing as me:

A: Everyone starts on their knees with ball in front in hands.

Players will dive on the ground to 2 position on a clock to the right or 10 position on clock to the left. Take step with their knee, ball lands on ground, and dive on shoulder. Kick yourself back up to feet set position. Restart on knees to other side. do 10 total.

**Look at next Activity for Restart from ground...you may need to review this before continuing on diving...**

B: Restart on your knees this team bounce ball on ground to catch in the dive. Get up to feet then go back to knees.

C. Start in low set position, toss ball to side, take step, catch and go into dive with full extension.



## Reset from ground

### Getting up from the ground: May do this between A/B section of Basic Diving

Players on the ground to get up: 5 on each side

- Shoulders are above the hips on angle
- Top knee up for protection, under control on dive, bent
- Bottom leg tucked behind may be straight if pushed off on full extension
- Top shoulder down to ball with ball on ground

Bring top knee to ball to get power/strength to get up. Top leg kicks in front of bottom leg to three point stance (kicking foot on ground, bottom knee, and bottom toe), should be shoulder width apart, weight forward, up to low set position, ball held in front, ideal no hands to get up



## Tech; Diving

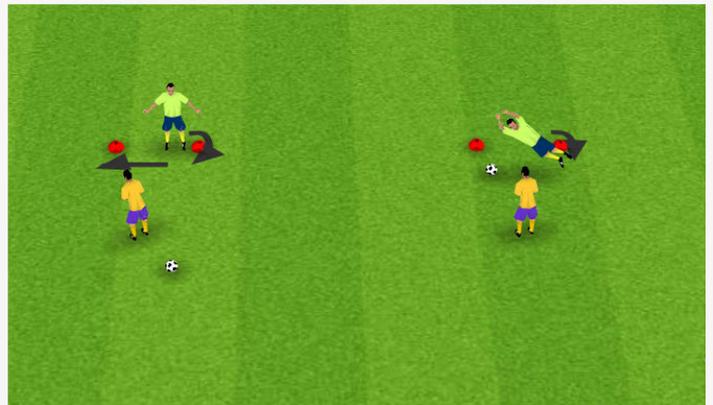
Partners with ball, close enough for easy toss, more space for older players:

Cones 3-4 yards apart, 5 on each side then rotate, do two rounds

A: GK starts on inside of cone and shuffles back and around to set position for toss on low dive

B: Serve ball on ground about 10-15 yards apart. Service should be catchable.

CP: set with hands in front, step to ball, attack ball in front of second cone, eyes on ball, land on side, weight over step foot



## Dive low shots

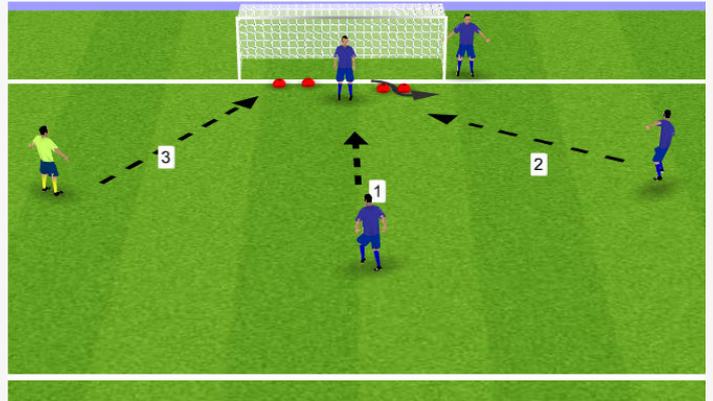
Shots on Frame....low dives

GK starts in middle:

- Does burpee then shot 1 is low ball for front smother or scoop, ground distribution back
- Weave through cones for shot 2 being served to far post for low dive, ground distribution back
- Get across goal as quick as possible (drop step, crossover steps or turn & sprint) for third shot low to near post (have coach serve it for challenge/realistic), ground distribution back,
- Rotate GKs
- All rebounds live shots back to GK

Rotate sides after 10 minutes.

CP: footwork to get set for each shot, weight forward to dive (dive in front of cones), eyes on ball, get up quickly from ground, hands behind ball, low hand must be open, locked early, top hand for clean catch, secure ball to ground



## Catch for Points

Catch for Points:

8 shots total per round:

-GK does frog jump to start

-Number order of shooters; 1 & 4 can shoot any ball, 2 & 3 must be low balls for dives catchable for shooters, older shooters reachable parry

Points: Clean catch and distribute back to server=1 pt

Fantastic extension, tip or parry= 2 pts

Bad service= -1 pt

One round each for winner. Winner 2 Burpees, everyone else 5 Burpees

Vary service for each round, players rotate

CP: Early set position, efficient footwork, eyes on ball, hands behind ball, step to dive, weight forward across goal

