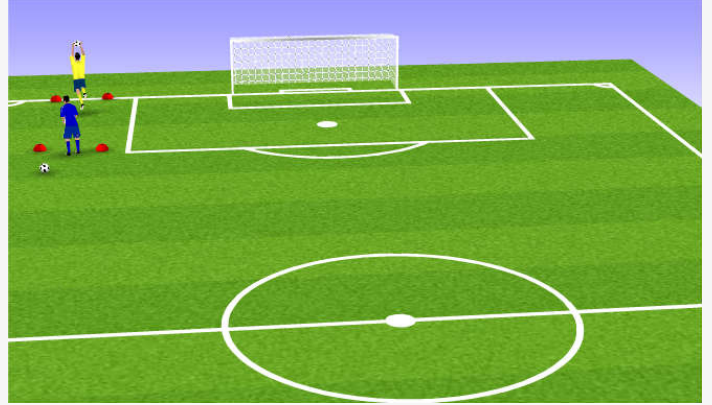


Description

Pre-game warmup

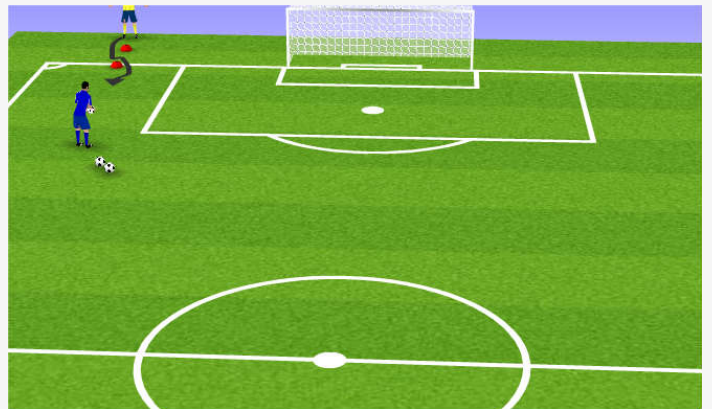
Play defend line

- Volleys back and forth to get warm-up
- line is always the goal line
- step in front, ready at set position



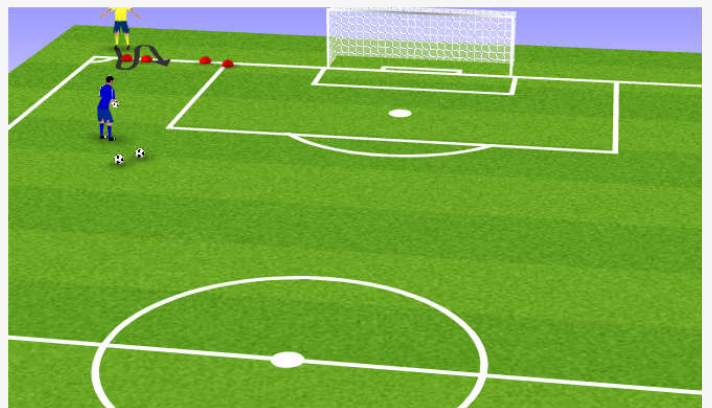
footwork, low balls

- GK basic build up:
- GK weaves thru cones
- Server starts with ball on ground
- GK scoop, front smother, basket,
- GK returns service with proper distribution (rolling serve)
- Server volleys
- GK contour catch, high contour, side contour
- GK returns service to hands (overhand distribution)
- Rotate at 5, alternate sides to go through cones
- body always behind ball



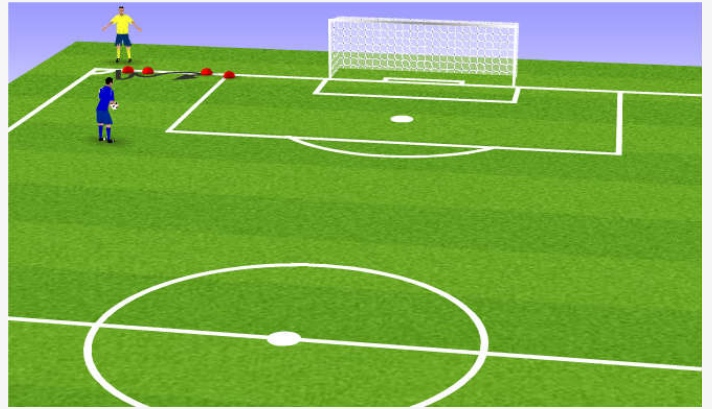
footwork, midrange balls

- GK weaves through cones:
- Get set in middle
- ball served on ground for scoop, basket, contour
- body behind ball, clean catch
- alternate sides to start, can vary footwork thru cones



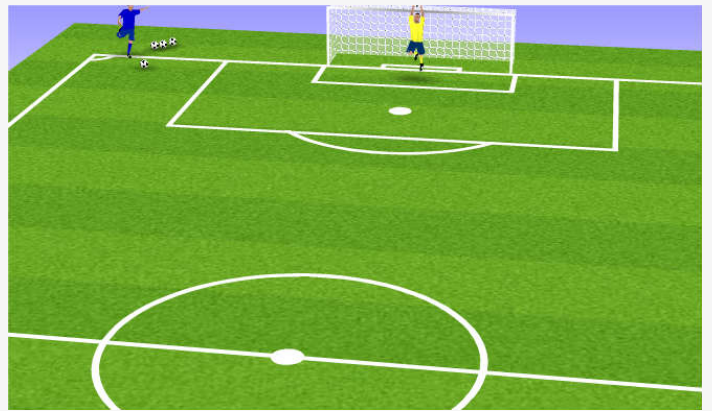
low balls, dives

- Server ball on ground
- GK two steps over cones, shuffle to first cone:
- Scoop, basket stay on feet
- build to dive with good angles and hands in front, body stays low



corners, crosses

- Crosses
- GK start Corner kick position
- Call Keeper or Away
- Serve balls on both sides
- variety of serves ground, near/far, floated, inside/outside 6 yard



long range shots

- Shots from around the 18yard
- two touch service
- GK start at angle or on ground to get up, face backwards, etc.
- GK should be warm-uped to join team in games to goal
- limit amount of repetition if just shots...make three saves then break
- work on footwork and angles to ball
- may add 1v1 breakaways

