

50/50 Mix

50/50 circle. Half with ball, half without. Call out GKs name for high ball:

Roll ball on ground to start for scoop, toss for basket, toss for high balls, build to volleys, catch on one leg then, land on two legs, etc. Server follow pass to pressure catch

CP: Keeper loud, catch at highest point, hands in front, eyes on ball, knee up protection, balance landing



Battle Ball

Battle for the ball: groups of three

One player toss, two GKs start on ground and get up to catch ball
clean=1pt

Rotate winner at 3 points



Head 2v2

2v2 games in small grids (8-10 yards Long/goal line width 6-8 yards)

Head ball back and forth and try to score waist or higher across line with headers. GK must defend on line

Build to toss ball for goals: GK distribution waist or higher, two points for header goals

CP: early set position, call for ball, communication, footwork to get back, catch ball up high

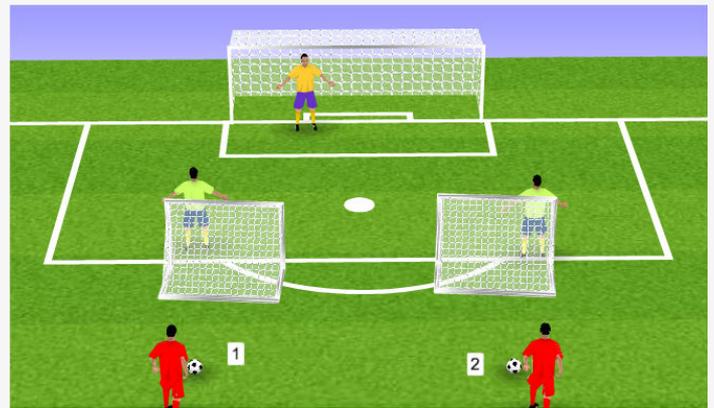


Over counter goals

GK in orange starts on ground, gets up for shot:

Servers must hit ball over goals for high ball save, if GK orange makes clean catch then hand distribution for goals in green counter GK nets; keep track of points in counter goals. Must go on ground/burpee before each shot. Rotate at each round or stay in for two rounds then rotate. Coaches choice. First round server hits same side goal, next round diagonal serves to opposite side of goal.

CP: Set early, timing on jump, eyes on ball, catch vs tip/parry, balance landing, tech service in air



3 shots

3 shots, clean catch for points in counter goal:

GK face backwards to start or fitness;

Server One Volley

Server two over net, any part of goal within reach or challenge

Server 3 two touch high shot, two rounds then rotate

CP: footwork across goal, eyes on ball, catch ball at highest point,

