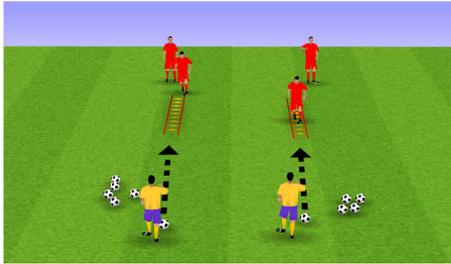


Description

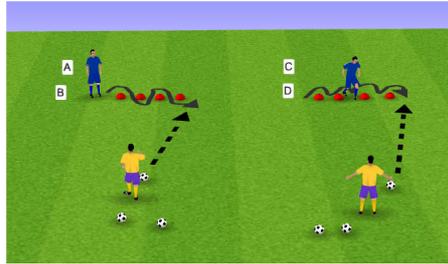
Footwork to get across the goal and attack the ball. Players makes saves as scoop, front smother, basket and side contour

Ladder quick feet (15 mins)



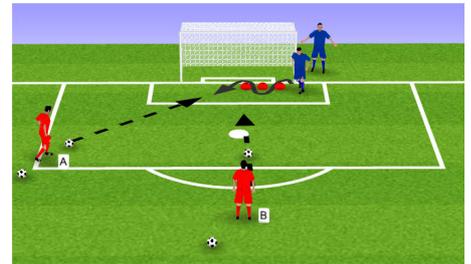
Add ladders as needed. Each player goes through ladder 4 times (go thru ladder and become shooter):
 -Two feet in each ladder with low shots to scoop
 -diagonal across ladder with front smother/forward dive
 -sideways 2L, 2R with basket catch
 All balls served from the ground when GK is set at end of ladder. Servers should be about 10 yards away from end of ladder
 Coaching Points: Controlled hands in front through ladders, shoulders stay square to server, quick set at end of ladder to prepare for save, scoop with elbows inside and arms "railroad track", front smother get low to the ball, attack ball,

Partner low/mid saves (20 mins)



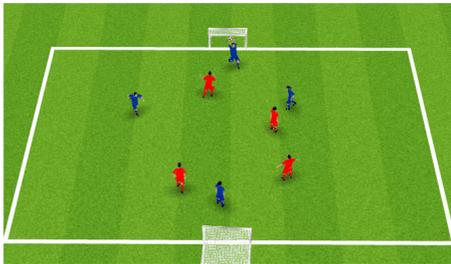
Groups of two. Each partner will make 8 saves then rotate servers, do two rounds of each: 10yards apart
 A. Weave in and out of the cones and make save at end of cones, scoop save or front smother
 B. Face backwards and weave through cones turn to make save, scoop or smother
 C. Two steps between cones for basket or side contour save
 D. Face backwards and two steps through cones turn to make save basket or side contour
 After each catch, distribute by rolling on ground back to servers feet
 Coaching Points: Controlled hands in front, bend at knees to keep shoulders level, early set to prepare for save, verbal "Keeper", efficient steps to get back into cones to go back through, eyes on ball, soft hands for clean catches to side

Frame low/mid shots w/footwork (20 mins)



1st GK goes through cones for A save on ground, distributes back to server A then gets across to server B for basket or side contour save, ground distribution back to server. Blue GKs stay on their side for 3 rounds then change to server side.
 Coaching points: efficient steps to get across, stay on feet, body behind the ball for basket and scoops, if body not behind ball then contour catch, smooth ground "bowling" distribution back to server

Handball game (15 mins)



Divide players into two teams: if 4v4 then field 40x35:
 Must use GK distribution to through to teammates so no basketball chest pass. Two steps max. Decide on how teams can score. Cannot smack ball out of hands can only intercept passes. If ball touches ground, it is turnover to other team so no bounce.
 Coaching points: Shape of players, using all of the space, eyes on ball to catch, quality distribution, last player connected to team and not camping in goal