

## Pairs handling

In pairs with one ball:

Pass the ball side to side (use GK hands behind ball)

Over head and pass between legs

Figure Eight between the bodies add: bounce between so catch below waist

Competition: How fast can you get 10? How many can you get in 60 sec? Can you beat your score? How much space can you get between players? Can you do it moving?

CP: Hands behind ball, fingers spread out, communication, catch below waist with hands on top



## Pairs: 2balls

Partners each have a ball:

1: one ball rolled on ground with one hand and other ball chest pass

2: one ball bounce to partner, one ball chest pass

3: one ball chest pass, one ball up high

4: one ball pass to right hand, one ball only left hand

5: one ball diagonal pass, other ball opposite diagonal

Challenge: How fast can you get 10? Who is the first one to 15? Can you paint the entire area by moving with partner?

CP: Diamond hands, eye on ball, communication, move to get body behind ball, soft hands, catch in front of body



## cone & goals

In Pairs: alternate sides of cone, do 5 each then rotate to shooter

A: GK goes around in front of cone and back to goal for shot on ground for scoop

-do front smother and diving

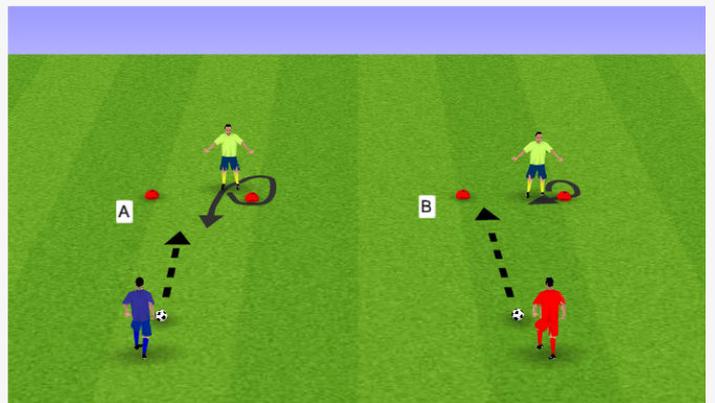
B: GK jumps over cone and back to center for ball, shooter aims ball to opposite cone

-balls served from ground to midlevel for basket, contour, side contour

-Add volley serves for high balls, GK face backwards to turn, change footwork thru cones

Challenge: How many saves can you make out of 10? Burpees for any loose balls or nutmegs

CP: Quick footwork, smooth body movement across, eyes on ball, hands behind ball, diving-ball touches ground, get up on side, distribute back to server



## Shots on Frame

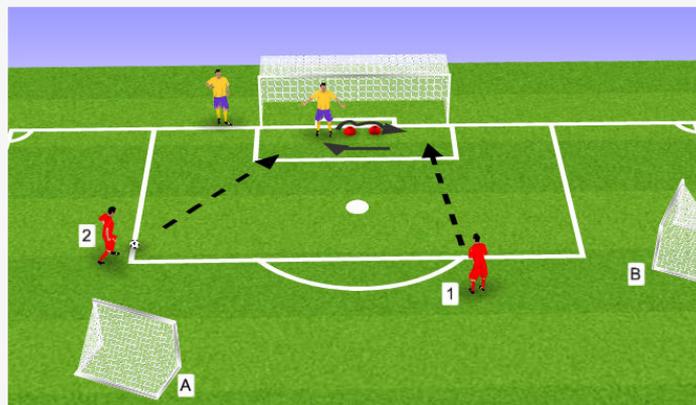
GK jumps through cones and set for volley from server 1, GK makes save and distributes overhand to high goal A on top of 18

Moves across to shooter 2 with low ball save and distributes to goal B

Rotate GK after each service, or rotate after 3 rounds in pairs as GK, rotate sides to start

Competition: If make clean save, one point for each goal. loser does 5, winner does 3 Collect points in pairs or individually. All rebounds are live.

CP: footwork across, eyes on ball, call keeper, tech distribution, angles to ball, early set,



## 2v2v2

2v2v2 with each team defending a goal: Coaches distribute random balls in play, can have more than one ball in play

Can use hands but only two steps, make goals anyway possible, ground, volley, distribution

Keep track of points as team, can make different points for various service for goal

Once scored upon, must rotate GKs if they haven't already.

CP: communication, angles to ball, fearless to win ball back, eyes on ball, big shape in goal, moving off line to attack players

