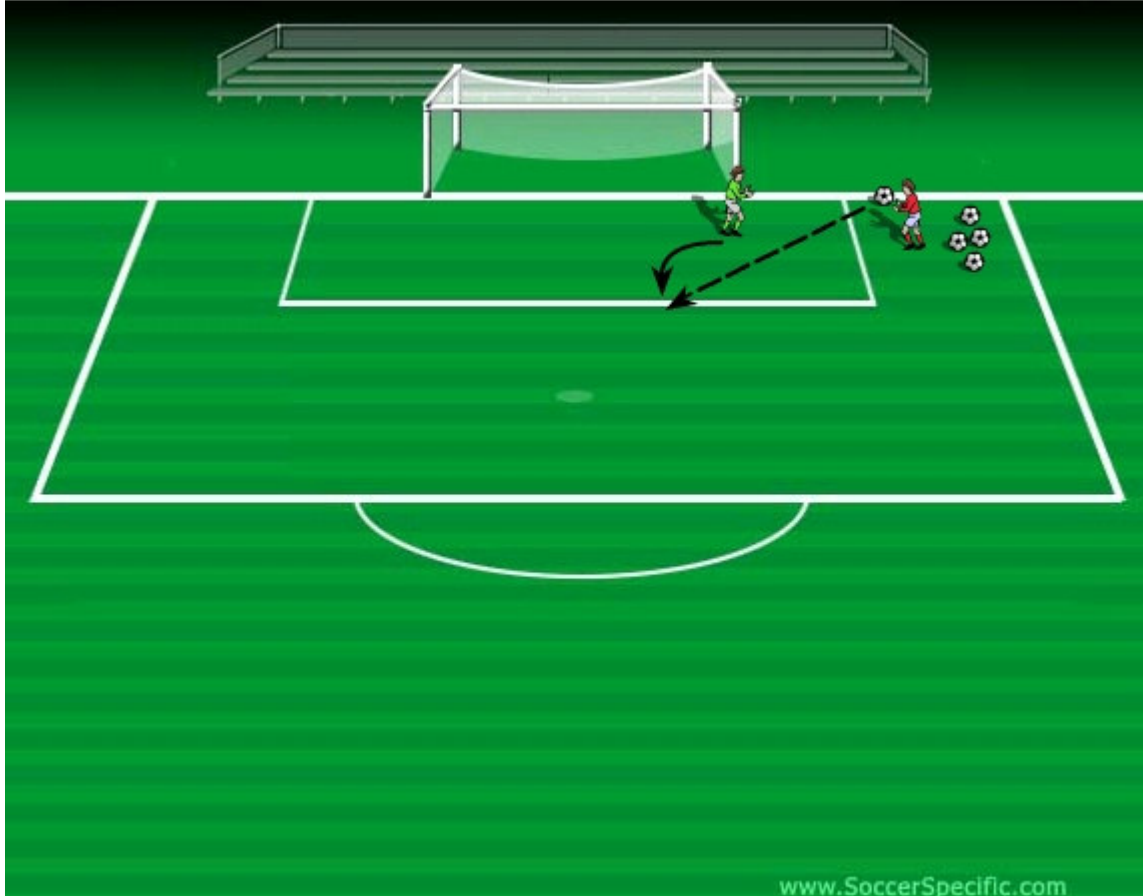


## High Ball Warm-Up

**Emphasis:** Drop step, backwards side shuffle



**Set-up:**  
Place the server just outside the six yard box and 1 yard in from the end line with a set of balls. Goalkeeper starts at the near post.

### Objective:

The server throws the ball under hand and loops the ball over the shoulder of the goalkeeper. The goalkeeper must drop his right leg back at a 45 degree angle, side shuffle, square his shoulders to the ball and catch the ball at the highest possible catching point. Recover to the post and start again. Repeat for a set of 6 on both sides.

### Progressions:

1. Increase the distance covered by the goalkeeper.
2. Increase the amount of repetitions.

### Coaching Points:

- Always start an arms length away from the post each time.
- As shown in the diagram, working from the left side, the goalkeeper must jump off his/her left foot and drive the right knee up.
- The goalkeeper must square his/her shoulders to the server when catching the ball.

“When you come to the fork in the rode, take it” -Yogi Berra-