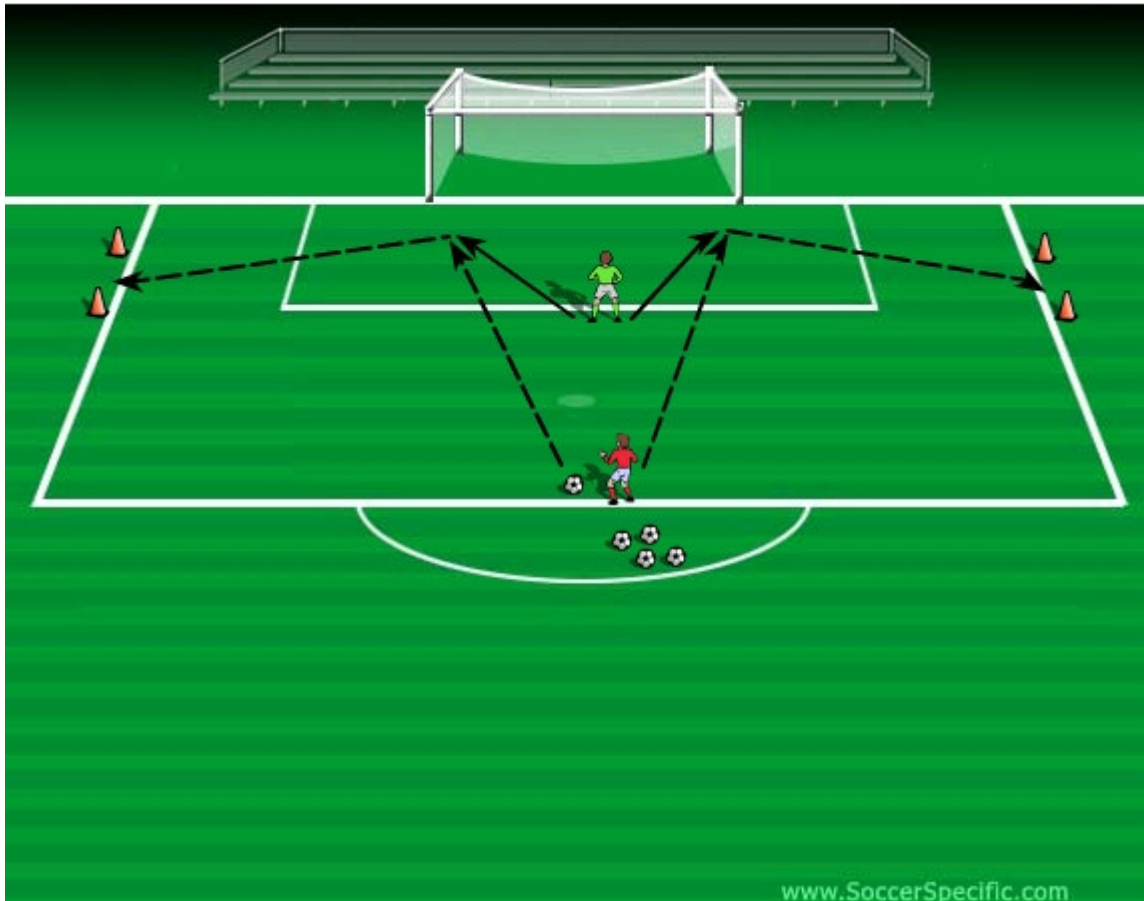


Cant Pick Up A Back Pass

Emphasis: Last resort dealing with a poor back pass



Set-up:

The goalkeeper stands in the middle of the six yard box facing the goal. The server stands at the top of the penalty box with a group of balls. Place two small target goals on either side of the penalty box and close to the end line.

Objective:

The coach strikes the ball past the goalkeeper to either side and towards the goal. The goalkeeper must immediately recover to meet the ball with a slide tackle and clear into the small target goals.

Progressions:

1. The server can serve a bouncing ball as well.
2. After the goalkeeper has cleared the ball, he must recover for a shot from the server.

Coaching Points:

- Always use the foot closest to the goal to clear the ball.
- It might not be pretty, just keep the ball out of the net!

“Some of us are like wheelbarrows-only useful when pushed, and very easily upset” -Jack Herbert-