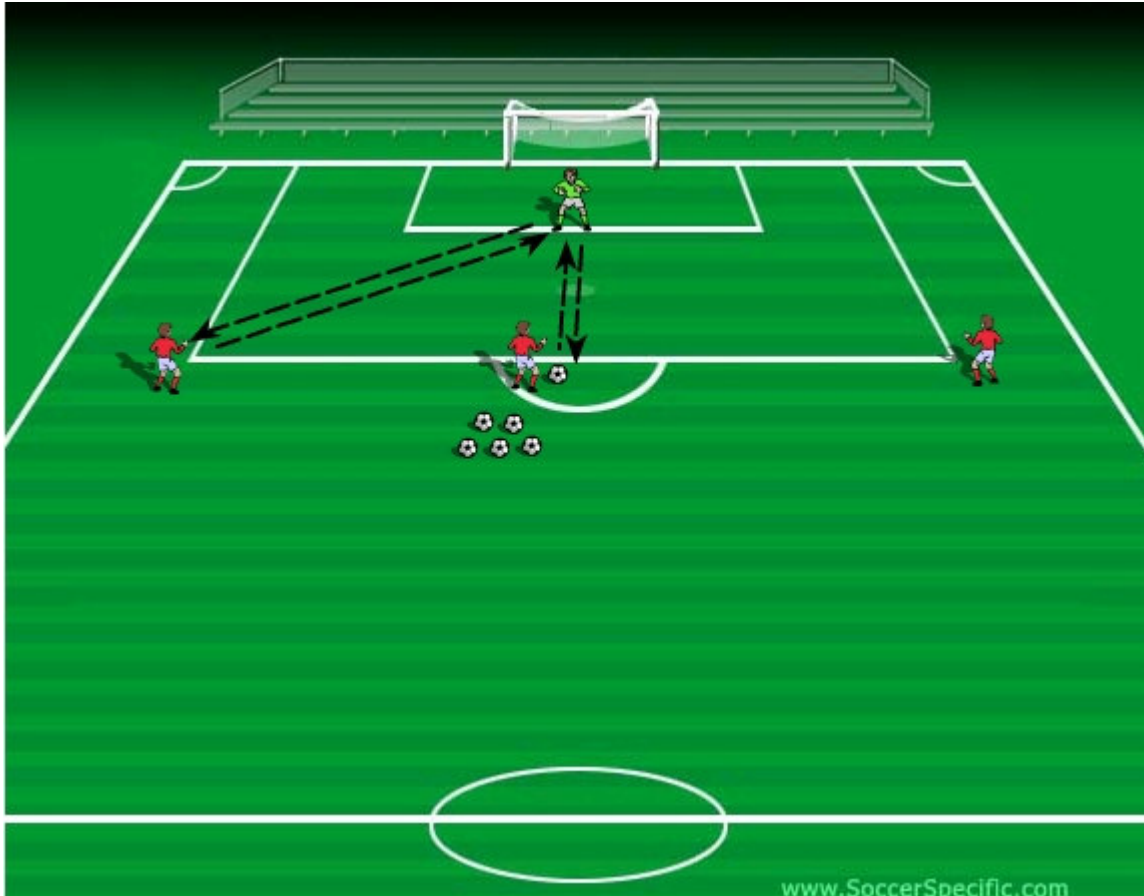


Continuous Action

Emphasis: Back passes



Set-up:

The server stands at the top of the penalty box with a group of balls. The goalkeeper working is in goal and the other two are placed on the corners of the penalty box.

Objective:

The server passes the ball in to the goalkeeper; he/she takes a preparation touch and passes it to player 1. Player 1 takes a preparation touch and passes it back to the goalkeeper. The goalkeeper takes a touch and passes it back to the server. Repeat to the other side. The ball is continuously in motion.

Progressions:

1. Everything is one touch.
2. The server plays a difficult ball for the goalkeeper to handle.
3. Have the targets go wider than the corner of the penalty box.

Coaching Points:

- The first touch needs to be out at an angle towards the target.
- Don't prepare the ball across your body.
- Always use the inside of your foot for the first touch.

“The world is full of willing people, some willing to work, the others willing to let them” -Robert Frost-