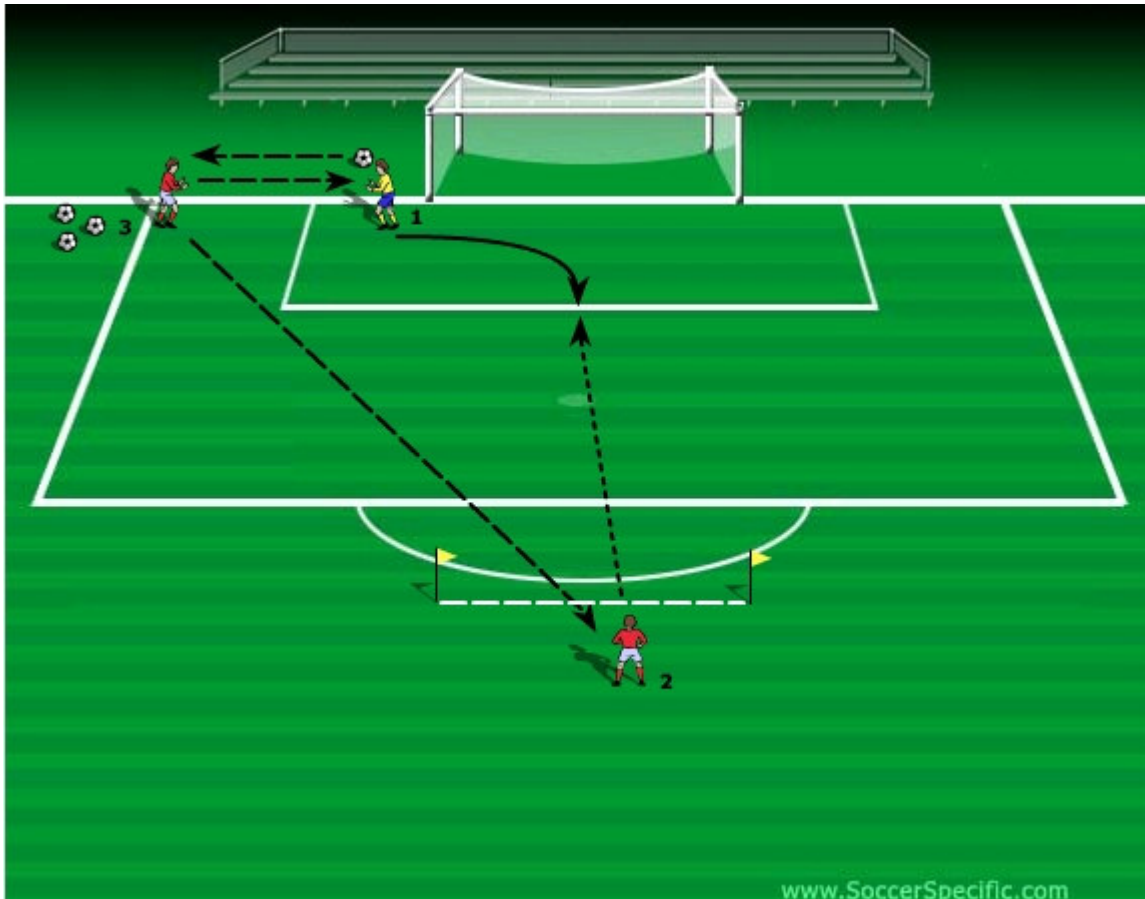


## High Ball Control

**Emphasis:** High ball control, breakaways



### Set-up:

Goalkeeper 1 stands in the goal facing the sideline and goalkeeper 3. Goalkeeper 2 stands in front of a goal that is positioned 20 yards away from the standard goal. Goalkeeper 3 stands just inside the junction of the penalty box and the end line.

### Objective:

Goalkeeper 3 throws the ball so that goalkeeper 1 has to head it back. Goalkeeper 3 controls the ball and passes it on the ground to goalkeeper 2. Goalkeeper 2 receives the pass, and then dribbles 1v1 against goalkeeper 1 to score.

### Progressions:

1. Goalkeeper 1 must control with chest and volley it back to goalkeeper 3.
2. Goalkeeper 2 can either shoot it or dribble for a breakaway.

### Coaching Points:

- If the dribbler approaches slowly, goalkeeper 1 should close down the angle slowly.
- Most important thing is the shot.