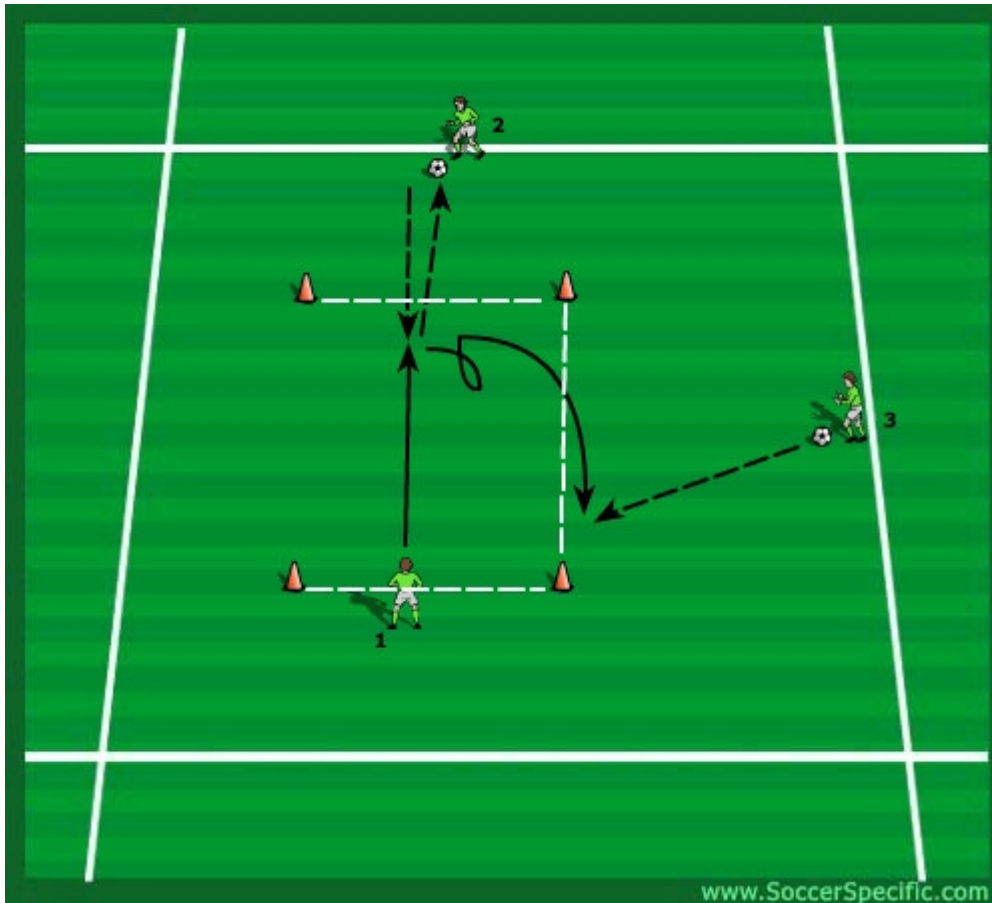


Stop Drop And Roll

Emphasis: Dealing with the back pass



Set-up:

Goalkeeper 1 assumes a push-up position on the ground facing goalkeeper 2 who is placed ten yards away.

Goalkeeper 3 stands in front of a cone that is placed ten yards from the goal line.

Both goalkeeper 2 and 3 need plenty of balls.

Objective:

On the coaches' shout, goalkeeper 1 runs and receives a pass from goalkeeper 2. Goalkeeper 1 passes the ball back directly to the server with the inside of his/her foot, turns and does a forward somersault. After the somersault, the goalkeeper must make his/her way across the goal and make the save from goalkeeper 3. After four repetitions the goalkeepers switch roles.

Progressions:

1. Goalkeeper 3 serves a driven ball into the corner of the goal.
2. Goalkeeper 2 serves a hard to handle ball in the air to goalkeeper 1.
3. Goalkeeper 1 performs a backwards somersault.

Coaching Points:

- Recover from the somersault as quick as possible.
- Cut off the shooting angle of goalkeeper 3.

“You cannot manage men into battle. You manage things; you lead people” -Grace Murray Hopper-