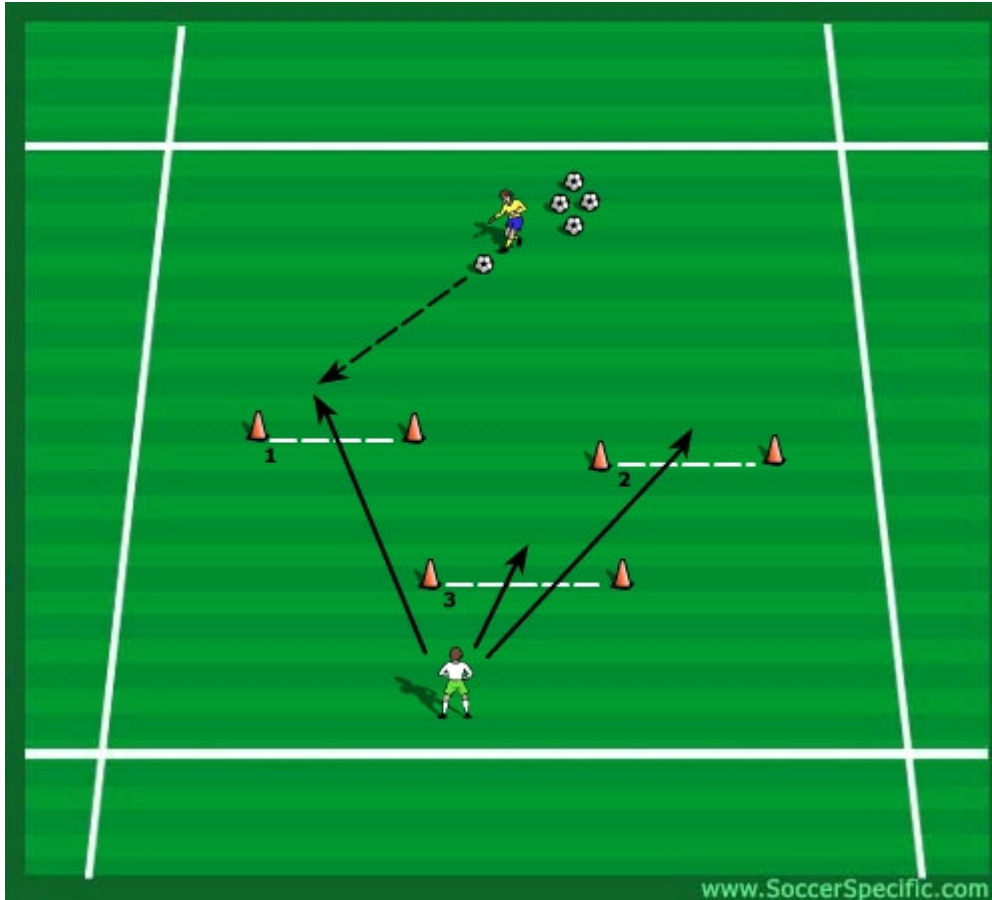


Three Goal Game

Emphasis: Decision making, footwork, diving technique



Set-up:

Three cone goals are set up in a staggered pattern about five yards in front of the goalkeeper.

Goals are number 1, 2, and 3. The server stands 6-8 yards away from the first goal.

Objective:

On the server's shout or hand signal, the goalkeeper runs at top speed to the designated goal and saves the server's shot.

Progressions:

1. The goalkeeper can start from various starting positions.
2. Move the server closer to the goals.

Coaching Points:

- React don't anticipate.
- Take the most direct route to the goal.
- Get your feet set for the shot.