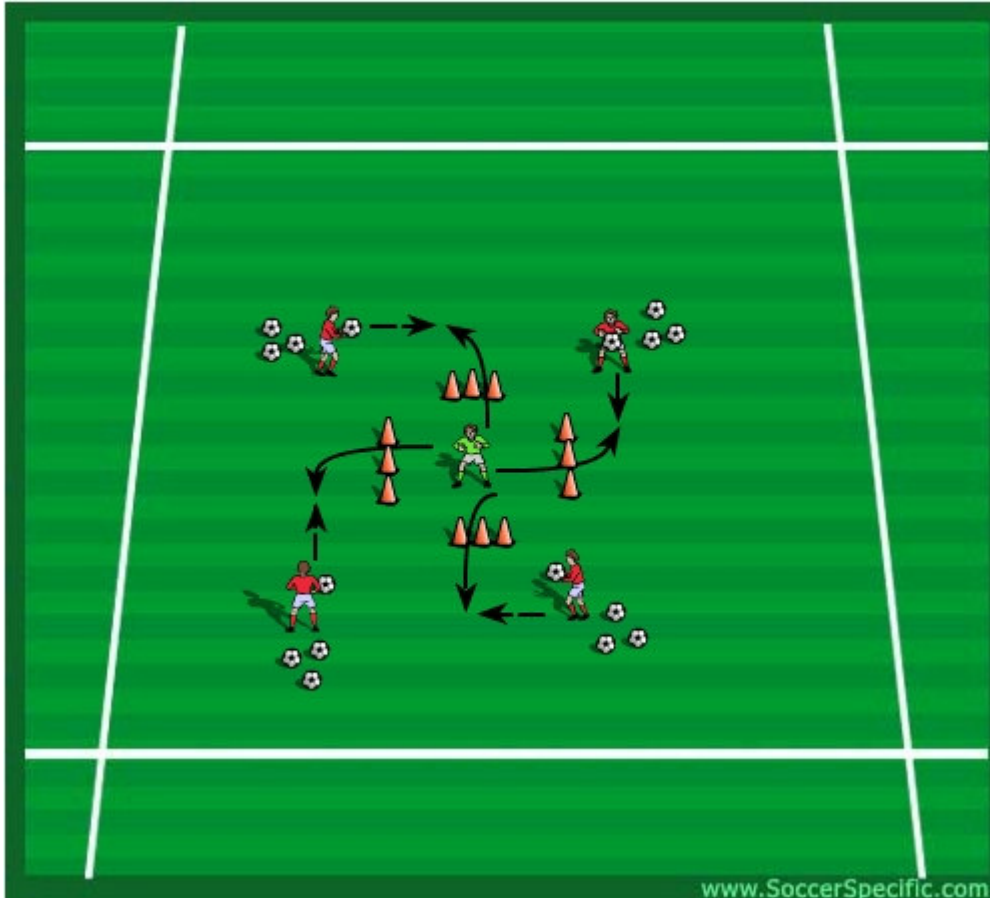


Extension Star

Emphasis: Extension dives



Set-up:

Place four sets of tall cones, bags or hurdles, in a square.

Leave roughly a 2 yard grid open in the middle.

The servers each face an outside edge of the square holding the balls in their hands.

Objective:

The goalkeeper works his way around the square always diving to the right for a set of four and then back to the left for a set of four. The goalkeeper power dives over the obstacle, lands softly, recovers to his/her feet, makes a quarter turn, and dives for the second ball over the second obstacle. The goalkeeper always makes his/her way back to the middle of the grid.

Progressions:

1. Increase reps to two times around the star each way.
2. Shout a number and power dive accordingly.

Coaching Points:

- When landing, ball hits the ground first.
- Drive leg across the body.
- Don't cross feet over when taking off.
- First step is at a 45 degree angle.

“Life only demands from you the strength that you possess. Only one feat is possible-not to have run away” -Dag Hammarskjold-