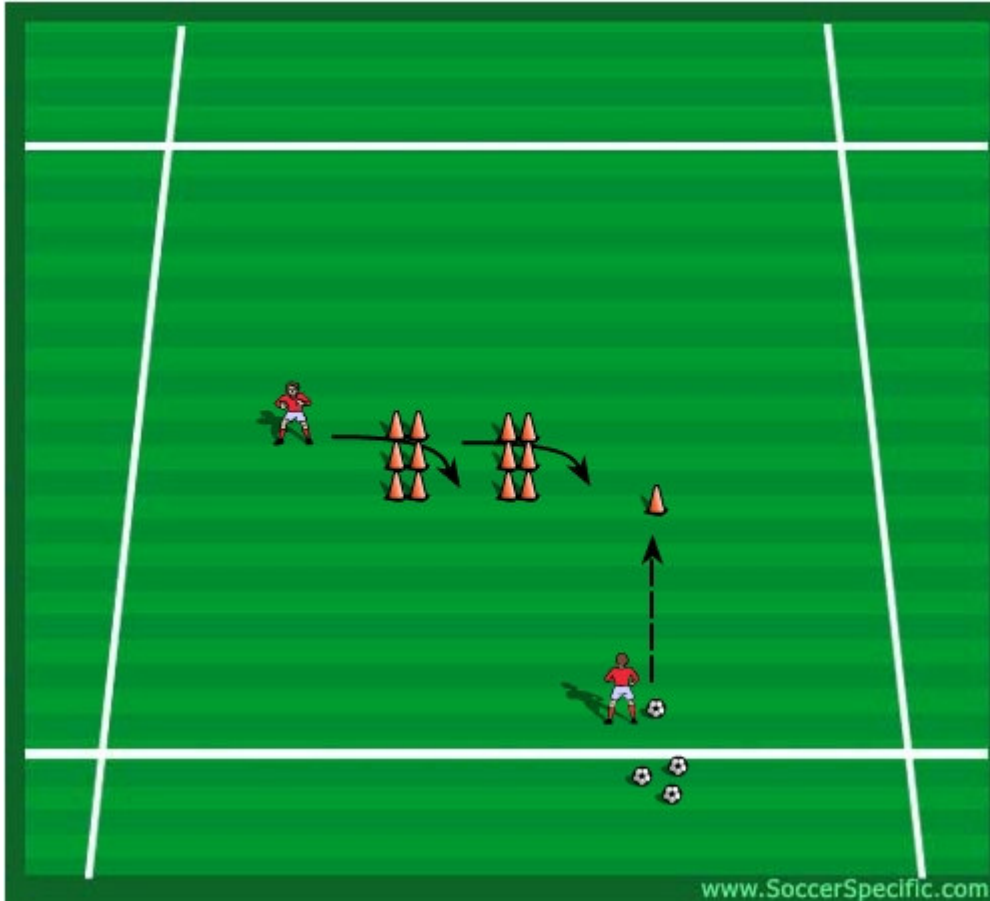


Hurdles

Emphasis: Explosiveness



Set-up:

Place several tall cones, bag, hurdle, or anything to jump over on the ground a yard apart from each other. You can use up to four obstacles to jump over. Place a cone slightly in front of the obstacle and four yard away. The server stands even with the cone and 6 yards away with a set of balls.

Objective:

Goalkeeper must explode over the obstacles and dive forward at an angle and make the save in front of the cone.

Progressions:

1. Low dives.
2. Collapse dives.
3. Extension dives.
4. Increase the number of obstacles.

Coaching Points:

- Use your arms to help jump.
- Keep your shoulders square.
- Stay light on your feet.
- Drive your hands to the ball.

“You only live once, but if you work it right, once is enough” -Joe E. Lewis-