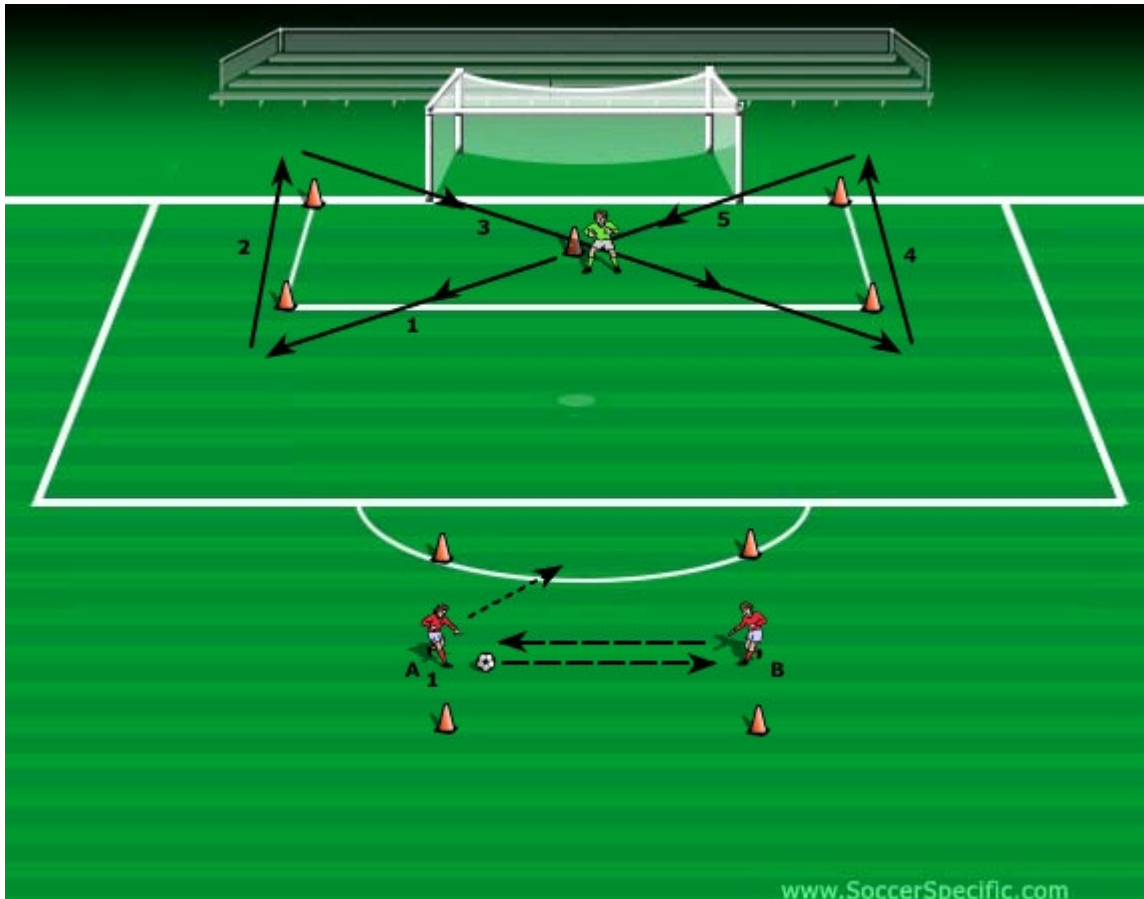


## Set And Save

**Emphasis:** Good feet and setting for the shot



### Set-up:

Use the dimensions of the 6 yard box. Place a cone (5 total) at each corner of the 6 yard box as well as in the middle. 5x5 yard box at the top of the D, two players and a set of balls.

### Objective:

Goalkeeper must start at the middle cone and make his way around each of the four cones and end at the middle cone. Goal keeper must keep his shoulders square to the playing field at all times. Head should be up to watch the field of play instead of the ground. Once they reach the middle cone, they should get set for the shot. Two players at the top of the D are one touch passing back and forth, shot faking....One player (A1) decides when to shoot by taking a preparation touch towards the goal and shooting on his second touch.

### Progressions:

1. Shooter can either dribble in, or play the other player in for a 1v1 break away.
2. Shooter can flick ball up for half volley shot.

### Coaching Points:

- Move laterally with path of the ball at top of D.
- React to the shot, don't anticipate.
- React to the shot only, no shot fakes.

“Live- decently, fearlessly, and joyously- and don't forget that in the long run it is not the years in your life but the life in your years that count!”