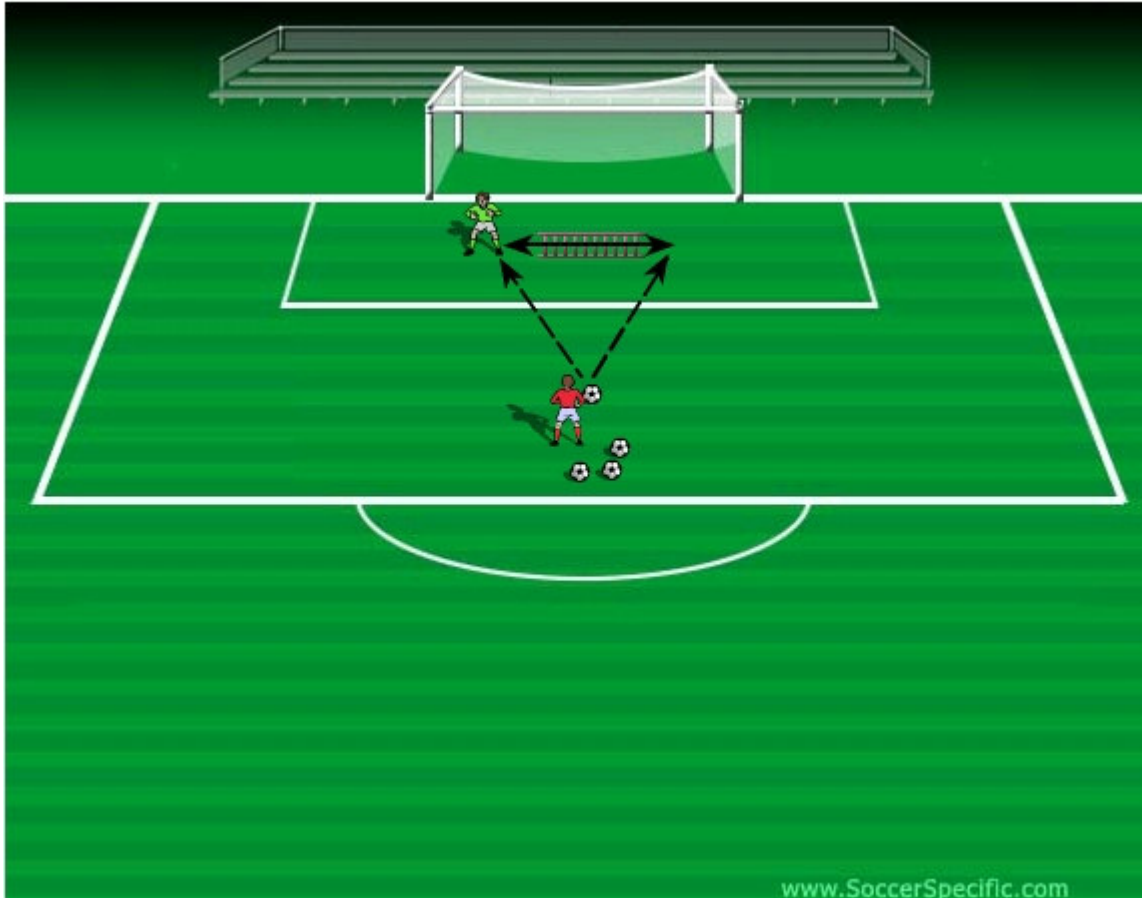


Ladder Progression

Emphasis: Footwork, handling, and diving progression



Set-up:
Place a ladder parallel with the goal line in the middle of the goal mouth. The goalkeeper starts on one side of the ladder and the server stands on the penalty spot with a group of balls.

Objective:

The goalkeeper side shuffles through the ladder and gets his/her feet set on the other side. The server strikes the ball as soon as the goalkeeper gets their feet set. The server hits 6-8 balls and follows the progression below:

Progressions:

1. Volleys.
2. Half volleys.
3. High balls.
4. Low dives.
5. Collapse dives.

Coaching Points:

- Watch the ball all the way into the hands.
- Get the footwork right.
- Absorb the shot.

“I have always believed that if you put in the work, the results will come” -Michael Jordan-