

Step In Front

Emphasis: Closing down the shooting angle, getting set, shoulders square to the shooter



Set-up:

Set two cones 1 yard off the goal line and two yards in from the posts. Servers line up with balls just behind the corners of the six yard box.

Objective:

Goalkeeper(s) faces forward and moves in front of the cone, gets set and receives the volley or shot. Throw the ball back to the server and repeat.

Progressions:

1. Goal keepers start in kneeling down position, and starts facing the goal.
2. Goal keeper makes low dive save from server 1 and collapse dive save from server 2.
3. Servers take and touch and then shoot.

Coaching Points:

- Cut off the angle.
- Get set for the shot.
- React to the different types of service.

“Whatever the struggle continue the climb it may only be one step to the summit.” -Diane Westlake-