

Multiple Saves

Emphasis: Recovery, covering ground



Set-up:
Place a ladder from the middle of the goal to the post.
Server 1 stands at the junction of the end line and the 6 yard box facing the post with a group of balls.
Server 2 stands at the corner of the 6 with a group of balls.
The 3rd and final server stands at the penalty spot with a group of balls.

Objective:

The goalkeeper makes his/her way through the ladder and makes a volley save from server 1. Immediately after the first save, the goalkeeper must make a low dive save from server 2 and then quickly recover to his/her feet and make a close range reaction save from server 3. Perform a set of 4 and then switch goalkeepers. Repeat both sides of the goal.

Progressions:

1. Change the footwork through the ladder.
2. Server 1 serves a collapse dive.
3. Server 3 can shoot towards the back post only.

Coaching Points:

- Stay big and come across for the reaction save under control.
- Don't over commit, cut the angle and get set.

“If you don't succeed at first, try, and try again”