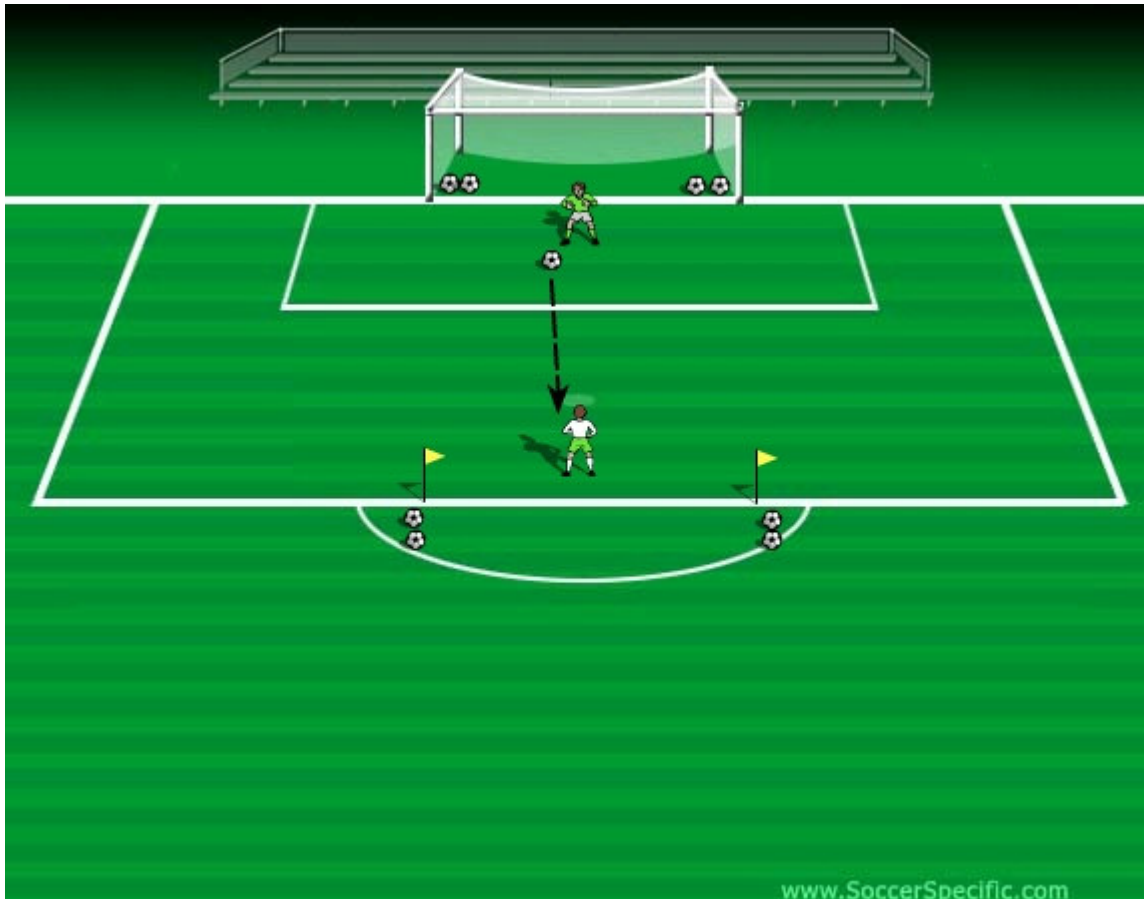


1 v 1 Progressive Warm Up

Emphasis: Handling, angles, technique



Set-up:

Two goalkeepers stand 18-20 yards apart, each of them defending a goal. Have extra balls ready in each goal.

Objective:

The two goalkeepers take turns sending balls back and forth trying to stop shots and throws.

Progressions:

1. Roll the ball across.
2. Throw the ball across.
3. Throw into the corner of the goals.
4. Strike a ball from the ground on target.
5. Volley or drop kick.
6. One goalkeeper shoots or throws ten balls, switch roles.

Coaching Points:

- Starting position must be off your line to cut the shooting angle.
- Technique and accuracy of throws.
- Hit the target! You can't score if you hurry your service.

“In order to win you must be prepared to lose sometime, and leave one or two cards showing”

-Van Morrison-