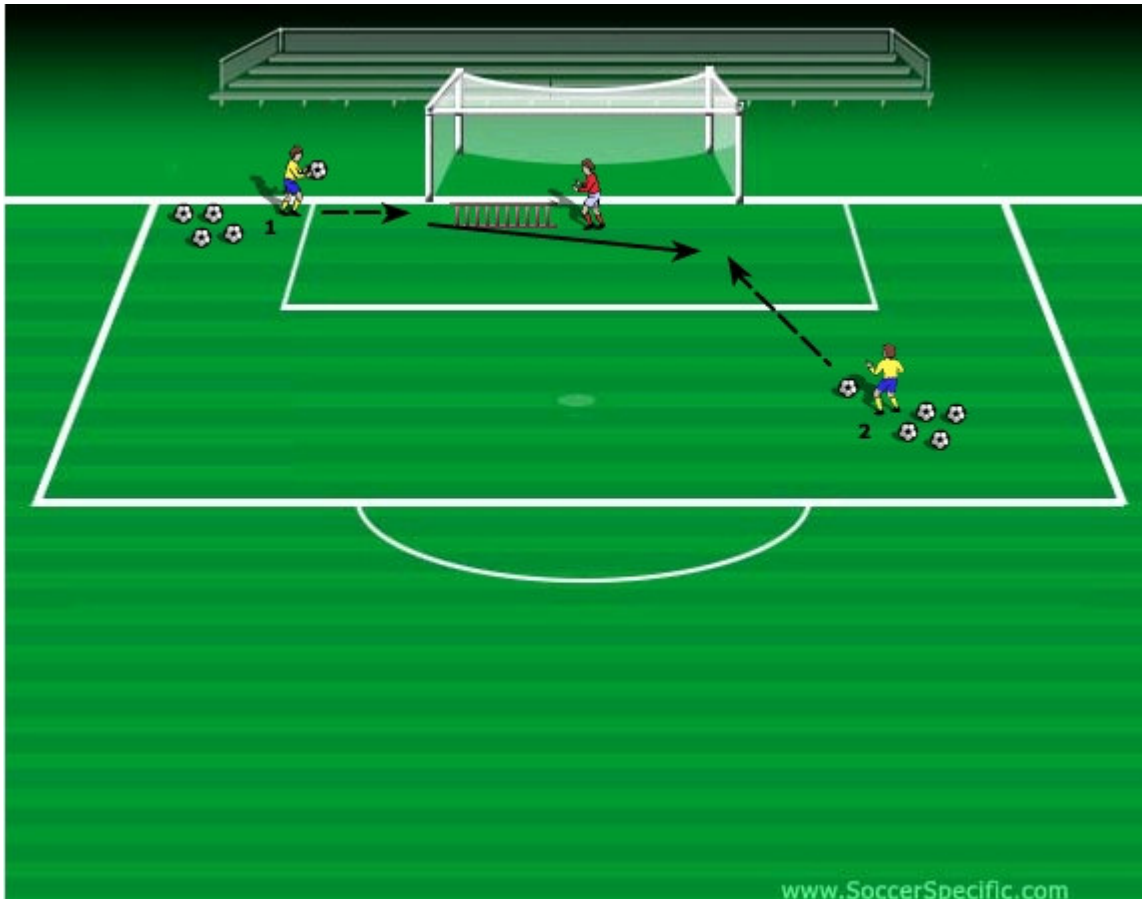


Angle Play

Emphasis: Good footwork, cutting down the shooters' angle



Set-up:

Place a ladder between the goal post and the middle of the goal. One server stands on the junction of the six yard box and the end line. The other server is roughly 12 yards out even with the corner of the six yard box. Goalkeeper starts in the middle of the goal facing server 1.

Objective:

Goalkeeper must go through the ladder with proper footwork, get set, and receive a volley from server 1. He/she must recover quickly to their feet, come across the goal mouth and get set for the shot from server 2. Repeat for a set of 6-8 repetitions.

Progressions:

1. Change server 1 shoots a cutback low ball diving save.
2. Shooter must shoot at the back post (where the goalkeeper came from).
3. Increase the difficulty of the footwork.

Coaching Points:

- Concentrate on not hitting the ladder.
- Cut off the shooters angle.
- Come across the goal mouth under control.

“God gets you to the plate, but once you’re there you’re on your own” -Ted Williams-