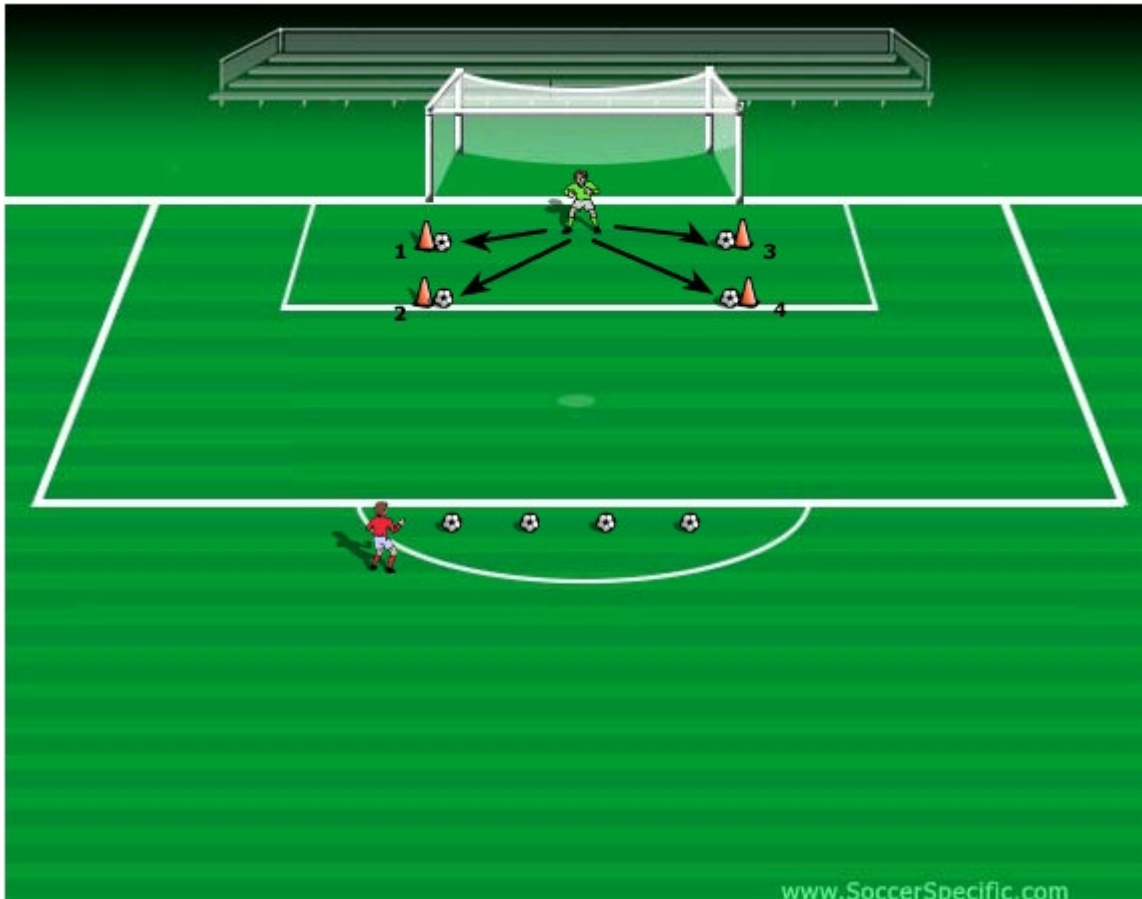


Botchie Ball

Emphasis: Shot recovery



Set-up:

Place four cones even with the post 2 and 6 yards from the goal posts.

Place a ball at each cone and label them 1-4.

Server stands at the top of box with 4 balls lined up for shooting.

Objective:

Goalkeeper starts a couple yards off his line. The server shoots the ball and the goalkeeper makes the save. He uses the ball he/she just caught, collapse dives towards the first cone, and botches the ball away from the cone. The goalkeeper leaves the ball there, recovers to the line, and gets ready for the next shot. The goalkeeper must shout the number cone he is going to botch the ball away from. One set consists of 4 botches and four saves.

Progressions:

1. Server hits a moving ball.
2. Server can go on a breakaway.
3. Increase the amount of botches.

Coaching Points:

- Handle the ball cleanly to keep the drill moving along.
- Must cut the angle of the shooter and get set for the shot.

“Life is not a spectacle or a feast; it is a predicament” -George Santayana-