

## Get Set, Hold Everything

**Emphasis:** Clean goalkeeping, no dropped balls



**Set-up:**

Set up a grid at the top of the penalty box, the width of the six yard box, and five yards from the top of the 18 yard box. Randomly place 8-12 balls in the grid. The servers are assigned a number 1-3. Three servers jog around the grid until the coach shouts their number and they take a preparation touch and shoot on goal.

**Objective:**

Goalkeeper starts in the middle of the goal and reacts to the shooter when their number is called. If the goalkeeper concedes a goal then another ball gets put in the grid.

**Progressions:**

1. Server can go on a 1v1 breakaway.
2. Assign each shooter several different numbers (it keeps the goalkeeper guessing).

**Coaching Points:**

- Don't shut off mentally, stay connected to the drill.
- Get your feet set early and react.

“The softest things in the world overcome the hardest things in the world” -Lao Tsu-