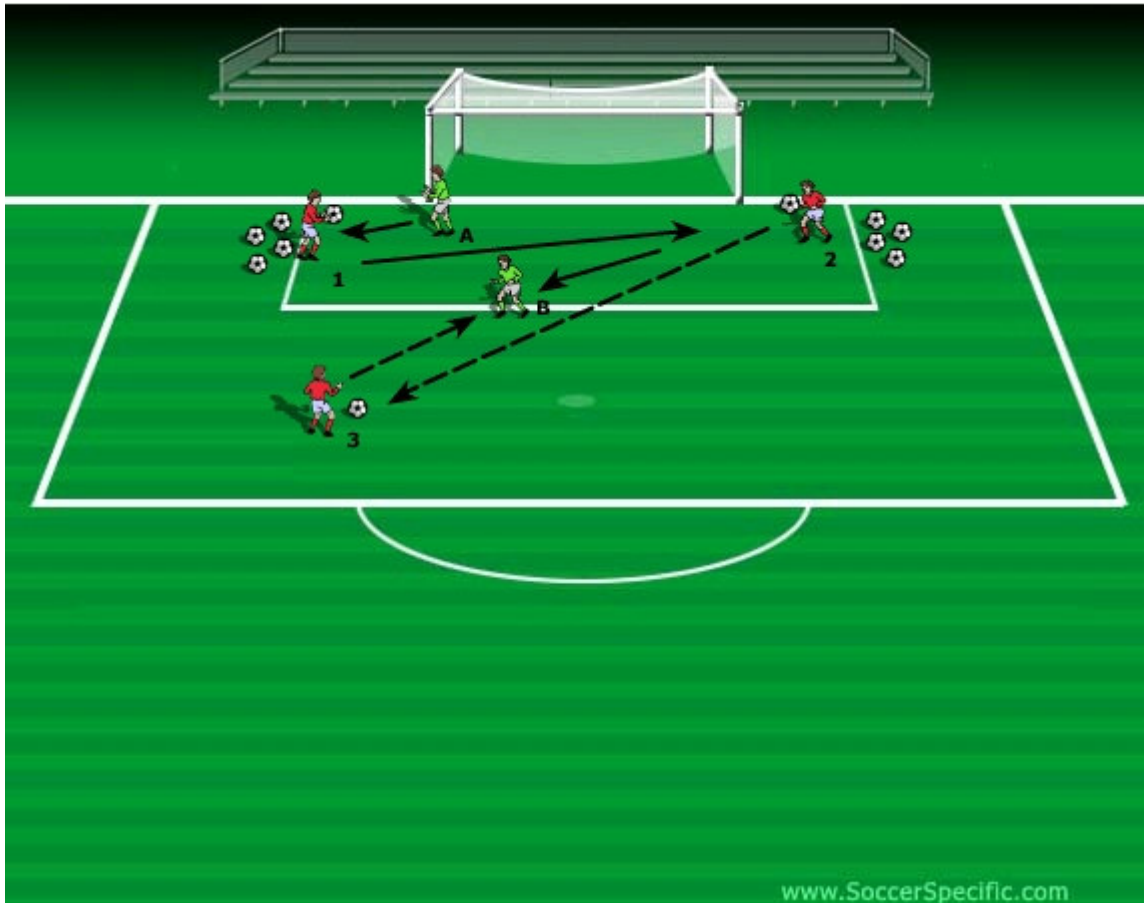


## Looping Ball

**Emphasis:** Looping ball to the back post, covering the goal



### Set-up:

The goalkeeper starts at the near post and faces server number 1, who is positioned on the six yard box between the end line and the corner of the six. The second server is positioned at the same place on the opposite side of the six yard box. The third server is 5-10 yards off center from the penalty spot. Both server 1 and 2 need 4-6 balls each.

### Objective:

The goalkeeper starts in position “A”, runs to the first server and touches the ball. Server 1 serves from his hands a looping ball to the back post. The goalkeeper drop steps, side shuffles and makes the save by either catching it, or parrying it over the bar. Server 2 rolls the ball to server 3, who shoots first time. The goalkeeper must recover to position “B” in order to make the save. Perform 4-6 reps. Repeat both sides.

### Progressions:

1. Force the goalkeeper to leave his/her feet and tip over the bar.
2. Server 3 can chip the ball as well as shoot.
3. Increase the reps to 6-8.
4. Move server 3 closer to the goal.

### Coaching Points:

- Don't turn your back to the field when saving the looping back post ball.
- Get to position “B” quickly.

“They call it coaching but it is teaching. You do not just tell them, you show them the reasons”

-Vince Lombardi