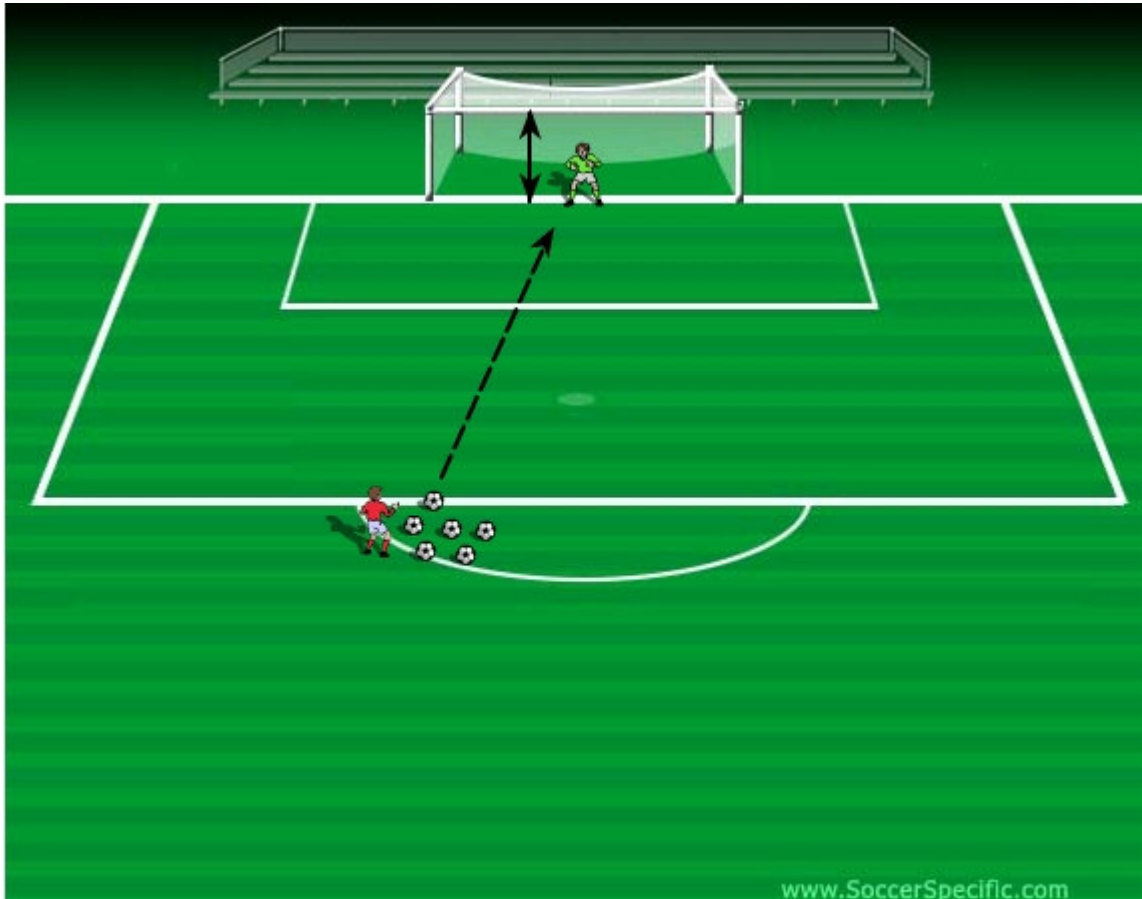


Plyometric

Emphasis: Strengthening legs and improving explosion



Set-up:

Place a server at the top of the box with a group of balls.

Objective:

Goalkeeper starts on the goal line, bends at the knees and touches his/her toes, explodes up, and hits the back of his hands on the crossbar. The goalkeeper must get set and make a save from the shooter at the top of the box. The sequence is 1 jump 1 shot, 2 jumps 2 shots, 3 jumps 1 shot, and 4 jumps 2 shots.

Progressions:

1. Move the server in to the penalty spot.
2. Increase the number of jumps and shots.

Coaching Points:

- Bend at the knees, not the waist.
- Come off your line to cut down the angle.
- Dive for everything.

“The key to successful leadership today is influence not authority” -Kenneth Blanchard-