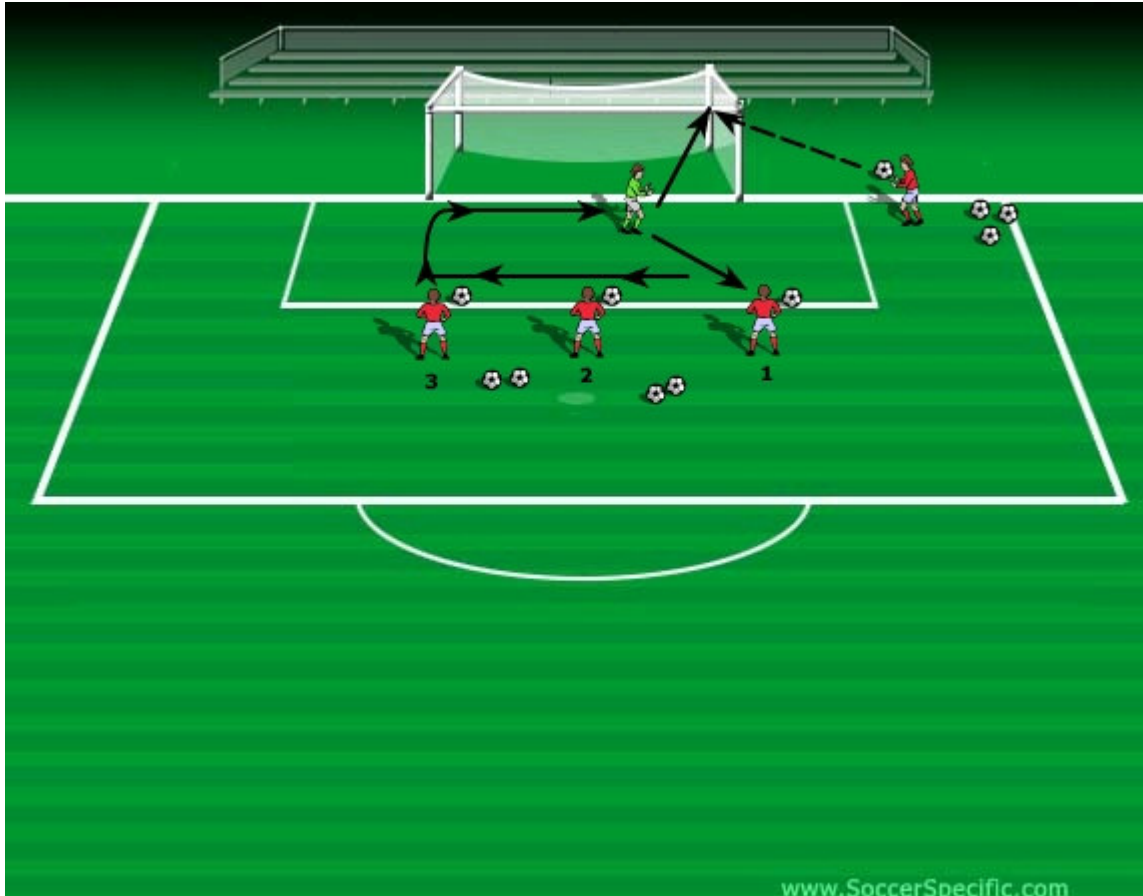


Handling Around The 6

Emphasis: Warm up on high balls, footwork, hands



Set-up: Goalkeeper starts several yards in from the post and facing the sideline. The high ball server is positioned just outside the 6 yard box with a group of balls. The other three servers are placed evenly across the 6 yard box and each of them has a ball in their hands.

Objective:

The goalkeeper must collect a high ball serve above the cross bar and give the ball back immediately. As soon as the goalkeeper lands, shuffle to server 1, 2, and 3 touch the back post and come for another high ball. Repeat for a set of three and then quickly switch the goalkeeper on the fly. Servers 1, 2, and 3 all serve from their hands a chest pass into the goalkeeper and he/she throws a chest pass back to the server each time. The goalkeeper should never move on to the next server with a ball in his/her hands. (Hint: it is easiest if server 1 becomes the next goalkeeper)

Progressions:

1. Work both sides of the goal.
2. Increase the amount of repetitions.

Coaching Points:

- Watch the ball all the way into the hands.
- When touching the far post, don't turn into the goal.

“The first and great commandment is, don't let them scare you” -Elmer Davis-