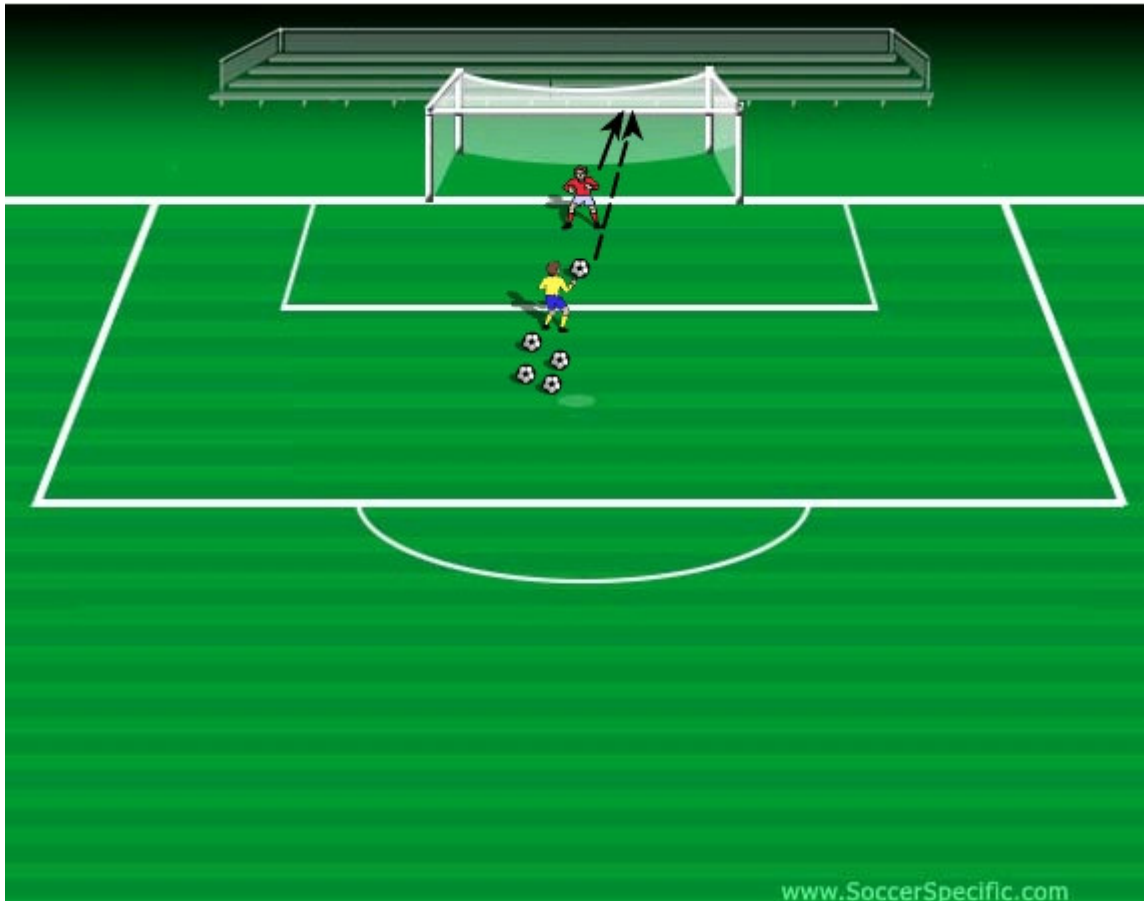


## Above The Crossbar Exercises

**Emphasis:** Recovery, explosion, fitness



**Set-up:**

Goalkeeper is placed on the goal line and the server is three yards away with a group of balls.

**Objective:**

Goalkeeper starts sitting down and recovers to his/her feet as quick as possible and makes the high ball save above the cross bar or at the highest possible catching point.

**Progressions:**

1. Goalkeeper starts sitting down and facing the net.
2. Goalkeeper starts lying on his/her back.
3. Goalkeeper starts on his/her stomach.

**Coaching Points:**

- Square the shoulders as quickly as possible.
- Catch the ball at the highest possible catching point.
- Jump through the ball.