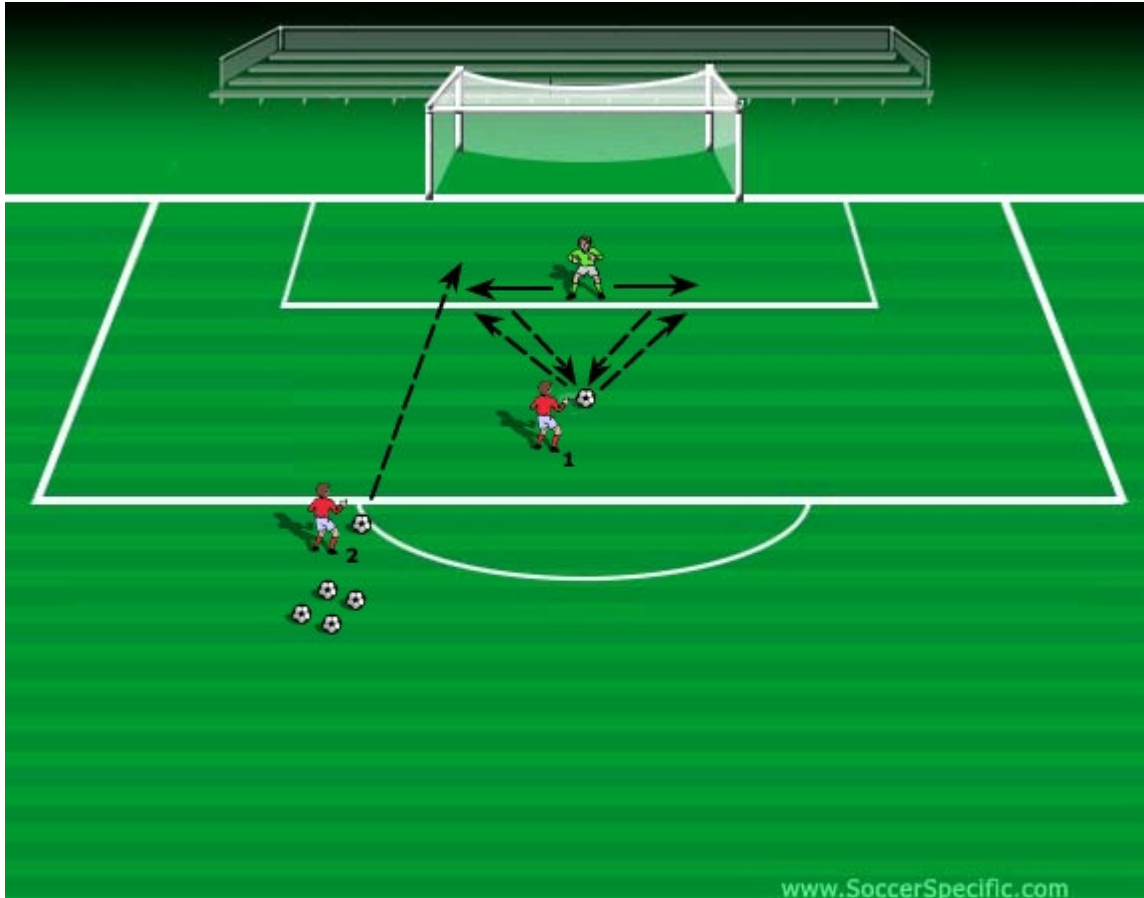


Back Pass Touch

Emphasis: One touch technical pass backs



Set-up:

The goalkeeper starts in the middle of the goal on the six yard line. Server 1 stands at the penalty spot with a ball. Server 2 is placed anywhere just outside the 18 yard box.

Objective:

The goalkeeper and server 1 perform one touch passing back and forth. The goalkeeper works laterally each passing sequence. At any time, server 1 passes the ball wider than usual forcing the goalkeeper to make a low diving save. Once the save is made, server 2 shoots on goal from the top of the box. The goalkeeper must recover to his/her feet as quickly as possible in order to make the save.

Progressions:

1. Server 1 serves the balls from his/hers hands to work on inside of the foot volleys.
2. Move server 2 in closer.

Coaching Points:

- Stay on the balls of your feet.
- Always play to the servers feet.

“It’s a little like wrestling a gorilla. You don’t quit when you’re tired- you quit when the gorilla is tired”
-Robert Strauss-