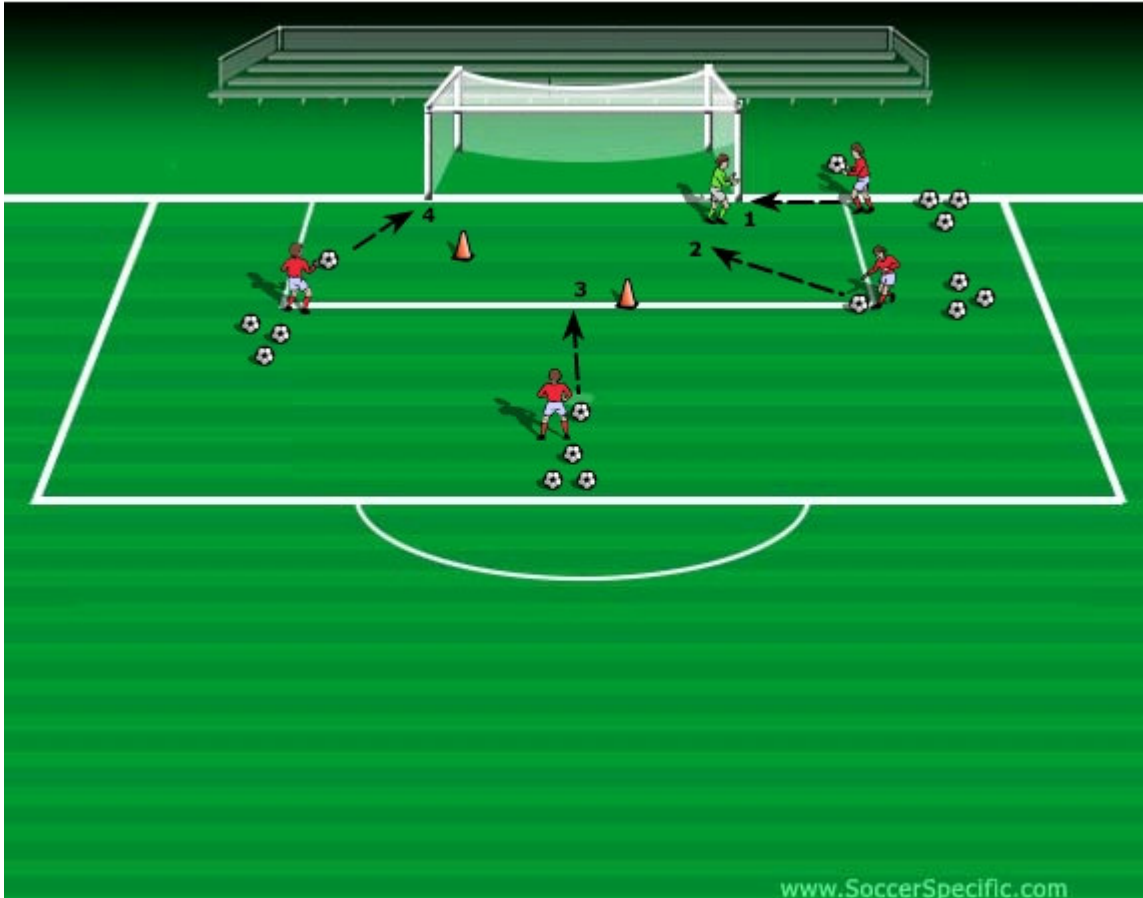


## Busting Chops

**Emphasis:** Fitness



**Set-up:**  
Set up four different stations:  
One server at the junction of the end line and the six, one on the corner of the six yard box, another on the penalty spot, and the fourth on the other corner of the six. Place one cone one yard off the center of the 6 yard box, and the other 1 yard in from the post and three yards out from the goal line. Have plenty of extra balls at each station.

### Objective:

Goalkeeper starts at the near post facing the first server. At the "1" he receives a volley from the first server, a low dive from the second server "2" and recovers quickly to his feet. At the third station, the goalkeeper jumps over the cone laterally and makes a collapse dive save. The fourth service is from the hands and is a power dive over the cone to the near post. Repeat to the other side as well.

### Progressions:

1. Increase the amount of reps to 5 in a row.
2. If the goalkeeper drops or fumbles a ball they must start at the beginning.

### Coaching Points:

- Concentrate on making one save at a time.
- Always attack the ball.
- Mental focus.

"A great manager has a knack for making ballplayers think they are better than they are"-Reggie Jackson-