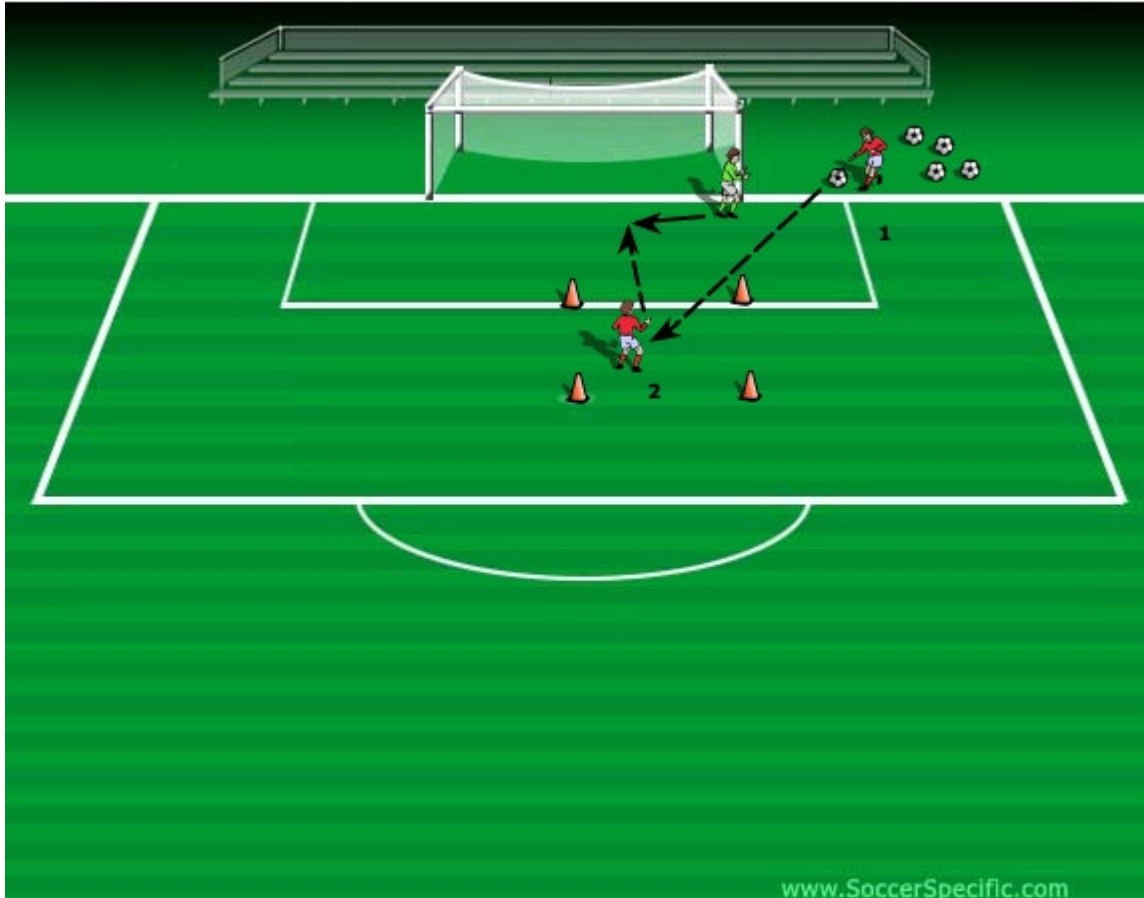


Cover What You Can

Emphasis: Staying big, not committing yourself to early



Set-up:

Place a 5 x 5 yard grid off in front of the 6 yard box and to the side of the penalty spot. The goalkeeper starts at the near post facing server 1 who is placed at the junction of the 6 yard box and the end line.

Objective:

Server 1 hits a cut back ball on the ground to server 2. The goalkeeper starts at the near post and if he/she cannot cut the cut back ball off, then he/she must turn and make a reaction save from server 2. Repeat both sides of the goal.

Progressions:

1. Server 2 can shoot the ball at the near post where the goalkeeper just came from.
2. Move the grid close to the goal.

Coaching Points:

- The goalkeeper must make him/her as big as possible.
- Always lead with the hands.

“Anything worth while is worth waiting for”