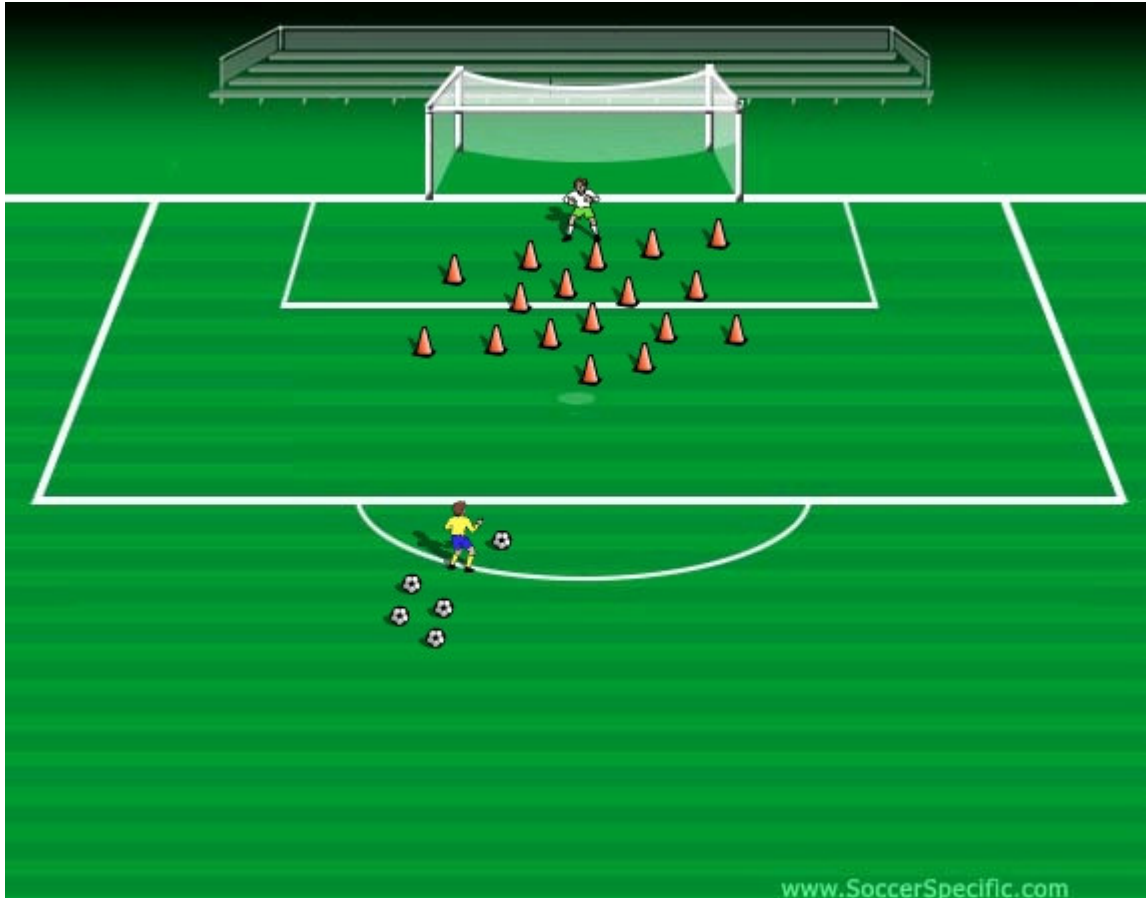


Cone Deflections

Emphasis: Dealing with deflections



Set-up:
Randomly place a bunch of cones in the goal mouth. Place a goalkeeper in the goal and a server at the top of the box with a group of balls.

Objective:

The server strikes low and hard driven ball on the ground towards the goalkeeper. The goalkeeper must deal with the deflection if the ball hits a cone. The server should hit 10-12 balls. Switch the roles of the goalkeepers.

Progressions:

1. The server can serve a dipping volley as well.
2. The server can shoot above the cones trying to make it unpredictable for the goalkeeper.

Coaching Points:

- Stay on your feet as long as possible.
- Create the second barrier by getting your body behind the ball.

“I want to be here, I want to do this, I love the pressure, I love it all”