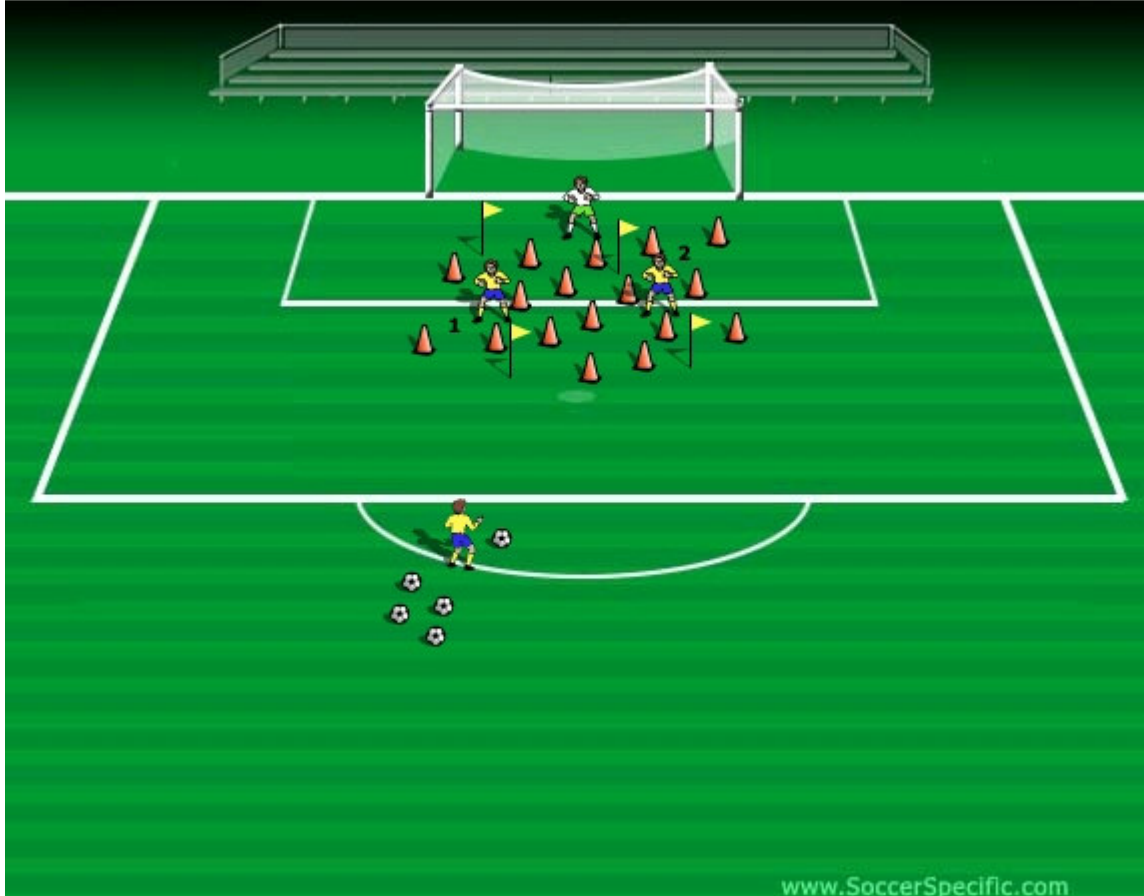


The Ultimate Deflection Game

Emphasis: Dealing with deflections



Set-up: Randomly place a bunch of cones, flags, and two servers sitting down 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 a hard driven ball on target towards the goalkeeper. The goalkeeper must deal with the deflection if the ball hits a cone, flag or human deflector. The two human deflectors can simply use their hands to change the direction of the driven ball. The server should hit 10-12 balls. Switch the roles of the goalkeepers and deflectors.

Progressions:

1. Move the server in close to the goal.
2. The goalkeeper must start facing the goal and then turn on the coaches shout.

Coaching Points:

- Expect anything and react to it.
- Create the second barrier by getting your body behind the ball.

“If you focus too much on outcome goals you’ll be disappointed. But performance goals-that’s where you really measure progress, and improve”