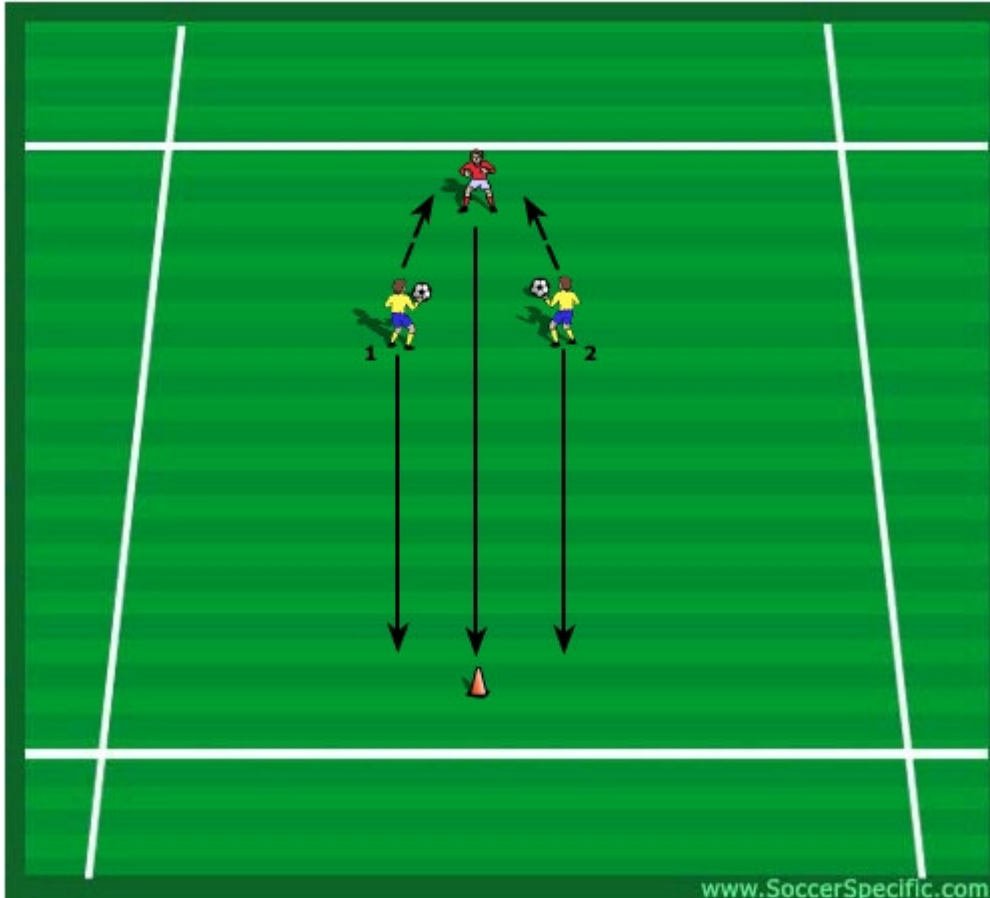


## Warm-Up

**Emphasis:** Collapse dive warm-up, hand eye coordination



### Set-up:

Goalkeeper starts sitting down. Place two servers on both sides, slightly in front, and facing the goalkeeper. Place a cone 15-18 yards away from goalkeeper.

### Objective:

The goalkeeper starts in a sitting down position and works side to side on collapse dives. The serves are from the server's hands and roughly 1-2 feet above the ground. The goalkeeper does a set of 6 and then the servers start to scoot backwards while the goalkeeper makes his way forward diving at a 45 degree angle. The goalkeeper works until they reach the cone. Rotate the goalkeeper and repeat.

### Progressions:

1. Same as above but catch the ball with one hand.
2. Increase the speed and timing of the serves.

### Coaching Points:

- Soft hands, absorb the serve.
- The more you attack the ball with your hands, the faster you get to the cone.