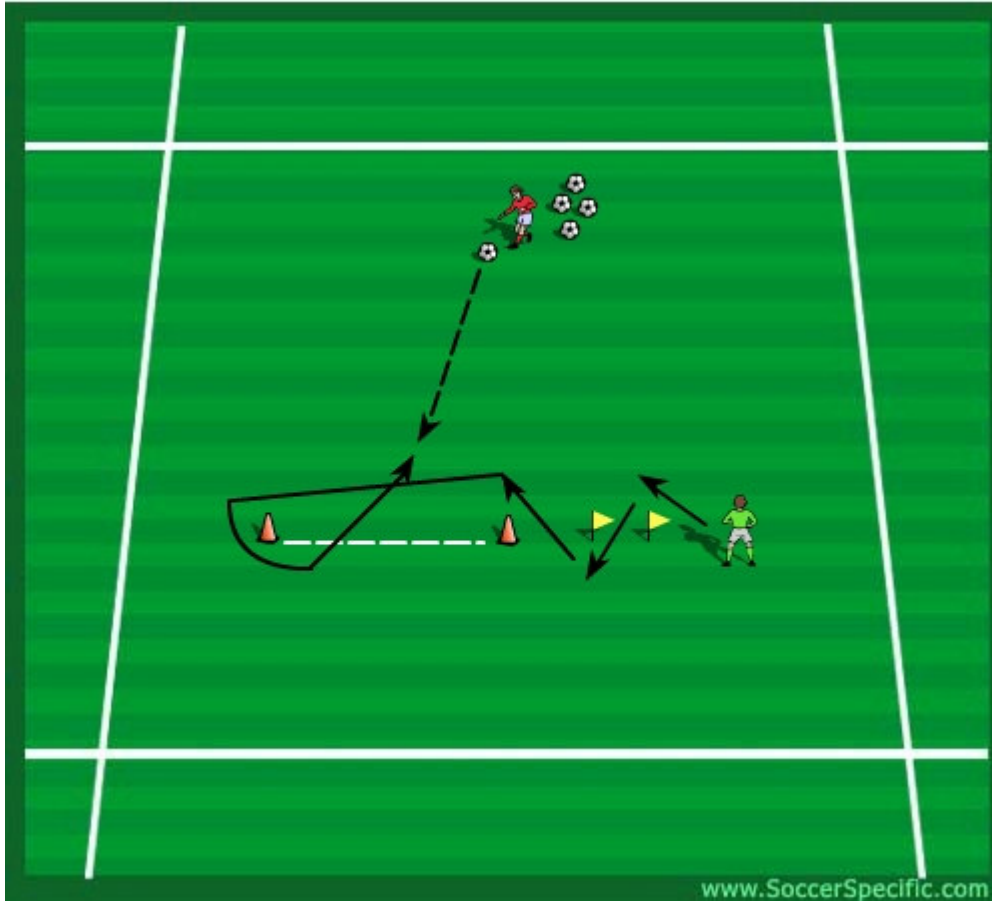


## Four Yard Goal

**Emphasis:** Footwork, fitness, diving technique



**Set-up:**

A four yard goal is set up about four yards from the goalkeepers starting position. Place two flags one and two yards from the cone. The server stands 6-8 yards in front of the four yard goal, with extra balls.

**Objective:**

The goalkeeper must shuffle through the flags, run in front of and around the far cone, come up through the goal and get set for the shot. Repeat 4-6 repetitions.

**Progressions:**

1. Increase the size of the goal.
2. Increase the number of flags.
3. Server can hit a volley or half volley as well.

**Coaching Points:**

- The last step should be diagonally sideways and forwards.
- Cut down the shooters angle.
- Get set for the shot.

“I have fought a good fight, I have finished my course, I have kept the faith”