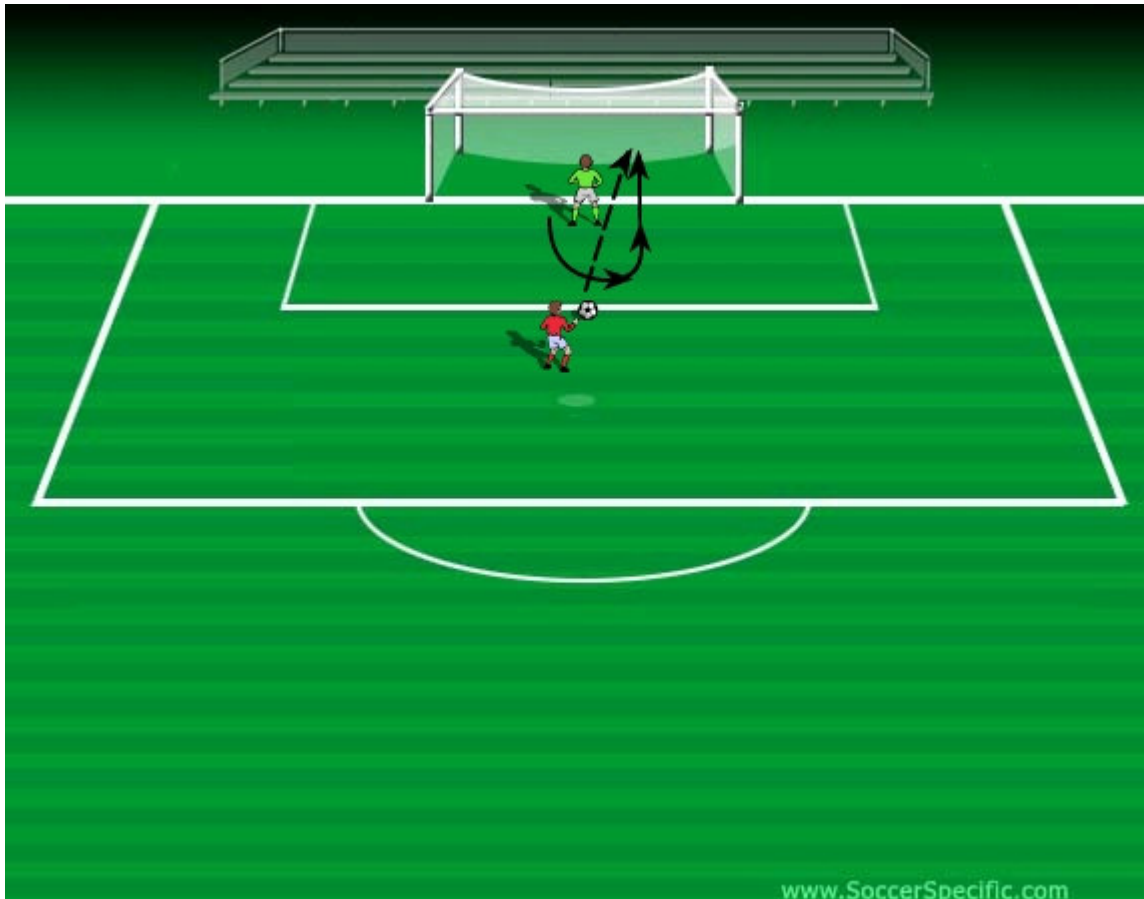


High Ball Plyometrics

Emphasis: Explosion, high ball technique



Set-up:

Goalkeeper is two yards off the goal line, sitting down and facing the goal. The server is placed eight yards out with a group of balls.

Objective:

The goalkeeper starts sitting down facing his/her own goal. He/she must get up without using his/her hands and explode up for a high ball. The serve is a under handed throw straight up and above the crossbar. Perform three turning to the left and three turning to the right.

Progressions:

1. Increase the number of reps.
2. Place the server on the penalty spot.
3. Once the server throws it, run towards the goalkeeper to act as a distraction.

Coaching Points:

- Tuck one leg under and rock on to one knee and then recover to a standing position.
- Make sure the knee is driven up the same time the arms are driven to the ball.
- Loud, clear and early “keeper” shout.