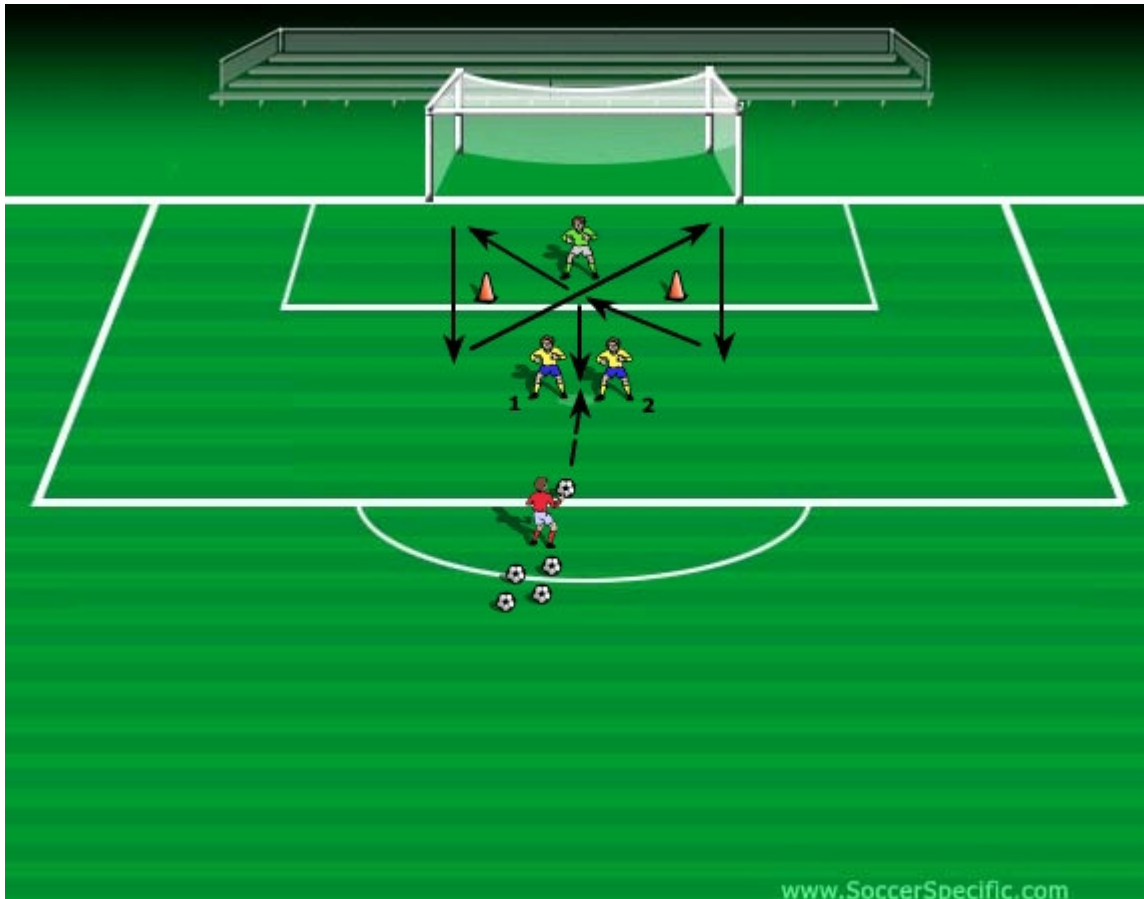


## High Balls In Traffic Warm-Up

**Emphasis:** Footwork, dealing with contact, concentration



### Set-up:

One goalkeeper starts in goal. Place two cones 6 yards apart from each other inside the 6 yard box. Place two players 6 yards in front of the middle of the cones. The server stands at the top of the 18 yards box with a group of balls.

### Objective:

The goalkeeper must do a figure eight around the two cones and explode forward towards the two players. The two players stand facing the server leaving a small gap between the two of them. The server must throw a high ball that would land right on top of the two player's heads. The goalkeeper must explode through the traffic and make the appropriate save. Repeat for a set of 6-8.

### Progressions:

1. Increase the difficulty of the footwork.
2. The server can roll the ball or strike a volley at the gap and the goalkeeper must adjust.

### Coaching Points:

- Always attack the ball and be aggressive.
- Goalkeeper must communicate a loud and assertive "keeper" shout.