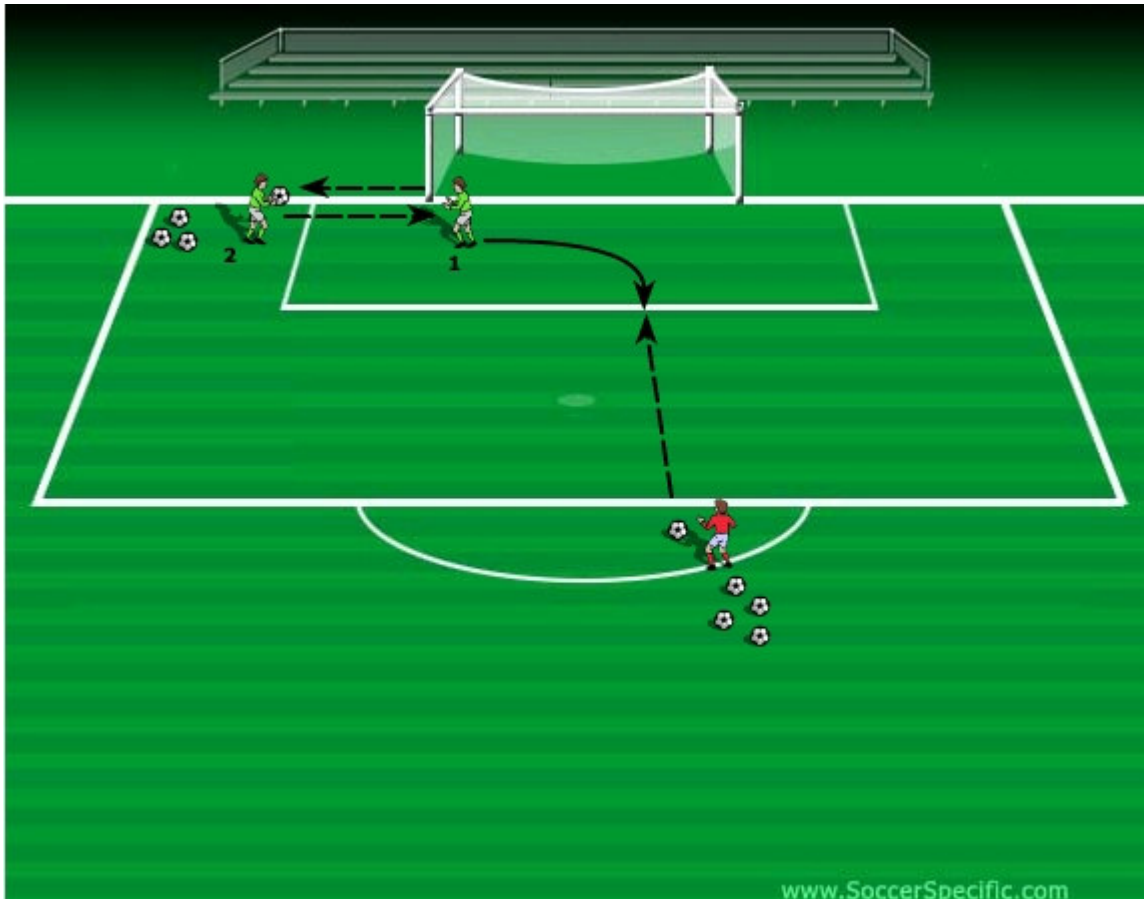


## Near Post High Balls

**Emphasis:** Dealing with crosses to the near post



**Set-up:**

Goalkeeper 1 stands towards the near post of the goal. Goalkeeper 2 stands 6-8 yards away with a group of balls. The server is at the top of the box with plenty of balls.

**Objective:**

Goalkeeper 2 serves from his/her hands a high ball above the crossbar for goalkeeper 1 to come and collect. Goalkeeper 1 makes the save, throws the ball back to goalkeeper 2 while still in the air. Goalkeeper 1, turns, cuts down the angle and makes the save from the server at the top of the box.

**Progressions:**

1. Goalkeeper 2 moves closer to the corner flag and serves from crosses into the near post from the ground.
2. The server hits a moving ball or can go 1v1 breakaway with the goalkeeper.

**Coaching Points:**

- Catch the ball above the crossbar and at the highest possible catching point.
- Make the save even or in front of the near post if possible.
- Drive the knee up for more power.