

Over The Hump

Emphasis: Plyometric work, technique, explosion



Set-up:

Place two cones in the middle of the goal three yards off the line. The two servers stand two yards on either side of the penalty spot with a group of balls.

Objective:

The goalkeeper starts behind the cones, jumps over them, lands and immediately saves a volley, collapse dive from server 2. The goalkeeper goes behind the cones again, jumps over the cones and makes a low dive save from server 1. Take 6 reps total, three from each server.

Progressions:

1. The goalkeeper starts in front of the cones and jump backwards.
2. Change the type of services (volley, low dive, extension dive, collapse dive).

Coaching Points:

- Jump with two feet and land shoulder width apart.
- Land on the balls of your feet and immediately take your 45 degree angle power step towards the ball.
- Use the ball to break your fall.

“The first quality in a good soldier is consistency in enduring hardship. Courage came second”