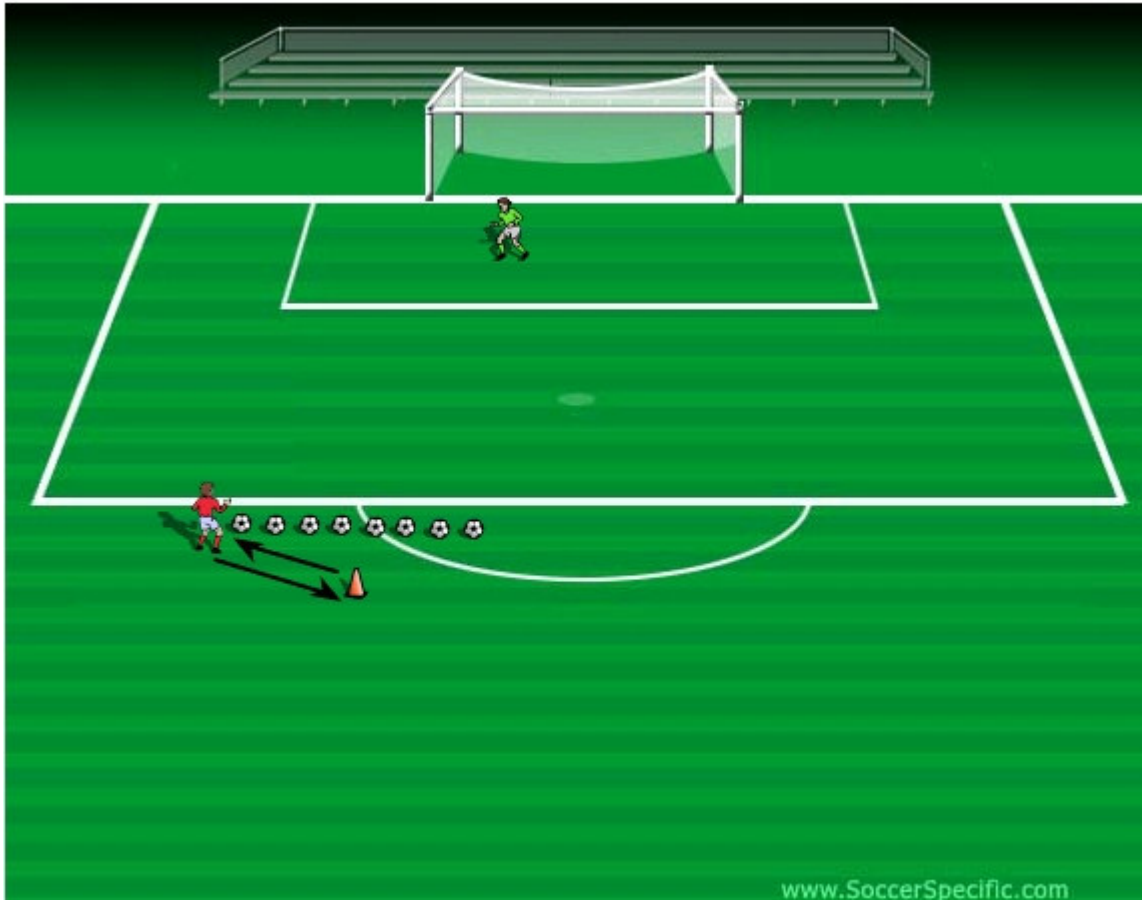


Rapid Fire

Emphasis: Body control, ability to recover



Set-up:

Place a server off center outside the 18 yard box. Line up 8-10 balls no more than 1 yard apart from each other. Place a cone in the middle of the balls 3-5 yards behind the balls.

Objective:

The server shoots the balls on target as fast as he can. After each shot, he must turn, touch the cone, and come back and shoot again. Goalkeeper must make as many saves as he can. Repeat both sides.

Progressions:

1. Move the cone closer to the shooter (cuts down recovery time for the goalkeeper).
2. Make the server shoot to alternating sides of the goal.

Coaching Points:

- Decide early to catch, punch, or parry.
- Don't turn your back to the goal.
- Dive for everything.

“It isn't making mistakes that's critical; it's correcting them and getting on with the principal task”
- Donald Rumsfeld -