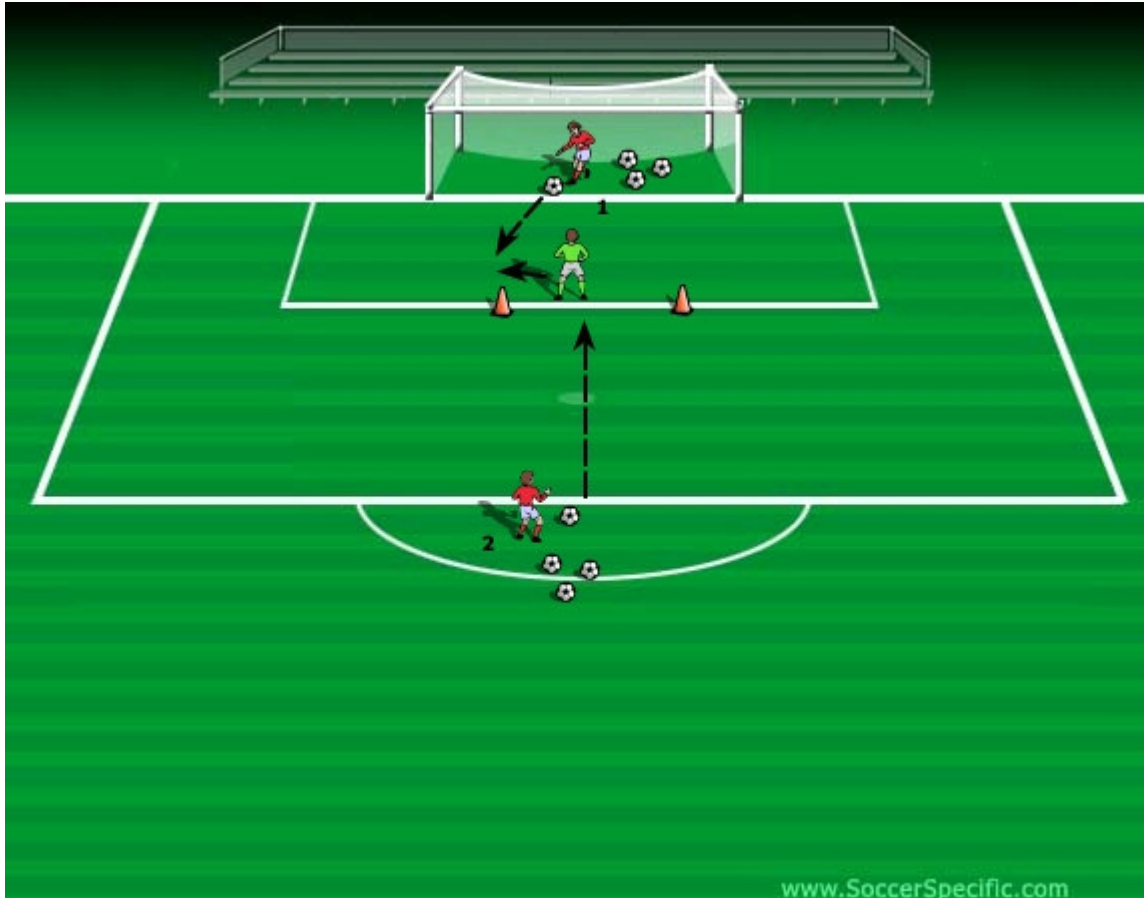


## Save, Turn, And Save

**Emphasis:** Making a recovery save



**Set-up:**

One server stands inside the goal just behind the goal line. Place two cones 6 yards apart in the middle of the 6 yard box and the other server stands at the top of the box ready to shoot.

**Objective:**

Goalkeeper faces the goal and makes a low dive save to his left or right. He must quickly recover to his feet, turn, and make a save in front of the two cones. It is vital that the goalkeeper gets set in front of the cones in order to make the proper save.

**Progressions:**

1. Increase the reps from the first server to left, right, left, right (4 low saves).
2. Second server can either shoot, chip, or try and dribble the goalkeeper.

**Coaching Points:**

- Cut off the shooters angle by getting set in front of the cones.
- If chipped, use the drop step and side shuffle backwards.
- Stay big and react to the shooter.