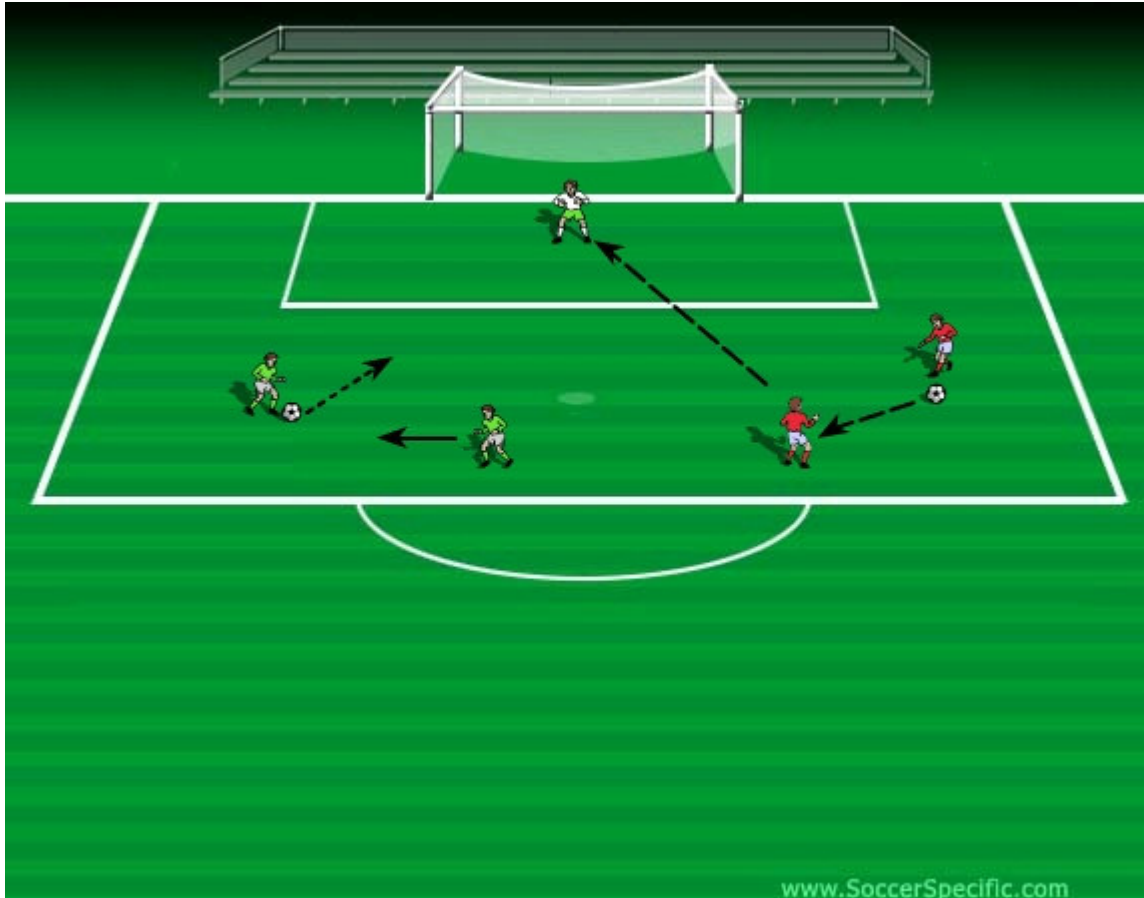


## See The Ball Early

**Emphasis:** Finding the shooter



**Set-up:**

The goalkeeper is in goal and two pairs of servers are dribbling and passing with each other anywhere in the penalty box.

**Objective:**

The two pairs are dribbling and passing with each and on the coaches' shout, one of the pairs shoots on the goalkeeper. The goalkeeper must identify which group is shooting and make the save. Strike the balls into the goalkeepers hands.

**Progressions:**

1. Force the pairs to stay on opposite sides of the penalty box.
2. The shooter can shoot hard and try to score.

**Coaching Points:**

- Stay relaxed but loaded.
- Cut the shooting angle quickly.

“To live is to risk dying, to hope is to risk despair, to try is to risk failure”