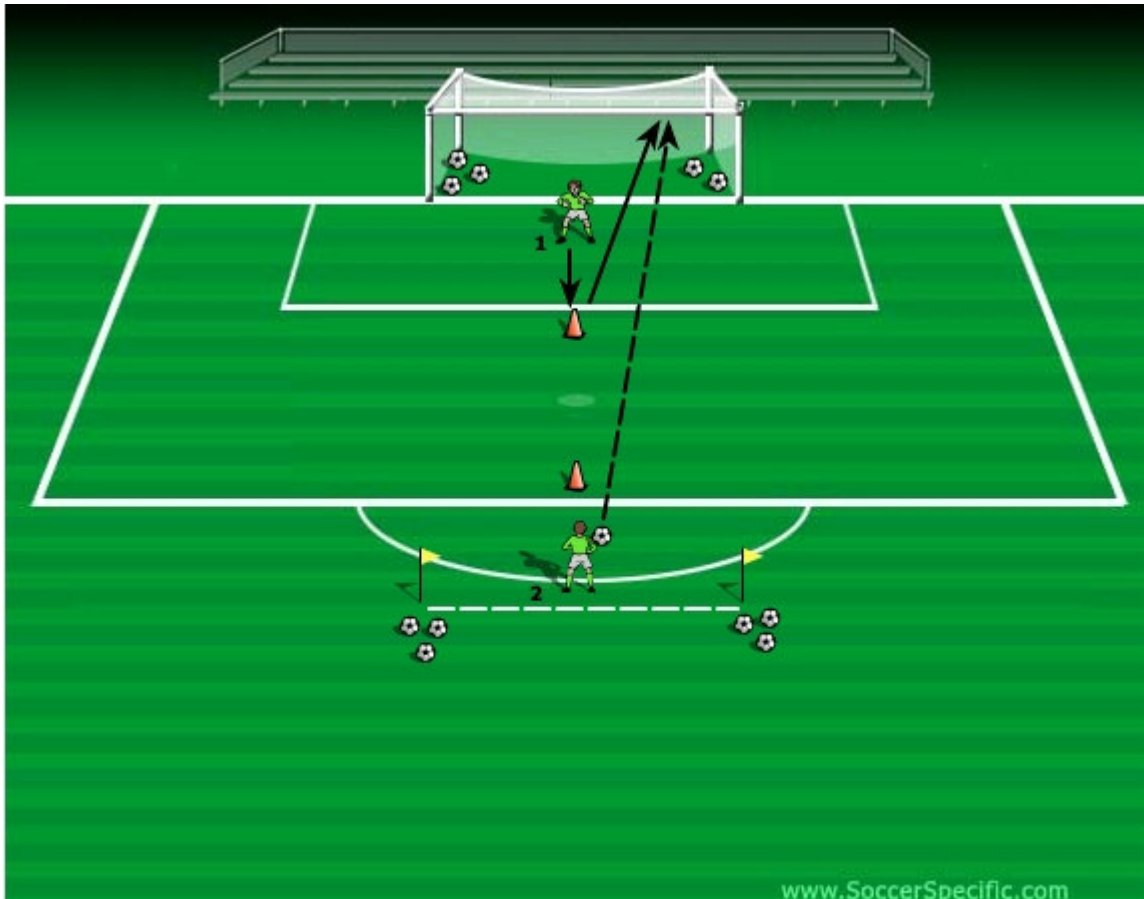


Tipping Over The Crossbar GK Wars

Emphasis: Dealing with being chipped



Set-up: Place two goals 25 yards apart from each other with a goalkeeper in each and plenty of balls. Set a cone in the middle of each goal and six yards out from the goal line.

Objective:

Goalkeeper 2 starts with the ball in his/her hands. As soon as goalkeeper 1 has touched his/her cone, goalkeeper 2 throws the ball over goalkeeper 1's head and into the goal. The object is to try and chip the keeper. Goalkeeper 1 must tip the ball over the crossbar and make the save. Alternate the roles. Keep track of the score and the first one to five goals wins the game.

Progressions:

1. Goalkeeper can volley the ball over the opponents head and into the goal.
2. Move the cone 8 yards out from the goal line.

Coaching Points:

- After touching the cone, don't turn your back to the playing field.
- Don't back pedal straight backwards, use a drop step and side shuffle backwards.
- Use an open palm to guide the ball over the crossbar.