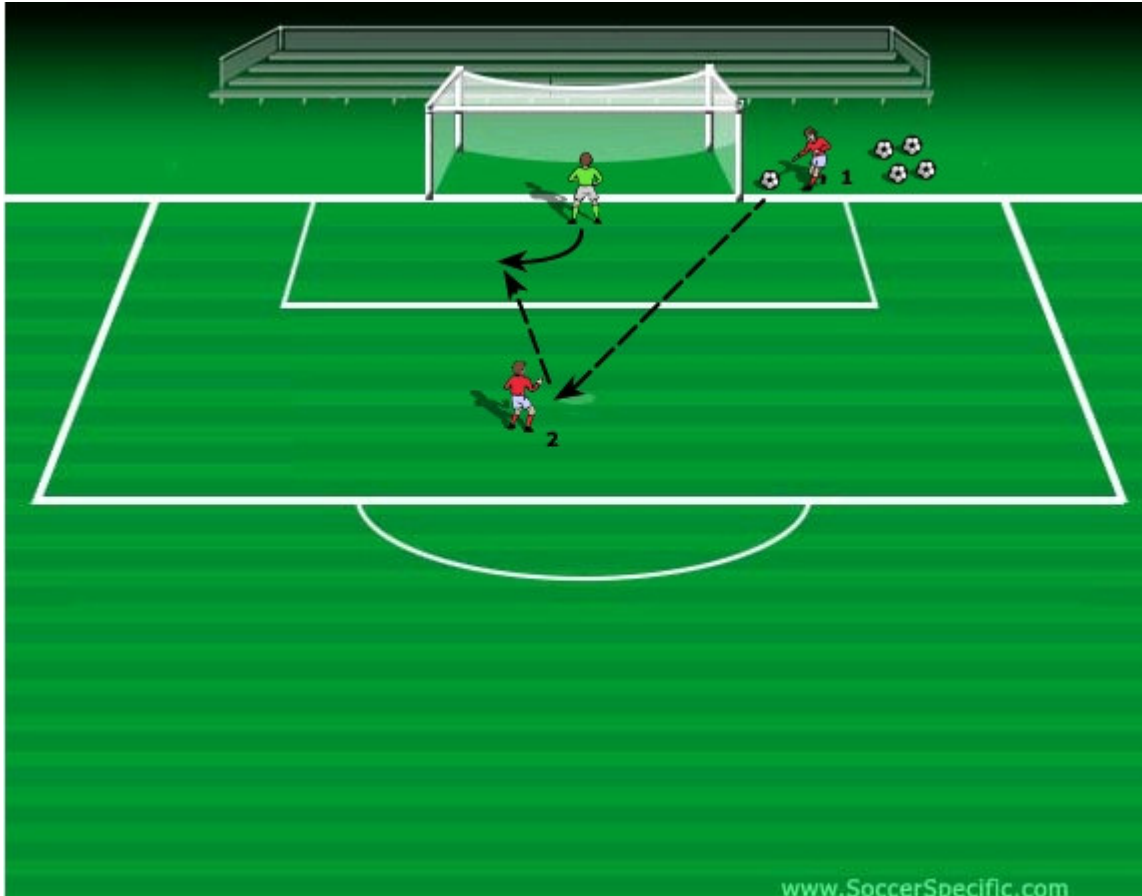


Turn, Face, And React

Emphasis: Mobility, getting set, reaction time



Set-up:
The goalkeeper is on his/her goal line facing the net. A server stands on the side of the goal with a group of balls. The shooter stands at the penalty spot.

Objective:

Server 1 plays a ball on the ground to player 2 who hits it first time to the back post. As soon as goalkeeper 1 touches the ball the goalkeeper must turn, close down the shooting angle and react to make the save. Repeat from the other side of the goal.

Progressions:

1. Goalkeeper starts sitting, stomach, back, or closer to the post.
2. The shooter can strike it near or far post.

Coaching Points:

- Recover quickly.
- Cut the angle down and quite the feet once the shooter cocks his/her leg back to strike the ball.