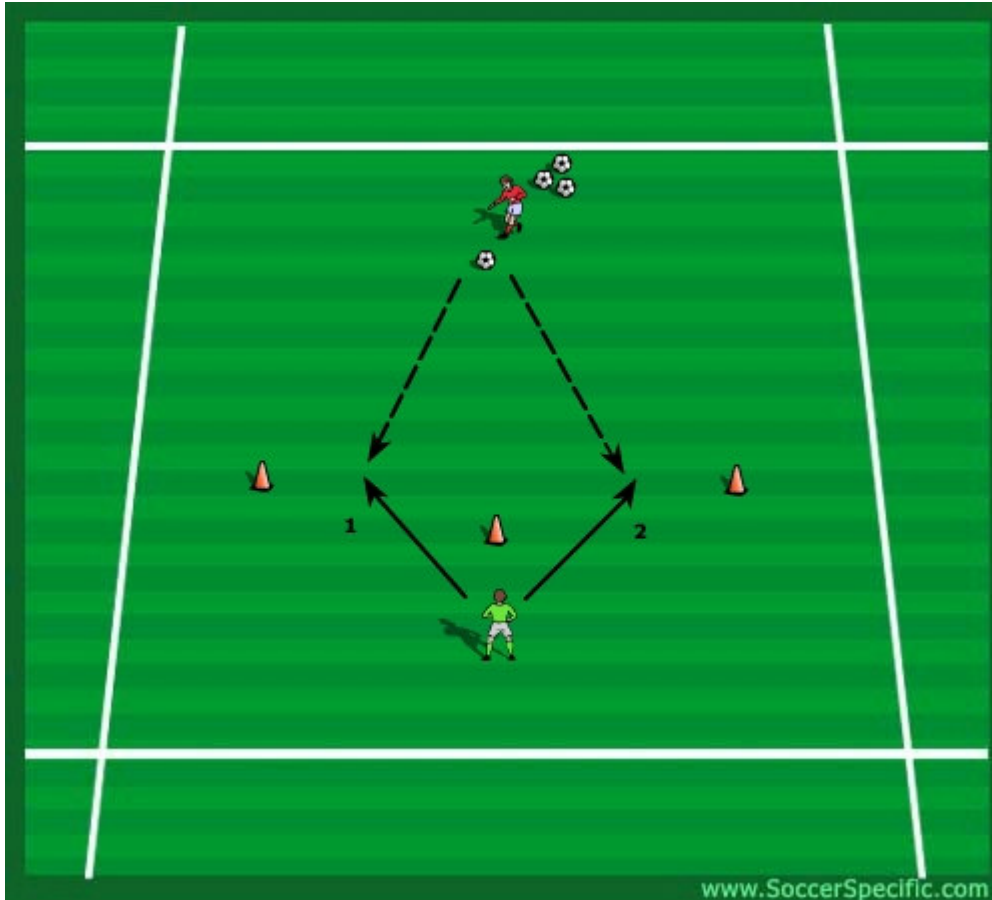


Two Goal Exercise

Emphasis: Decision making, quickness



Set-up:

Three cones are set up four yards apart with the middle cone set slightly behind the other two. The three cones represent goals 1 and 2. The goalkeeper starts four yards behind the middle cone. The server stands 6-8 yards in front of the middle cone with extra balls.

Objective:

On the coaches "shout" ("1" or "2"), the goalkeeper runs to the designated goal and saves the shot from the server.

Progressions:

1. Pull the middle cone back farther but keep the four yard starting position of the goalkeeper.
2. Move the server closer to the goals.
3. Service must be where the goalkeeper just came from (cut back ball).

Coaching Points:

- Decide early, arrive on time.
- Get your feet set.
- Dive at a 45 degree angle.