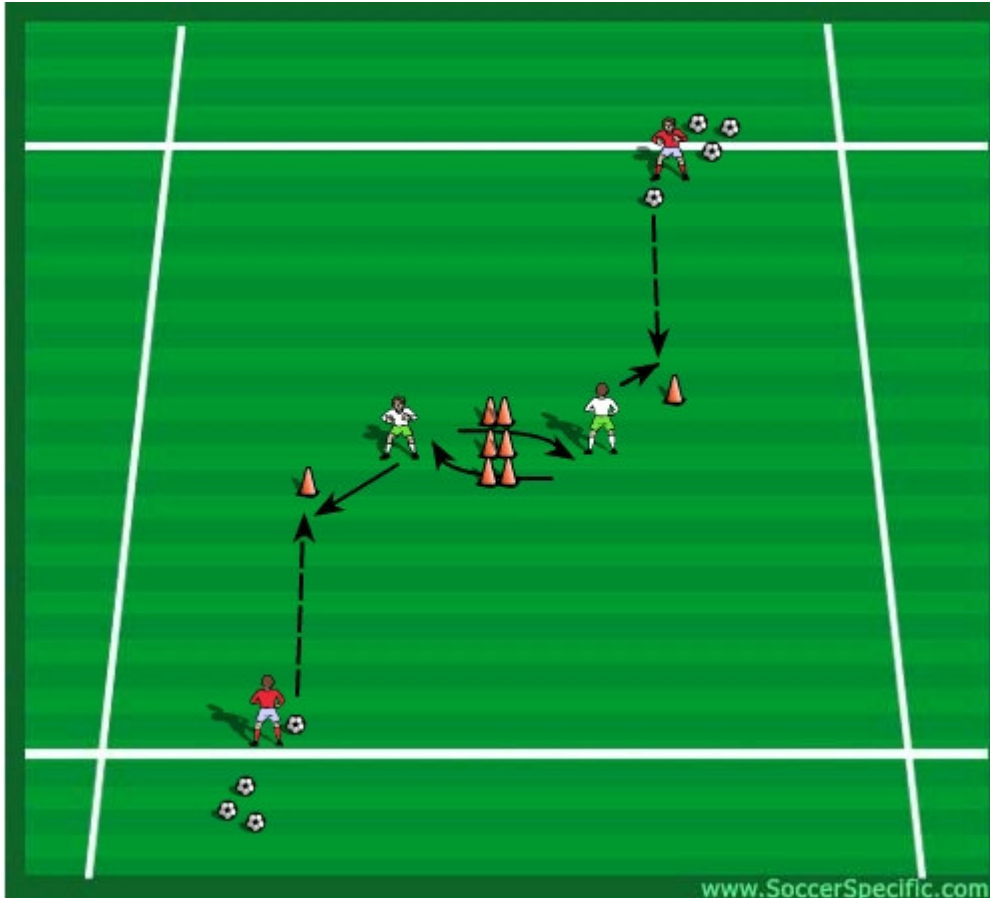


Up And Down Plyo Work

Emphasis: Explosion and muscle endurance



Set-up:

Place several tall cones, bags, hurdles, or anything to jump over, on the ground. Place a cone slightly in front of the cones and four yards away. Position the servers 6 yards out from the cones. Supply the servers plenty of balls.

Objective:

Goalkeeper jumps over obstacle, jumps back over, gets set and makes the save at an angle in front of the cone. Either one or two goalkeepers can work at once. Repeat both sides.

Progressions:

1. Low dives.
2. Collapse dives.
3. Extension dives.
4. Increase the number of jumps over the obstacle.

Coaching Points:

- Explode over and away from the obstacle.
- Stay off your elbow.
- Arms, midsection, legs follow on extension dives.
- Drive your hands to the ball.

“All men can see these tactics whereby I conquer, but what none can see is the strategy out of which victory is evolved” -Sun Tsu-