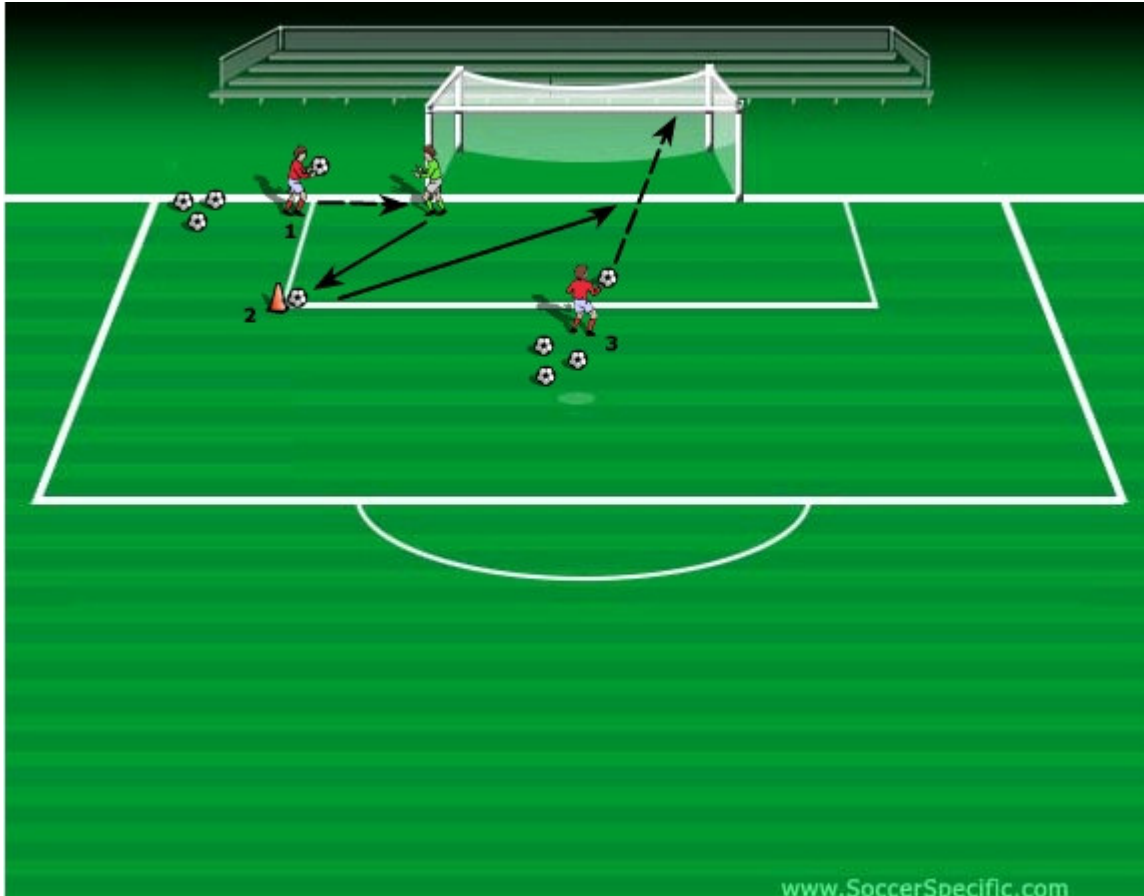


## Up And Down Training

**Emphasis:** Intense up and down work



**Set-up:**  
One server stands on the junction of the 6 yard box and the end line and serves a volley to the goalkeeper. A cone and a ball are placed at the corner of the 6 yard box and the final server stands at the middle of the six yard box. All three stations need plenty of balls.

### Objective:

The goal keeper must make the volley save at the near post, perform a low breakaway save towards the ball placed next to the cone (station 2), and recover for a looping balls that needs to be tipped over the bar. The third serve is from the hands and is aimed right at the cross bar. Quality service is mandatory.

### Progressions:

1. Increase the amount of reps to 5 in a row.
2. If a goal keeper drops or fumbles a ball he must start at the beginning.

### Coaching Points:

- Concentrate on making one save at a time.
- Make one save at a time cleanly.
- Mental focus.

“I hold it, that a little rebellion, now and then, is a good thing”

-Thomas Jefferson-