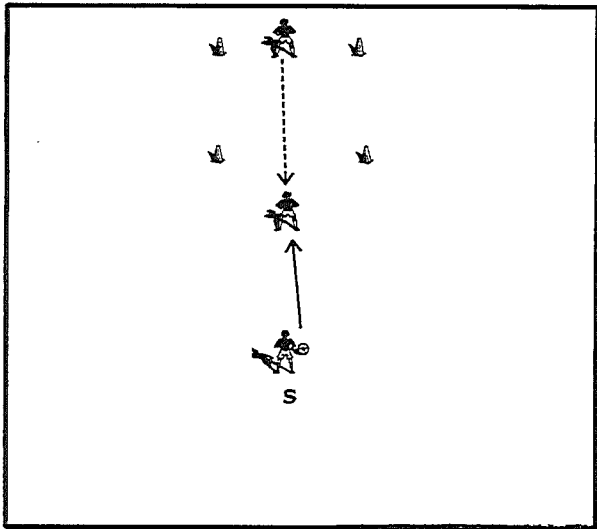


Footwork Handling



FOOTWORK AND HANDLING

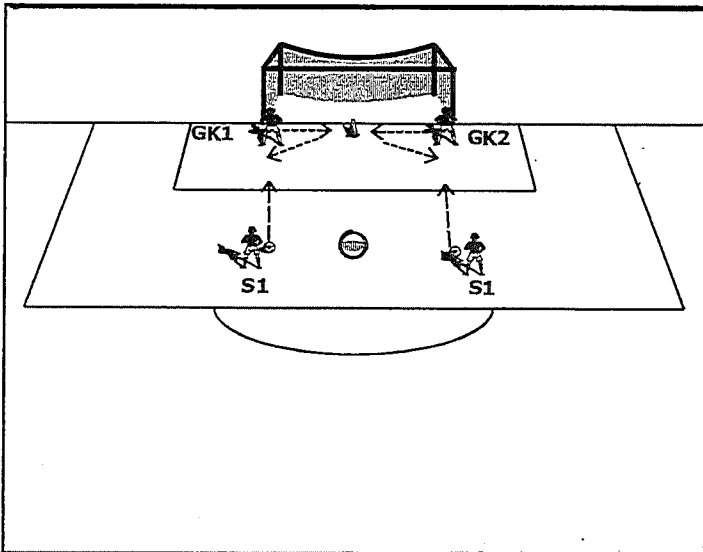
Instructions: (GK) starts in between the cones at the back of the grid. On Server's command, steps forward through the front cones to make save. 6 saves then rest.

Variations: GK facing out of grid, GK facing in on the Left/Right side of grid. GK facing out on Left/Right side of grid. GK lying on their back, side, stomach.

Vary the serves and location of serves.

Coaching Points:

- 1) Set Position
- 2) Catching
- 3) Diving
- 4) Footwork



FOOTWORK AND HANDLING

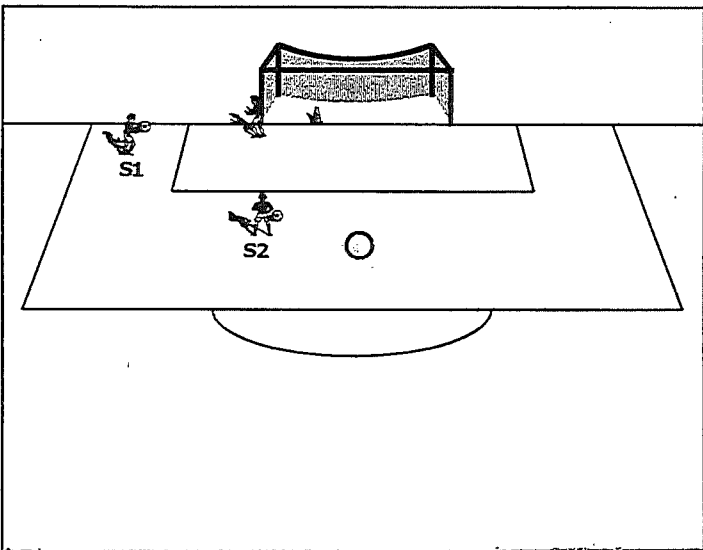
Instructions: (GK1) and (GK2) start on the posts, they side shuffle to the cone in the middle of goal, and then return attacking the ball for shot from S1 and S2.

Variations: 1) GKs roll the ball to servers, go and touch the cone and make save from server. 2) Same as 1, except for servers shoot diagonally.

Vary the serves and locations of shots

Coaching Points:

- 1) Set Position
- 2) Catching
- 3) Diving
- 4) Footwork



FOOTWORK AND HANDLING

Instructions: (GK) sets on post facing S1. GK receives volley into hands from S1, returns the ball and quickly turns to receive volley from S2 in the small goal created by the post and the cone on goal line.

Vary the serves and locations from S2. After 6 saves from S2, repeat on other post.

Coaching Points:

- 1) Set Position
- 2) Catching
- 3) Diving
- 4) Footwork

Footwork_Handling

FOOTWORK AND HANDLING

Instructions: GK moves sideways towards the cone, at the cone the GK steps forward to get set and receives service from S1, GK returns ball to S1 and tracks backwards to move in the other direction to receive ball from S2. Have GK make 3 saves from each server then rest.
Start with: 1) Low or Ground Balls 2) Medium Height Ball 3) Head Height 4) High Balls

Coaching Points: for the following should be observed:
1) Set Position 2) Catching 4) Footwork

FOOTWORK AND HANDLING

Instructions: GK gets set on post, receive service from S1, returns the ball, turns to run to opposite post to receive service from S2. Have GK make 3 saves from each server then rest.
Start with: 1) Low or Ground Balls 2) Medium Height Ball 3) Head Height 4) High Balls

Coaching Points: for the following should be observed:
1) Set Position 2) Catching 4) Footwork

FOOTWORK AND HANDLING

Instructions: GK moves forward and sideways through all the cones, the GK then steps into the small goal and gets set for service from S. GK returns the ball to S, and recovers backwards to repeat, Have GK go through the cones 4-6 times depending on the age and fitness level of GK.
Types of Service: 1) Low or Ground Balls 2) Medium Height Ball 3) Head Height 4) High Balls 5) Balls to right or left on ground for a diving save 6) Balls to right or left in the air for a diving save. Another variation, is to have GK distribute the ball to server before going through the cones, and also have the GK move backwards and forwards through the cones.

Coaching Points:
1) Set Position 2) Catching 3) Diving 4) Footwork

