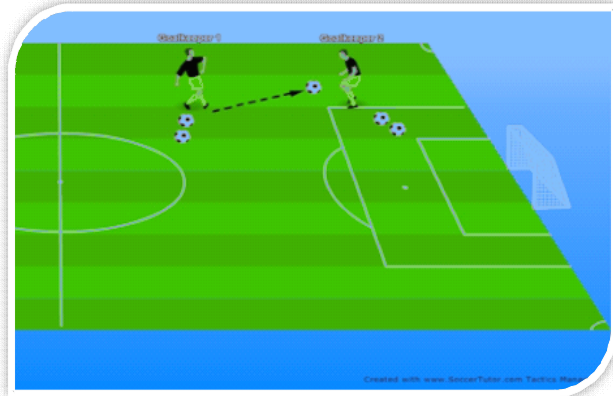


4-1: Classic Reactions Catching



4-1 Classic Reactions Catching. This series is useful for providing very quick repetition. The goalkeepers work through the progression below, alternating roles every 10 shots. In each case, vary serves – thrown, punted, drop-kicked, shot from ground. The major coaching points with reactions work are enforcing the importance of good hand-eye coordination and extending the catching area to reduce the number of rebounds. A push-up rule (or other penalty) can be instituted with older and advanced ‘keepers to deter allowing rebounds.

- goalkeeper looks down; partner calls, “Shot!” and she reacts to save.
- goalkeeper faces away from her partner. At the call of, “Shot!,” she turns and reacts to save.
- goalkeeper starts on the post, facing the corner flag. At the call of, “Shot!,” she turns to deal with shot from her partner in the area.
- goalkeeper starts laying on her front side and looking down. At the call of, “Shot!,” she recovers and reacts to save.
- goalkeeper starts laying on her back and looking up. At the call of, “Shot!,” she recovers and reacts to save.

4- 2: Drop and Catch



4-2 Drop and Catch. This is another traditional exercise for goalkeepers to practice their ability to suddenly save. There are many variations, but generally one goalkeeper holds the ball with both hands at chest height to begin (hands on the underside of the ball). Her partner stands facing her and places her hands above the ball. When the holder releases the ball, the goalkeeper reacts to catch before the ball reaches ground. Change roles after 30 seconds. Variations/progression: The holder fakes to drop; the holder holds the ball at waist height; the active goalkeeper must begin with her hands behind her back; utilize two balls (drop one); utilize two balls and the server holds her hands straight out at her sides and

shoulder high – as she drops one, the goalkeeper must dive to save before the ball hits the ground or to cover the bounce.

4-3 : Toss-Save-Catch



4-3. **Toss-Save-Catch.** Each goalkeeper holds a ball. One goalkeeper tosses her ball in the air, receives a chest pass from her partner and returns, and then relocates and saves her original toss. Change roles after each sequence. This is a particularly useful exercise for younger goalkeepers in that it helps them learn to locate a ball in the air. Variations: The server from the partner is a shot played with pace from the feet.

4-4 : Rebound



4-4 **Rebound.** One goalkeeper is in her ready position and the other has a ball. The player with the ball bounces the ball off of the top of one of the goalkeeper's feet. The goalkeeper moves to cover as quickly as possible. The unpredictable nature of the bounce creates a reaction situation, and the most important coaching point is to emphasize that the goalkeeper may need to utilize footwork to get close enough to cover. Change roles after each save. Progression: The server attempts to win the ball after the bounce.

4-5 : Backstop



4-5 Backstop. One goalkeeper stands with her back to her partner. The other goalkeeper throws a ball off of the lower back of her partner, who turns and races to cover the loose ball. Like 4-4, this exercise compels the goalkeeper to deal with a simulated rebound or knock down inside the area, and a combination of quick recognition, footwork and aggression are required. Progression: The server attempts to win the ball after the bounce.

4-6 : Balls and Strikes



4-6 Balls and Strikes. Utilize an 8x8 yard grid. Goalkeepers stand on opposite sides of the grid. The players throw the ball back and forth, attempting to force their partner to drop the ball. Each dropped ball is a strike and the first player to accumulate three strikes loses the game. For a throw to result in a strike, it must be thrown between the shoulders and between the chin and waist on the target goalkeeper – and be dropped. Any throw outside that area is a ball. Accumulated balls do not count in the scoring of the game. From a coaching perspective, this game is a good environment for getting goalkeepers to focus on reactions, controlling high paced shots, and consistency.