



# TOPIC: Shot Stopping

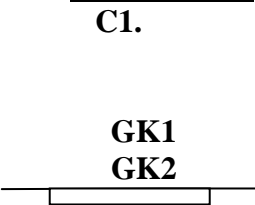
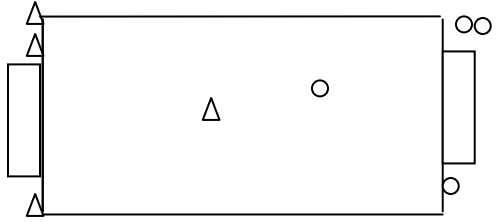
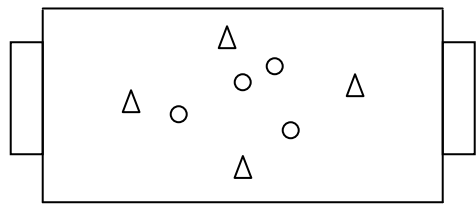
Key:

Running without the ball 

Running with the ball 

Pass 

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<p align="center"><b><u>WARM-UP</u></b></p> <p>GK1 GK2 ← .C</p>	<p align="center"><b><u>ORGANIZATION</u></b></p> <p>GKs alternate turns</p> <ul style="list-style-type: none"> <li>- passing with feet (1 touch/2 touch)</li> <li>- collecting dead ball</li> <li>- low, med, high services</li> <li>- diving               <ul style="list-style-type: none"> <li>- stationary service</li> <li>- service by hand (toss)</li> </ul> </li> </ul>	<p align="center"><b><u>KEY COACHING POINTS</u></b></p> <ul style="list-style-type: none"> <li>- Getting SET</li> <li>- Move during FLIGHT of ball</li> <li>- Body SQUARE with FLIGHT</li> <li>- EYES are the glue</li> <li>- Save THROUGH the ball</li> </ul> <p>DIVING</p> <ul style="list-style-type: none"> <li>-positive step, ball breaks fall, land on side</li> <li>-look through “window”</li> </ul>
<p align="center"><b><u>ACTIVITY 2</u></b></p> <p>C2 C1. C3</p> <p align="center">GK1 GK2</p> 	<p><b>Shots</b></p> <ul style="list-style-type: none"> <li>- Each GK starts with a ball</li> <li>- GK finds Coach at varying areas (C1-C3)</li> <li>- Coach takes 1 touch shot</li> </ul> <p>*GKS alternate each shot          *Progress from simple to difficult saves          *Progress from 1 to 2 touch shots          *Vary starting positions/service</p>	<ul style="list-style-type: none"> <li>- Move when ball is out of touch</li> <li>- Get Set</li> <li>- Vertical &amp; Horizontal Positioning</li> <li>- Proper catching/diving technique</li> </ul>
<p align="center"><b><u>ACTIVITY 3</u></b></p> 	<p><b>1 v 1 Flying Changes (36 x 24)</b></p> <ul style="list-style-type: none"> <li>- 1v1 to goal ( 2 min games)</li> <li>- Attackers must drop and defend after shot</li> <li>- Defenders are replaced by attacker going opposite way.</li> </ul> <p>*Progress to 2v2</p>	<ul style="list-style-type: none"> <li>- Positioning</li> <li>- Getting Set</li> <li>- Proper Handling</li> <li>- Organizing 1<sup>st</sup> Defender</li> </ul>
<p align="center"><b><u>GAME</u></b></p> 	<p><b>4v4 To Goal (36x24)</b></p> <ul style="list-style-type: none"> <li>- play for time or for goals</li> </ul>	<ul style="list-style-type: none"> <li>- Positional play</li> <li>- Communication</li> <li>- Proper handling techniques</li> <li>- Distribution Choices</li> </ul>