



TOPIC: Shot Stopping Integrated with Team

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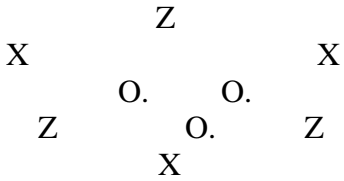
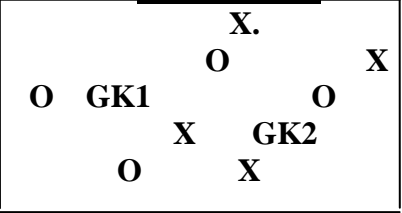
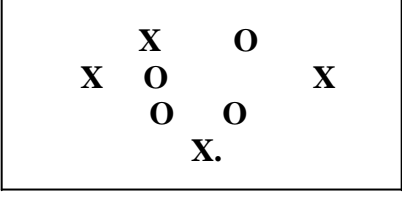
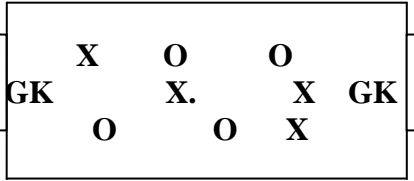
Key:

Running without the ball 

Running with the ball 

Pass 

MYSA Coach Education "D" License

<p align="center"><u>WARM-UP</u></p> 	<p align="center"><u>ORGANIZATION</u></p> <p>5-6 players (servers) each w/ a ball spread out and form a circle 2-3 players start w/o ball inside the circle Players inside work for 30-45 sec Progression: (GKs use hands) 1.) 1 touch back to server 2.) 2 touch back to server 3.) Receive out of the air 4.) Receive and turn, play someone new</p>	<p align="center"><u>KEY COACHING POINTS</u></p> <ul style="list-style-type: none"> - Get SET/Evenly Balanced - Move as the Ball Moves - Shoulders/Hips Square to Flight - Finger tips (W vs Train Tracks) - Eyes glue ball to hands <p>DIVING</p> <ul style="list-style-type: none"> - Shoulders over toe - Ball breaks fall - Look through window
<p align="center"><u>ACTIVITY 2</u></p> 	<p>Possession: 4v4+GKs (36 x 24)</p> <ul style="list-style-type: none"> - Teams must complete 4 passes (one of them being to the GK) for a point 	<ul style="list-style-type: none"> - Footwork and getting set - Body behind ball - Proper catching/diving technique - Communication
<p align="center"><u>ACTIVITY 3</u></p> 	<p>4v4 To Targets (36v24)</p> <ul style="list-style-type: none"> - Play into GK for a point - Directional - GK can be a pass back option 	<ul style="list-style-type: none"> - Getting Set - Body Behind Ball - Proper Catching Technique - Communication as mode of shot stopping - Supporting the play, initiating the attack
<p align="center"><u>GAME</u></p> 	<p>4v4 To Goal (36 x 24)</p> <ul style="list-style-type: none"> - The Game 	<ul style="list-style-type: none"> - positional play - communication - proper handling techniques