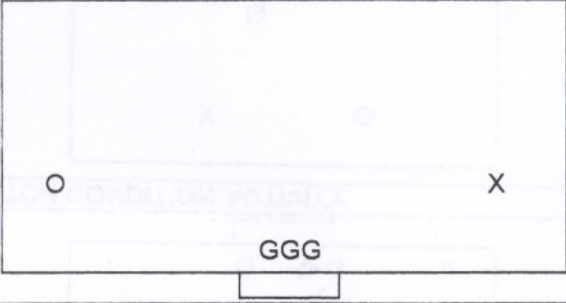
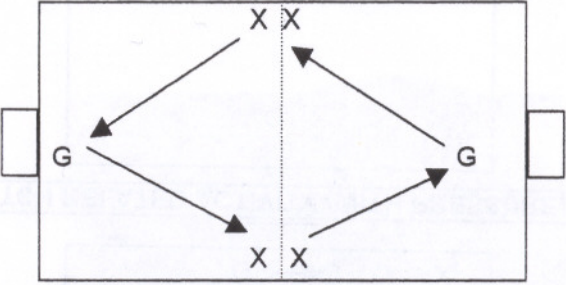
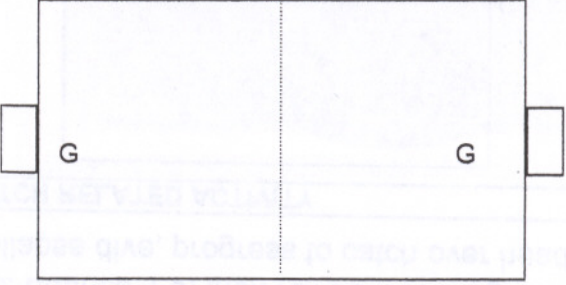
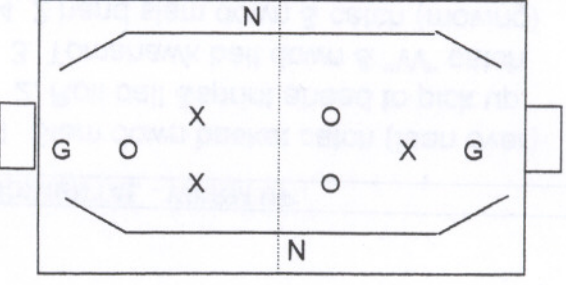


GOALKEEPING 2

| MATCH RELATED ACTIVITY | ORGANIZATION | KEY COACHING POINTS |
|--|---|---|
|  | <p>"X" and "O" players take turns serving the ball to multiple keepers (or a keeper and traffic players) in the net. Keepers battle to gain control of the ball and must call keeper to receive it.</p> | <p>~body position to take up space ~catching technique</p> |
|  | <p>Goalkeeper plays ball to "X" player who then tries to score on the other keeper. After save, the keeper plays to another player who shoots on the first goalie. Vary direction. Field size is 54 by 36</p> | <p>~come out to cut down the angle ~proper "stalk" position, elbows ahead</p> |
| <p>MATCH RELATED ACTIVITY (WITH PRESSURE)</p>  | <p>Goalie wars. Keepers try to score on each other, game played to 5 goals. Field size 30 yds. long.</p> | <p>~transition from save to offense ~transition from offense to save</p> |
| <p>MATCH CONDITION ACTIVITY</p>  | <p>Keeper plays ball to either neutral player who serves the ball to the strikers in the offensive zone. Field size is 54 by 36.</p> | |