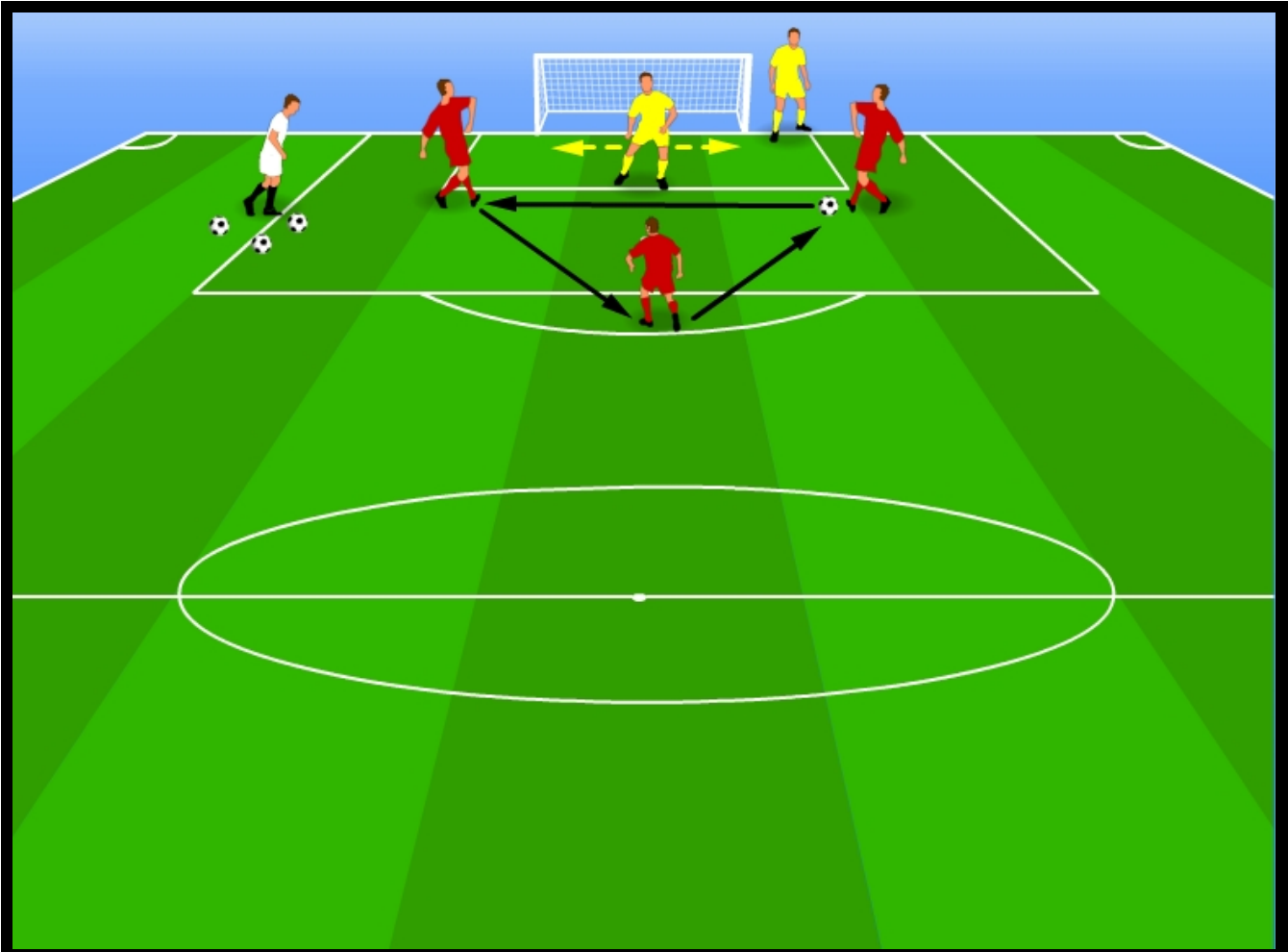


Move the Keeper

Fundamental

Goalkeeping



Set Up: There are three players set up in the penalty area, just outside of the six yard box.

Procedure: The attackers pass the ball around the triangle (using one or two touches), and the goalkeeper re-adjusts his position with each pass. After three passes are made, the attackers are free to shoot on goal at any time, but they can only finish with first time shots. After three shots, the goalkeeper switches out, and the attackers rotate to new positions.

Teaching Topics:

- 1 Set position.
- 2 Concentration.
- 3 Save technique.

Progressions:

- 1 One touch limit on passes.
- 2 Use a smaller triangle, only shoot at half of the goal.

Coaching Points:

- 1 Come to a set position before the ball is struck, regardless of where you are.
- 2 Concentrate on the ball and ignore ball and body feints.
- 3 Choose to catch or parry as early as possible. Parry hard shots from in close.