



These area fun warm up type activities to prepare the keepers for a session dealing with collapse dives or sessions focusing on the power step (the keeper's first step towards the ball) and fast hands.

ACTIVITY #1:

- Have your keepers lay on their stomachs facing each other with a ball between them.
- Adjust both keepers so that the ball is JUST within finger tip range of both.
- Then the keepers place their arms either out wide or at their side.
- On your prompt, the keepers then reach for the ball and try to win the ball from the other keeper.
- If both keepers retain the ball, allow them to “wrestle” for the ball until one or the other has CLEAR possession. This builds some physical activity, leading with the hands, strength, speed and determination. And it is just plain fun!

ACTIVITY #2:

- Have your keepers standing facing each other approximately 5-8 yards apart.
- Place 2 balls between the keepers, one to the left and one to the right of the keepers.
- Be sure the keepers identify which of them is the lead and which is the shadow.
- On there move, one keeper lunges for either ball and the other keeper tries to shadow and reach the ball at the same time as the lead keeper.
- No fakes or changes of direction last minute. You are trying to get their reaction strong, not try to make them fail.

COACHING POINTS for #2:

- Be sure the keepers lead with their hands toward the ball.
- Watch to see that the keepers are taking their power step towards the ball, not just “lunging” at it. If they seem too close, move them back a bit to ensure they HAVE to step to reach the ball.
- Look for your keepers hand position. Having two going for the same ball should apply a little pressure to the ball, requiring that the keeper's hands be properly positions on top of and behind the ball to prevent loosing the ball.
- Be sure that the keeper's starting position is correct to get a good first step. On their toes, knees slightly bent and hands at the ready position (mid waist or gun slinger).