



Exercise #1: High Contour – high or lofted balls

A fellow keeper or coach begins by bouncing a ball toward the riser on the ground. The practicing keeper must not only catch the serve, but also clear the riser. Eventual progressions can include lofting the ball versus bouncing, raising the height of the riser etc.

Things to look for:

- a) arms and hands reaching out to the ball at full extension
- b) use of one leg lifted and bent to serve as propulsion and protection
- c) using the ground leg to explode off of into the air
- d) timing to not over or under run the ball as it descends
- e) “keeper” shout!

Exercise #2: Keeper War Variation

A coach or fellow keeper serves 50/50 balls high in the air. Two keepers line up one on each goal post. When a ball is released, the keepers compete for and try to secure the lofted 50/50 ball.

Things to look for:

- a) keepers using maximum propulsion and extension
- b) bent knee for propulsion and protection
- c) pushing off hard with the ground foot and leg
- d) aggression
- e) securing the ball once the catch is made
- f) “keeper” yell

Exercise #3: Dual Contour Saves

Set up 3 disks in an L shape, varying the length between based on your keepers abilities. Two fellow keepers or coaches stand on the outside of the L with one keeper on the inside of the L. Facing one coach, the keeper is served a ball to make a vault save, breadbasket or high contour save. Immediately, the keeper then turns to face the opposite coach and is served a diagonal ball to make a side contour or diving save on. Repeat both activities continuously until the keeper is winded. Then rest and reverse so both directions are worked.

Things to look for:

- a) what the technique as the keeper becomes tired or winded
- b) ensure technique does not breakdown as the speed of the activity increases