



These exercises are an excellent way to train technique and also work on conditioning.

Exercise #1:

Serve the keeper balls to the L and R of the cones as the keeper progresses through the cones toward you. Working on low diving saves, look for:

- a. Hands behind and on top of the ball, using the ground as the third hand
- b. That the keeper is diving to the side and **INFRONT** of the cone, thus making saves in front
- c. Feet are shuffling not crossing each other. Work on foot speed
- d. Proper leg extended, proper leg absorbing the momentum
- e. Arms are extended to meet the ball. Lead with the hands
- f. Not hitting the ground elbow first, but hip first

Exercise #2:

This exercise allows you to train multiple techniques in one drill. Have the keeper always return to the ready position.

- a. Coming forward for forward vaults or lunge steps
- b. L/R diving low and high saves
- c. Back peddling for high-ball saves or punches