



Exercise C:

This is the third progression in the side contour practice. In Exercise C, we are doing much the same as in Exercise B, however in this version we have added distance and depth. The keeper must save, reset and prepare very quickly.

Things to look for are:

- A) Be sure the keeper extends to make the save **IN FRONT OF** each cone.
- B) Be sure the keeper is shuffling his/her feet to move left or right, not crossing them or turning away from the ball to move.
- C) Lead with the hands.
- D) Vary the service...from rolling, to bouncing to aerial depending on your keeper's ability.

Again, only two keepers and minimal equipment is need for a solid training session.

Exercise D:

Exercise D is the play cycle. Presented is a version of keeper wars, and can be played with a few as 2 keepers, but is better with 3 or more. In this versatile exercise, you can work on a variety of techniques, from side contour, to high contour and of course, differing distribution methods. Things to look for are:

- A) Be sure that keepers are using proper judgment in the type of save if allowing more than one type of save.
- B) Be sure keepers are not over running or "jamming" the save.
- C) Challenge fellow keepers by adjusting the direction and speed of the service. Make each other really work!
- D) Watch the footwork!