



The exercise illustrated above is part of a progression series to train the side contour method of dealing with low, off center shots. The side contour save is appropriate when a solid, safe save is needed to be made and the Keeper is unable to get his/her body fully behind the ball. The progression begins at “A” and ends with “D”.

#### Exercise A:

Multiple keepers or coach and keeper are kneeling between two cones or disks widened to be appropriate for your keeper’s age and ability, but usually 3-5 yards wide.

One participant rolls the ball wide of the other keeper, forcing that keeper to make a side contour save. The keepers continue to switch saving and serving roles each time through.

This is an excellent technical warm up for keepers and does not take to much time, manpower or equipment. Things to look for are:

- A) The ground leg is straightened; the high leg is bent toward the chin for protection and balance.
- B) The save is made with a “collapse” of the inside leg (leg closest to the side the save will be made) and a roll flat onto the hip and upper body, finishing facing the shot, not landing on the stomach or back.
- C) The hand closest to the ground comes behind the ball, the high hand closes down on top of the ball and the ball is “pinned” to the ground (referred to as the third hand).
- D) Lead with the hand. Make the save slightly diagonal and forward of the head or upper body. **DO NOT LAND ON OR BRACE WITH THE ELBOW(S).**

#### Exercise B:

The next progression exercise is done with two keepers or keeper and coach also. Lay out 5 disks moderately spaced (2-4 yards). The keeper begins to one side of the first disk. The other keeper then rolls or bounces a ball to the opposite side of the disks. The keep must move between the disks and make a side contour save **IN FRONT** of the disks. Continue all the way through the course. Here we introduce using the left **and** right side saves, as well as repetitive training giving many touches and opportunity for corrections.