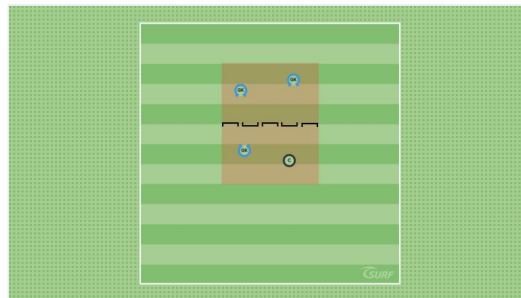


GK Activation Warm up - Soccer Tennis

Written by Louis Hunt

Key Coaching Points

- This game is used to activate GKs muscles while preparing them for technical & physical requirements/movements for the session while setting the competitive standards for the whole practice - stretches can take place in between games where needed.

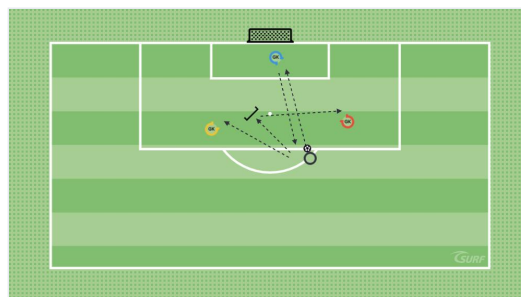


Close range saves - LH

Written by Louis Hunt

Key Coaching Points

- GK's save decision based off ball from rebounder
- Defend the area; reaction to if ball breaks loose for secondary forward to finish (how does that player effect decision on save?)
- Timing of set position - angle/weight/balance of body to react appropriately



Shot stopping

Written by Louis Hunt

Key Coaching Points

- Reaction to angle of ball to save appropriate - save decision based on which player the ball goes to, angle of forward, height/depth of forward

