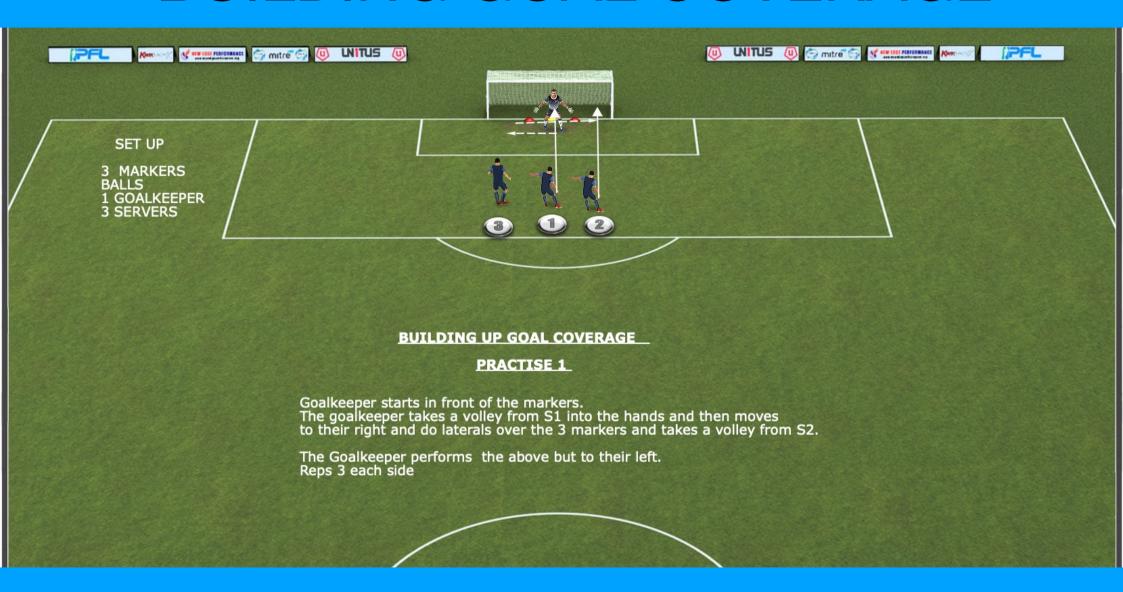
BUILDING GOAL COVERAGE



WWW.SAVEHANDSGK.COM

BUILDING GOAL COVERAGE



WWW.SAVEHANDSGK.COM

BUILDING GOAL COVERAGE



BUILDING UP GOAL COVERAGE PRACTISE 3

Goalkeeper starts in the middle of the goal.

The goalkeeper takes a volley from S1 into the hands and then moves to there left to take a low strike from S2.

The goalkeeper makes the save then gets up and moves across the goal quickly and effective and take a strike from S3

The Goalkeeper performs the above but to their right Reps 3 each side

WWW.SAVEHANDSGK.COM