

BUILDING GOAL COVERAGE



SET UP

3 MARKERS
BALLS
1 GOALKEEPER
3 SERVERS



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PRACTISE 1

Goalkeeper starts in front of the markers.
The goalkeeper takes a volley from S1 into the hands and then moves to their right and do laterals over the 3 markers and takes a volley from S2.

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

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BUILDING UP GOAL COVERAGE **PRACTISE 2**

Goalkeeper starts in front of the markers.
The goalkeeper takes a volley from S1 into the hands and then moves to their right and do laterals over the 3 markers and takes a throw from S2 for a collapse dive.
The goalkeeper move across the goal quickly and effective and take a low strike from S3

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

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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 their left to take a low strike from S2.

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

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

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