

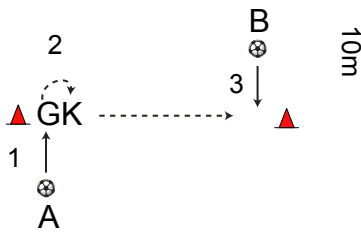


## Technique # 9: Continuous Saves

### 1. Shots from Both Sides of Goal

GK starts at one post of a regular width goal.

1. A throws high ball to GK who catches it and throws it back to A.
2. GK pivots to face B.
3. B takes a low shot to opposite post and GK makes a diving save.

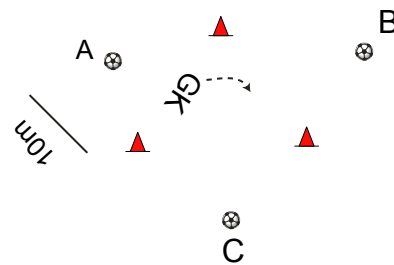


### 2. Shots on three Goals

3 full size goals set up as a triangle.

1. A shoots and GK saves.
2. GK recovers, sets in next goal facing B and saves shot.
3. Repeat facing C.

Reverse order of shots for 6 full sets.



### Coaching Points/Progression

#### **Shots from Both Sides of Goal:**

Goalkeeper starts with knees slightly bent - semi crouch. The throw should be cross bar height forcing keeper to jump up. Challenge the keeper to catch the ball and throw it back to the server in one motion, ideally before feet plant on ground. Keeper should immediately get into a low crouch to be ready to pivot and use the momentum from coming down into an exploding fully extended dive to save the second shot. Start with the second shot at a pace and distance closer to the keeper to allow the keeper success. Then increase the distance, the pace, and the height of the shot.

#### **Shots on three Goals:**

After each shot the keeper needs to quickly recover, hustle into the adjacent goal and set for the next shot. Shooters need to allow keeper to properly set before shooting next. They should vary the shot with respect to the side of the keeper, height, and pace. They need to find a balance between allowing a great keeper little time to set and pushing a novice to set faster.

### Coach's Notes