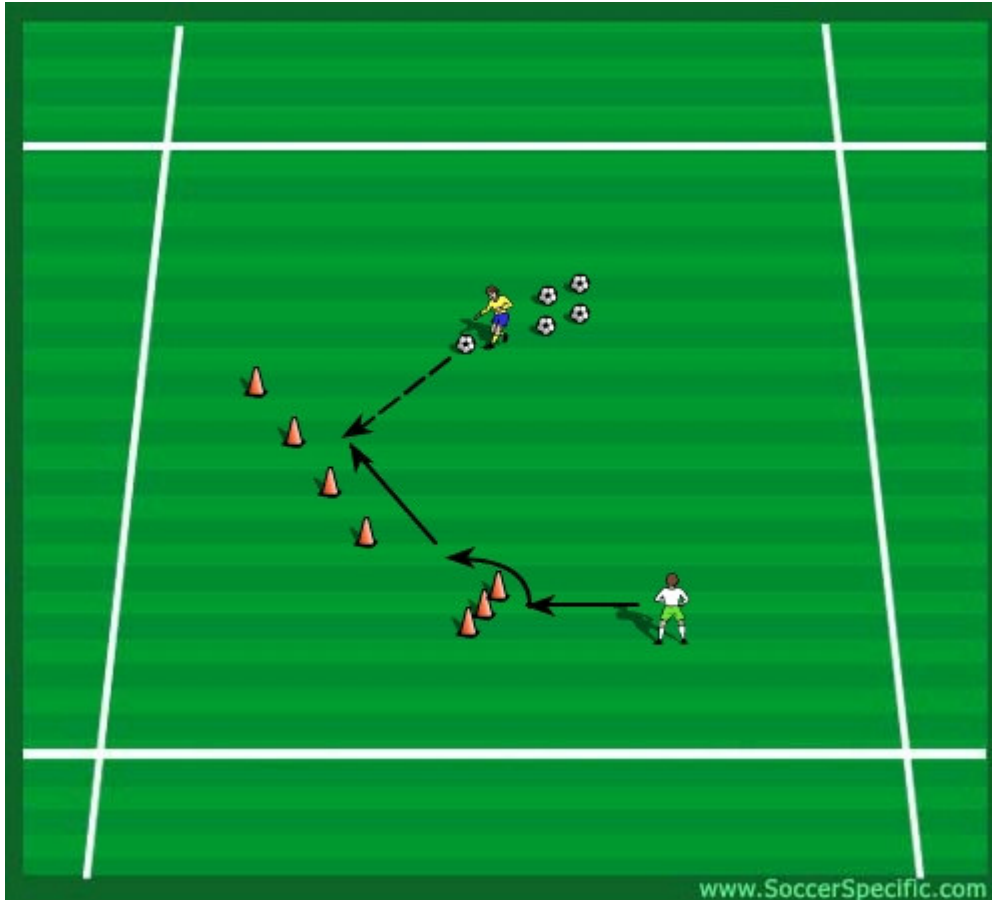


## Protect The Cones

**Emphasis:** Explosion, lateral footwork, diving technique



### **Set-up:**

Set up three cones (hurdle or bag) to the side of the goalkeeper. Place a diagonal row of cones starting from four yards away from the obstacle (1 yard between each cone). The server stands 6-8 yards in front of the diagonal row of cones with several balls.

### **Objective:**

The goalkeeper jumps over the three cones (obstacle) and then “protects” the cones by saving the server’s shot.

### **Progressions:**

1. Increase the size of the goal.
2. Increase the height of the obstacle.

### **Coaching Points:**

- Jump and land with two feet.
- Shoot your hands to the ball.
- Decide to catch or parry the ball.

“Even the knowledge of my own fallibility cannot keep me from making mistakes. Only when I fall do I get up again” -Vincent Van Gogh-