

Description

Ladder for High balls

Small groups 3-5 for ladders

A: rotate sides, do each 4x

-two feet thru ladder, basket catch

-diagonal thru ladder, contour catch

-backward in/out turn, high contour catch

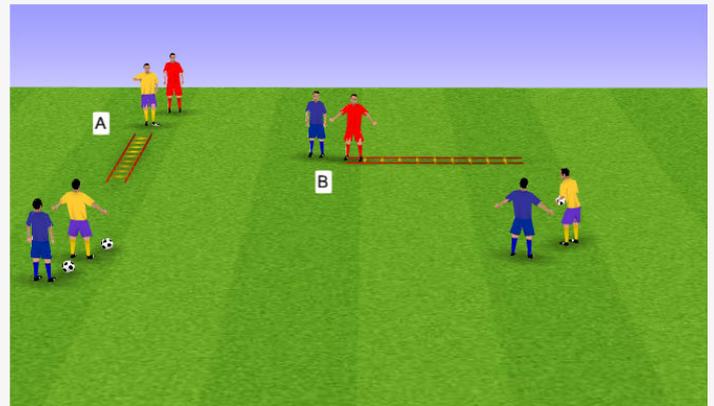
B: Rotate sides, do each 4x (alternate sides)

-two foot sideways, volley high catch

-scissors, volley short high catch

-low on ladder, volley high behind

CP: communication, eyes on ball, soft hands, quick footwork, timing for catch, clean catch



Frame high balls for points

GK in Goal:

1: GK weaves through cones for volley to near post, overhand distribution back

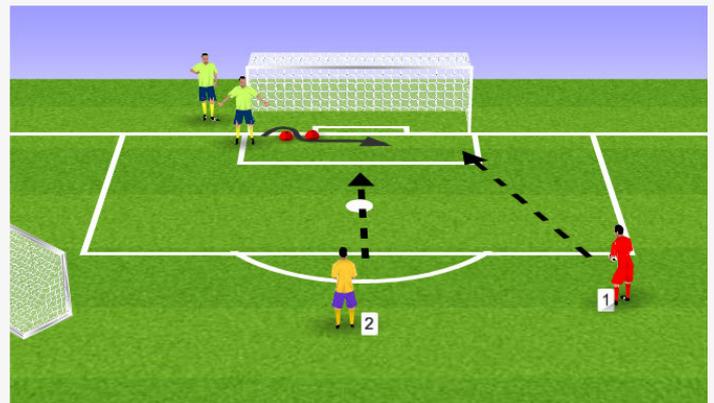
2: GK moves across after catch 1 to high ball from server 2, if clean catch, distribute overhand to counter goal

GKs rotate and do 4 rounds for points: loser 5 burpees

Change sides after two rounds, change footwork through cones

Serve soccer balls on ground at second round for each side

CP: quick footwork across, set on shot, eyes on ball, catch in front of body, step for overhand distribution, follow thru, patience for flight of ball, knee up for pressure, strength



2v2 plus 2GKs

2v2 transition with restart from long service:

Restarts from GK on side for high balls, players can pressure ball as soon as served

Continue play until out of bounds or goal

Alternate sides for restart

CP: communication, timing on high ball, footwork/balance, quick distribution, GK long balls service (SB Gkick routine), ball line, angle to ball



3v2 in attack

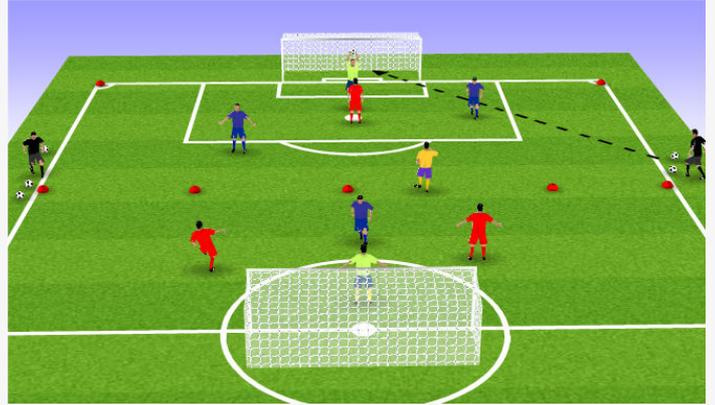
Two teams in half 1v2 plus 2 gKs and orange neutral for attacking team:

Long ball served (attacker can pressure) alternate sides when ball goes out or goal

-Attacking team one can get into attack for 3v2

-Add black players as neutral on outside

CP: communciation, organize, timing for high ball, eye on ball, footwork across goal, soft hands



Game 5v5, 6v6 Handball

Game 5v5

Added neutral gK in middle who can use hands or feet

Added outside neutral GK on each side to move with team

Last Game 6v6 Handball with all players:

one step max, can't steal ball out of hands, only steal pass, if ball hits ground, other teams, as many GKs in net as team wants, rotate as needed

2pts for hand distribution for goal

