

High balls

Partners: 8 servers then rotate 2x

A: GK shuffle thru cones for ball 1. shoulder height, distribute back

Go through cones to other side and get ball 2 at shoulder height

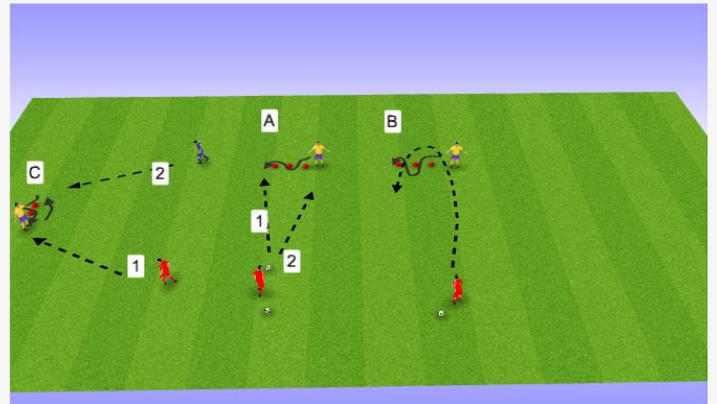
CP: quick footwork, hands in front, get in front of cones, eyes on ball, catch ball early, diamond behind ball

B: GK two foot quick thru cones volley services, high shots short
 1. high ball to catch at highest point, some short, distribute overhand back to server.

Repeat other side

CP: patience on high ball to read serve, eyes on ball, keep up high, hands behind ball, keeper call

C. Option if you have groups of three



Long shots direct

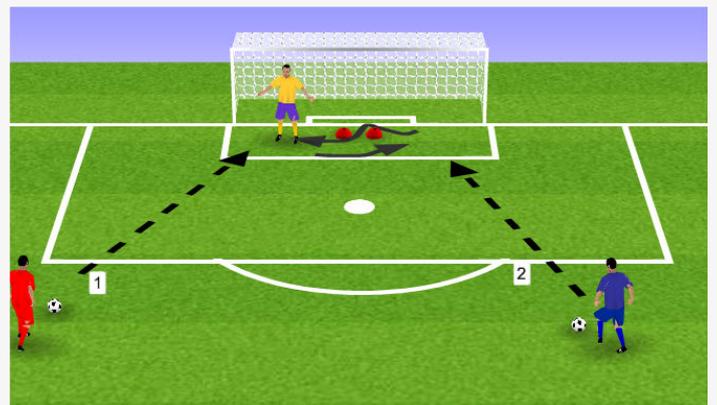
GK starts by going thru cones:

1. high shot to corner or shoulders, distribute back to feet

Drop step and get across frame for shot 2. High shot shoulders+, distribute back to server

3 sets (6 shots) then rotate 2x, change sides

CP: quick footwork, timing on high ball, catch vs tip vs parry (older), eyes on ball, soft hands for clean catch, shoulders to server as getting across frame



long Shots Across

GK starts on stomach:

GK up to shot 1: across the frame, distribute back

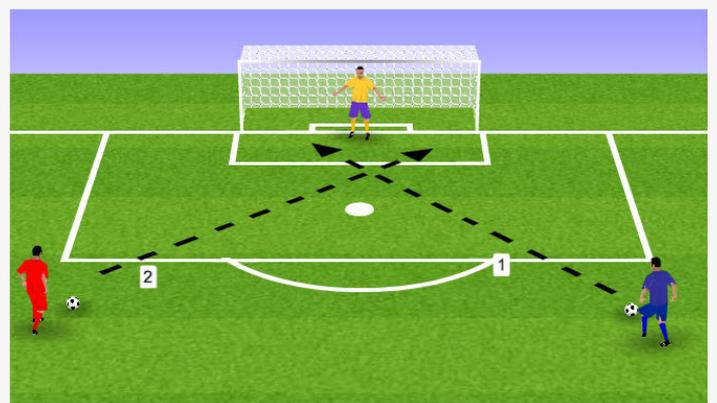
Get across for shot 2: across the frame, distribute back

Get three shots total (3 sets) then rotate 2x, change sides

Round Two:

volleys to short or behind GK on Second shot, first shot open to any high ball

CP: footwork to ball, patience on flight of ball, eyes on ball, catch at highest point, hands behind ball



Rapid long shots

Rapid fire high balls:

1. GK starts on stomach or dive. Server 1 volley high and short into 6 yard box. catch and distribute back

Servers 2 and 3 have open shots to GK for high balls. Within range of GK but should be challenge. Can serve ground, volley or 1/2 volley.

2 sets then rotate until time to move to team sessions

CP: footwork across, communication, reset quickly, timing on high ball, decisions on catch vs parry vs tip, top hand or upper hand across body, set position low to jump, hands in front

