

All players will be playing goalie once this season in a game

1. Warm Up

- a. Players dribble the ball down and back
- b. Partner up and pass and stop the ball

2. Stance and Positioning

- a. Out from the goal
- b. Angles

Drill- Have players stand on the goal line and come out and back up to the goal line

3. Catching

- a. W or diamond shape with hands
- b. Cradled in chest/stomach
- c. Scoop Catch- ball on ground
- d. Dive- keep hands in front of body in W shape

Drill- Team players up to throw balls- Practice each type of catch

4. Throwing

- a. Under hand throw
- b. Over hand throw

Drill- Team players up to throw balls both ways.

- **Roll to players feet to control**
- **Throw to players hands who practice catching**