

## **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**