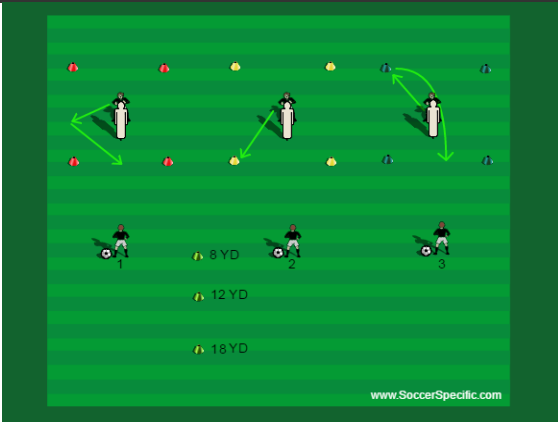




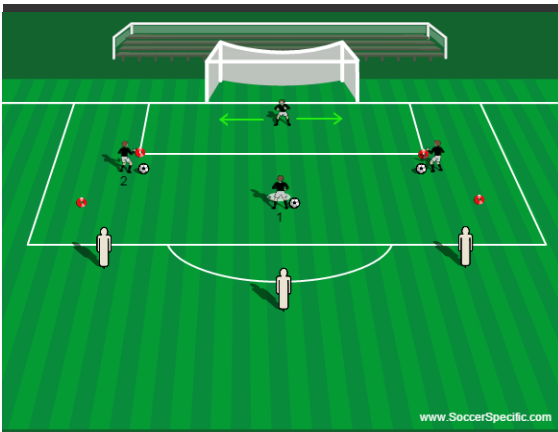
Modern Trends Handling & Shot Stopping

Date: Jun 05, 2016 | Duration: 60 Min | Team: Eric Steele
Intensity: ● (6/10) | Category: Tech / Tact



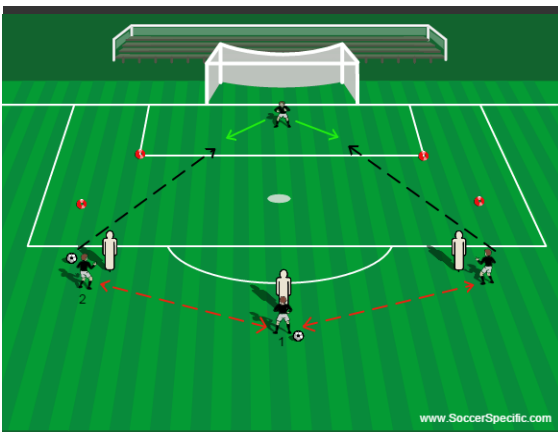
Setup: Warm Up:
3 working GKs, 3 servers, 15 cones, 3 mannequins, plenty of balls
Instructions: Variations include:
1. GK starts behind the mannequin, quick feet to get into line for a volley from 8 yards.
2. GK starts behind the mannequin, quick feet to either the left or right, call on command then into line for a half volley from 12 yards.
3. GK starts behind the mannequin, quick feet to the cone, called either right or left then gets into line for a strike from 18 yards.
Progression includes:
Server shouts two or three sides, example, "right, left, right"
Coaching Points: 1st step movement, lateral movement (backwards), balance, stance, hand position

1 ⌚ 15 Min ↗ GK Area



Setup: de Gea techniques 1:
One working GK, three servers, 4 cones, 3 mannequins, plenty of balls
Instructions: Server 1 in the middle throws to GKs left or right then recovers to make a block off server 2. Server 2 can take a touch and shoot or strike a dead ball, repeat the other side.
Progressions include:
Server 1 serves either left or right then keeper has to adjust and go to the opposite server.
Server 2 goes back to the next set of cones and can either take on the GK within 4 seconds or shoot first time.
Coaching Points: Balanced, do not drop hands below knees, stay big, be brave, use of feet?

2 ⌚ 20 Min ↗ Def 1/3



Setup: de Gea techniques 2:
One working GK, three servers, 4 cones, 3 mannequins, plenty of balls
Instructions: Server 1 passes to server 2 who can either take his touch outside or inside the mannequin and then shoot at the GK. Server 1 then goes the other way around.
Progressions include:
Server 1 can either shoot early or take on the GK within 6 seconds.
All three servers passing between each other, at any time any of the servers can shoot or take on the keeper.
Coaching Points: Balanced, do not drop hands below knees, stay big, be brave, use of feet?

3 ⌚ 20 Min ↗ Def 1/3