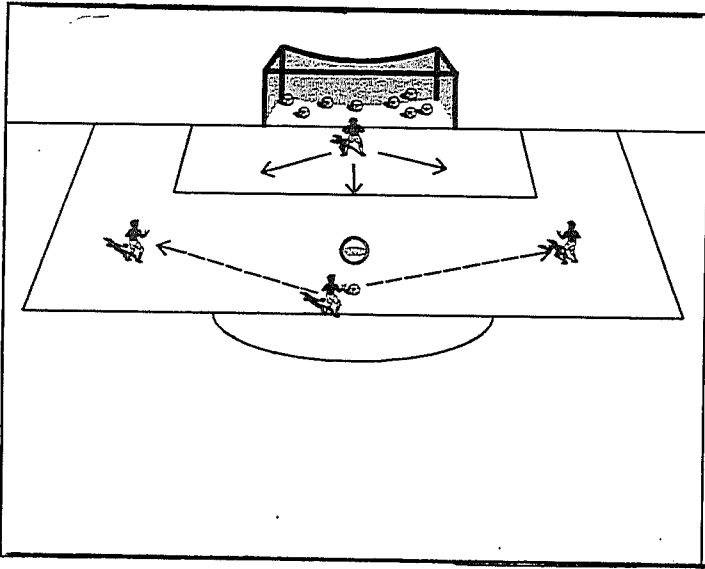


## Angles



### COACH GK ANGLES IN AND AROUND THE BOX

In the 18 Yard Box. 3 Servers and a supply of balls in the goal

**Instructions:** The servers pass the ball around to each other, the GK must move and change angles.

Servers then can shoot on 2nd Touch

Servers then can shoot on 1st touch

**Coaching Points:**

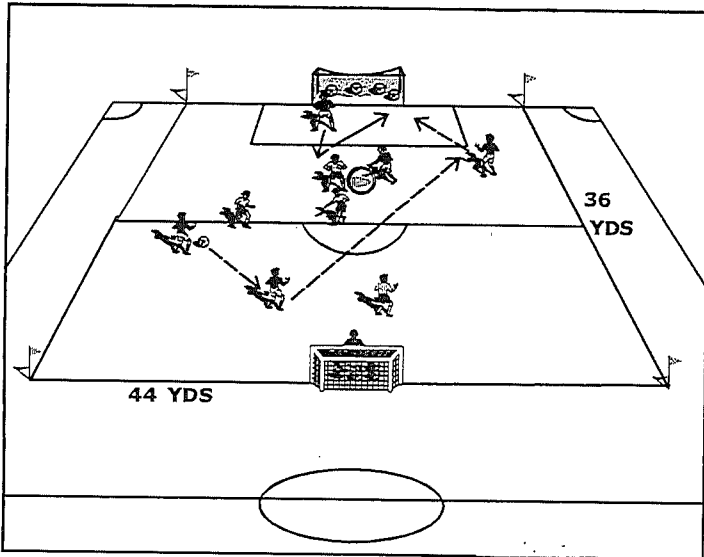
Proper Footwork- side shuffle, cross over, turn and run

Set position- When?

Catching, Collapsing, Diving, Deflecting

Eyes on ball, Body and hands behind the ball

Attack the Ball



### COACH GK ANGLES: SMALL SIDED GAME

36 x 44 yard grid

5 v 5 including GK's

**Instructions:**

2 Touch Game

Players are encouraged to shoot

**Coaching Points:**

Proper Footwork- side shuffle, cross over, turn and run

Set position- When?

Catching, Collapsing, Diving, Deflecting

Eyes on ball, Body and hands behind the ball

Attack the Ball