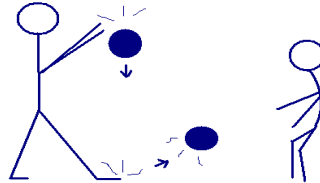


Reflexes Drills:

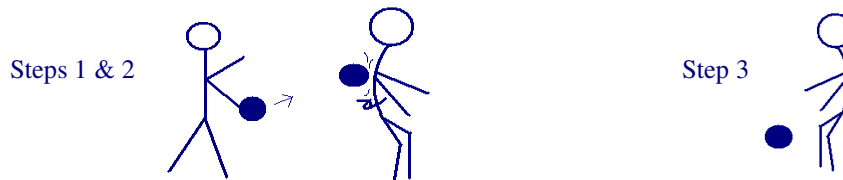
Bounce Off Foot

- 1 Server, 1 Goalkeeper, 1 – 3 balls
- 10 reps = 1 set
 1. Goalkeeper is slightly off goal line in a ready position
 2. Server is about 5 yards away and bounces ball off his/her foot



Back Facing Server Drills

- **Toss off Keeper**
 - 1 Server, 1 Goalkeeper, 1 ball
 - 10 reps = 1 set
 1. Goalkeeper is in ready position with back facing the server
 2. Server tosses ball off the goalkeepers body
 3. Goalkeeper quickly turns and picks up the ball as soon as possible



- **Turn and Save**
 - 1 Server, 1 Goalkeeper, 1 ball
 - 10 reps = 1 set
 1. Goalkeeper is in ready position with back facing the server
 2. Server then calls out “turn” and volleys or shoots ball
 - Timing and quality of the shot can alter the difficulty of the drill
 - Also, rather than the goalkeeper stay in a ready position, he or she can do crossbar touches or light footwork until the command “turn” is called out



- **Numbers (another alteration of Turn and Save)**

- 1 Server, 1 Goalkeeper, 1 ball, 2 cones
- 10 reps = 1 set
- Use the cones to divide the goal into thirds and then number each third 1 - 3
 1. Goalkeeper is in ready position with back facing the server
 2. Server then calls out a number (1 - 3) and shoots the ball to that number

Bounce Off Foot

- 1 Server, 1 Goalkeeper, 1 – 3 balls
- 10 reps = 1 set
 1. Goalkeeper is slightly off goal line in a ready position

