



Set-up:

- Four players, two set up on each side of the field, each group with a number of balls.
- Goalkeeper in goal slightly off their line.

Exercise:

Server on flank plays ball into teammate who lays off ball. Server then serves a ball in the air to the Goalkeeper who must come off line and collect ball at highest point. Action is repeated on other side of field.

Coaching Points:

- Clear Communication