

Rob Parker
High Ball Collect
Warmup



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Set-up:

2 balls and 1 cone which creates a triangle
1 server with a number of balls

Exercise:

Keeper starts at one ball. On server's command, keeper uses footwork to get around cone in the center of workspace and collects a ball between cone and opposite stationary ball. Once collected, returns ball to server, quick feet to closest stationary ball, touches ball and repeats exercise in opposite direction

Variation: Instead of the keeper touch the stationary ball, have keeper hop over the ball, then back and repeat exercise above

Coaching Points: