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High Ball Warmup



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Set-up:

One server, One keeper

two cones, situated in a triangular formation

A number of balls

Exercise:

Goalkeeper starts behind two cones that are positioned about 5-7 yard in front of them;

Server is about 5-7 yards in front of the same cones.

Server tosses ball up for the keeper to collect the ball, in the air, between the cones; keeper then returns the ball to the server, rounds the cone behind them and receives a second ball in the air from the server to the outside of one of the two cones to collect the ball in the air.

Repeat exercise by switching the next ball to the outside of the other cone.

Coaching Points:

-Proper Technique approaching/Attacking ball

-Collecting ball at highest point

-Properly calling prior to attacking and collecting the ball