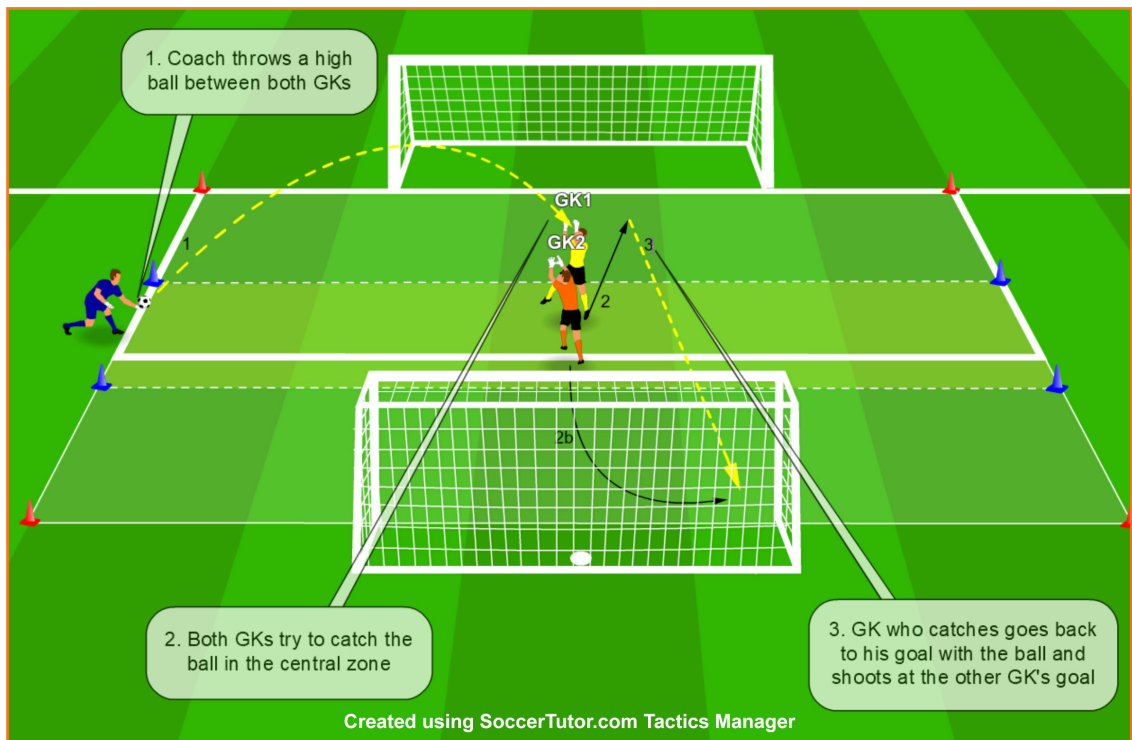


CHAPTER 6

HIGH BALLS



9. Competing to Catch High Balls in a Dynamic 3 Zone Game



Description

1. The Coach throws a high ball between both GKs in the central zone.
2. Both GKs try to catch the ball in the central zone. The GK who catches scores 1 point.
3. The GK who catches the ball goes back to his goal with the ball. He then shoots, trying to score in the other GK's goal. If they score, they get 1 point.

* GKs have to shout "Keeper" before catching, otherwise the point goes to the other GK. Change sides after every 2 throws. The loser of the game has to do 10 push-ups.

Variations

1. Try scoring with a 1 v 1 instead of shooting.
2. Try scoring with a throw.

Coaching Points

1. Courage is needed to compete with another GK and catch the ball.
2. Depending on the angle of the throw, use the correct leg to jump off.

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