

# Shot Stopper

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## Organization

- Coach stands 5 - 7 yards away with ball in hand
- Coach simulates shots by rolling ball to the side, lobbing over the head, throwing the ball downwards to replicate downwards header, but always gives the keeper a chance to make the save.
- If keeper misses the ball or pushes it away, coach immediately picks up another ball while keeper is recovering.
- When save is made, keeper must first throw the ball back to the coach, before doing anything else. Keeper uses the momentum of the throw to aid in the recovery back to the alert and alive position.
- Give rest periods when fatigue sets in.

## Coaching Points

- Throwing the ball back from the side diving position, while pumping back with the upper knee, brings the correct recovery position, forcing proper side diving technique and positioning of hands. This artificial condition has the effect of conditioning the keeper to adopt the open, side diving position when making a save.
- Look for these improper diving positions:
  1. Swinging both knees around in front.
  2. Dives backwards.
  3. Belly flops.
  4. Rolls onto the back