

Champion Goalkeeper Sticker Cards

Sat morning.

- scissors, dragback, in and out, double schuffle, stepover
- cushion & wedge controls. ^{chest thigh foot} inside & outside wedge



X1, through service to X2

X2 determines surface to control with & controls the ball

X2 turns on the ball to face X3

X3 comes out to challenge X2 as a potential defender.

X2 uses a move to get past defender and dribbles

back to starting point of X3 as X3 stays to receive next service from X2

10 x 10 grids.

- In grid dribbling around in pairs
- possession of ball
- 1v1 start in ^{opposite} corners get to sides for 1pt. corner for 5pts.

20 x 10 ~~grids~~ grids

- 2v1 to midway for 1 pt. other side for 3
 - 2v2 to mid for 1 pt. other side for 5
- continuous play.

SAT AFTERNOON

- Shooting shape - sitting w/ ball going straight up / standing ball straight up
- passing w/ shooting shape
- Shooting on goal w/ guide cones
- Shooting from further out emphasizing shooting to far post.
- volleys - emph.: ball on way down / same shape as shooting, just higher
- ~~game~~ game: focus on posts coach in goal serves ball out first to score wins.