

TENNIS BALL SAVES

OBJECTIVE _____ To improve goalies' focus on the ball, and willingness to get hit by it.

SPACE/EQUIPMENT _____
• Goal
• Tennis Balls

PLAYERS NEEDED _____ Only one goalie can participate in this drill at one time. Others can serve an important role backing up the cage.

DRILL-EXECUTION _____
A coach starts 6-8 yards above the goal with a pile of tennis balls. A goalie starts in the cage with his hands behind his back. As the coach moves around and shoots the tennis balls on the goal, the goalie must save each ball by stepping to it and allowing it to hit him in the chest or face mask. After the goalie has saved several shots at various spots around the goal, players rotate positions.

SKILLS PRACTICED _____
• Footwork in the goal
• Focus on the ball
• Willingness to be hit

VARIATIONS/PROGRESSION _____
This drill is especially helpful for younger goalies who are in the habit of stepping out of the way of the ball. A progression from the drill can be for the coach to increase the pace of his shots, and for the goalie to save the balls with his stick-side hand (he should hold the wrist of his stick-side hand with his off-side hand).

GOALIE INVOLVEMENT _____ Full

RELATED DRILLS _____
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