

# TURN & SAVE SAVES

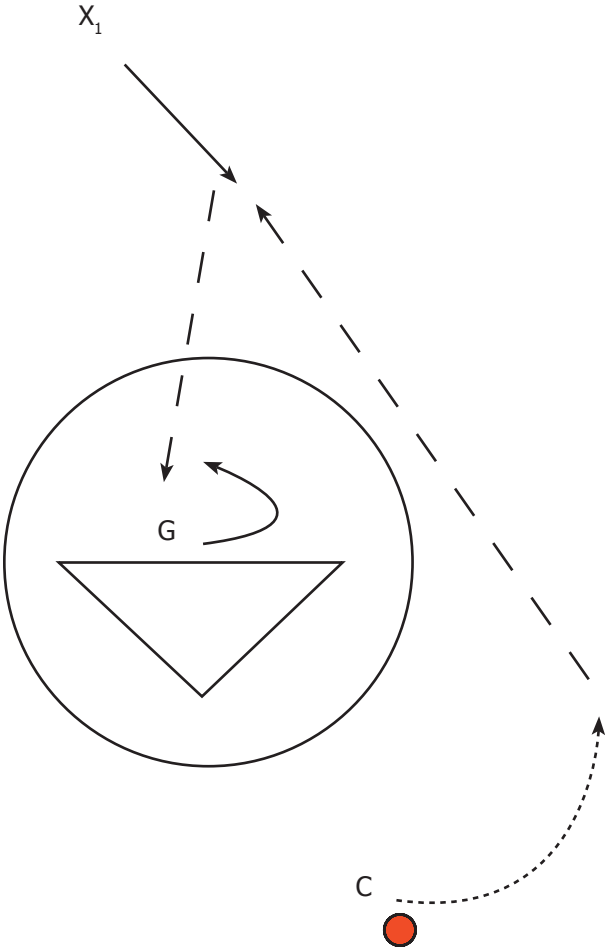
**OBJECTIVE** \_\_\_\_\_ To improve goalies' technique when defending close shots off of quick passes.

**SPACE/EQUIPMENT** \_\_\_\_\_  
• Goal  
• Half-field

**PLAYERS NEEDED** \_\_\_\_\_  
Only one goalie can participate in this drill at one time. Others can serve an important role backing up the cage. Two offensive players are also needed, which can be either players or coaches.

**DRILL-EXECUTION** \_\_\_\_\_  
One feeder starts behind the goal with a pile of balls, and one shooter starts about 5-7 yards above the goal. As the feeder moves around behind the goal, the goalie mirrors his movement maintaining proper body position. When the feeder passes to the shooter, the goalie must quickly turn and save the ball. After each shot, the feeder picks up a new ball and the drill begins again.

**Drill diagram:**



## SKILLS PRACTICED

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- Goalie positioning and footwork on passes from behind
- Making saves on close shots
- Controlling rebounds

## VARIATIONS/PROGRESSION

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To increase the difficulty of this drill, increase the frequency and number of shots the offense makes. To add another component to it, challenge the goalie to control each save, and make a good outlet pass to a player/coach breaking up-field after each save.

## GOALIE INVOLVEMENT

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Full

## RELATED DRILLS

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Tennis Ball Saves  
Short Stick Saves