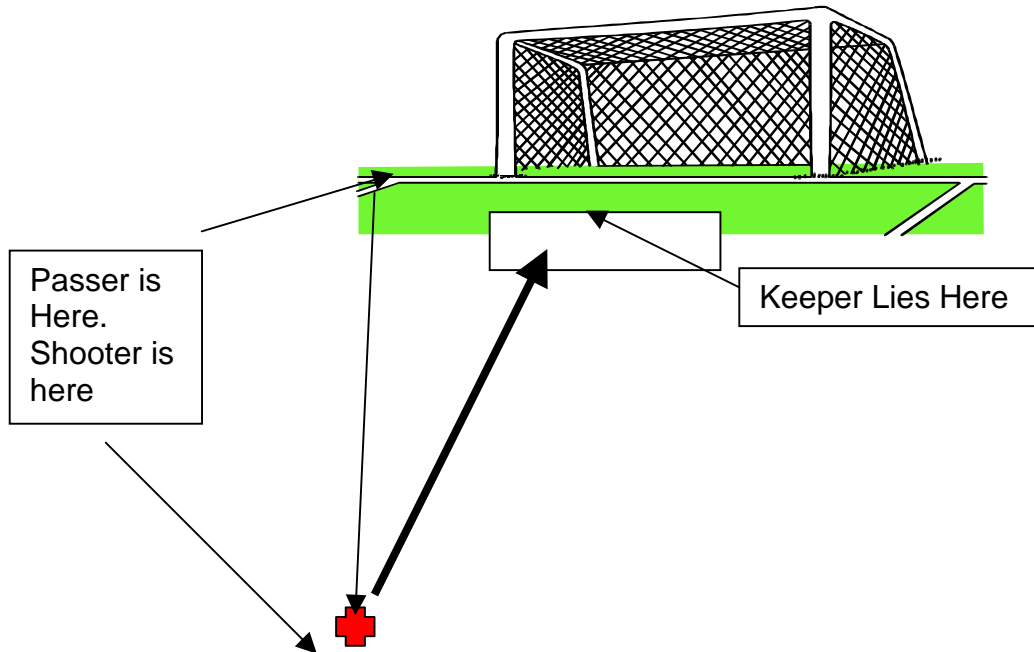


## Stance and Balance



This drill is to teach stance and balance.. The keeper starts in a lying position at the near post. Player at the near post serves the ball to the top of the 18. As the ball is served the keeper comes to her feet. The player at the 18 plays the ball immediately back into the keeper.

Start the drill off simply. Have the ball played in, at a decent rate of speed to the keeper's feet. The keeper should scoop the ball if at all possible. It is always better for the keeper to have the ball in her hands than loose in the box. Play all balls towards the post. That is the keeper will always be making the save going to the outside.

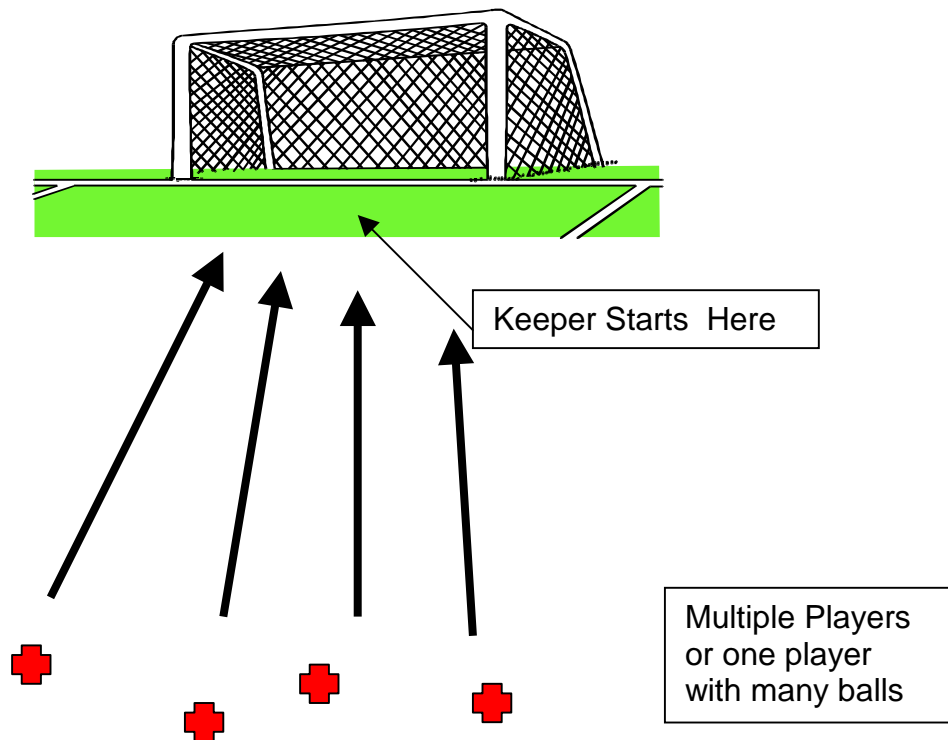
Increase the speed of play and increase the difficulty of the shots by mixing them up, high, low and in between but continue to keep them going towards the post. Finally mix the shots up by having them go both towards the post and away from the post.

### Coaching Points

1. Keeper is on their feet as much as possible.
2. Keeper should distribute the ball after the shot just like they would in a game
3. If keeper goes down to make the save, make sure they protect their midsection with the top leg.

This is a good anaerobic conditioning drill. Be aware of the fatigue factor. Stress technical excellence. When you see that breaking down, give the keeper a rest.

## Stance and Balance – The Turn Drill



In this drill the keeper starts with her back to the field. Player with the ball at the top of the 18 yells “**TURN!**”. Keeper turns and the ball should be right there within a second.

The object of the drill is hand-eye- coordination, decision making and obtaining the correct stance and balance quickly. The keeper should be on their toes in the turn, knees flexed so that they can go in either direction. The shots should be easy at first progressing to more difficult but not impossible. Build confidence with success.

After the save the keeper should distribute the ball as they would in a game. Make the first round a roll of the ball to a defender on the right. The next round a roll to a defender on the left, the next a one handed “grenade” throw. You might even let them punt the ball occasionally, just don’t let them make the save and drop the ball off somewhere. Make the training as game realistic as possible.

### Progression

Have the keeper turn and then do a front roll, come to their feet and make the save. This is great for stance and balance and also adds an element of anaerobic conditioning.

Have the keeper roll the ball through their legs and then turn.