



## COACHES EDUCATION PROGRAM DRILLS AND GAMES SUPPLEMENT

**Drill Name:** Stepping to the ball

**Skills Practiced and introduction:**

- Conditioning a reaction that is crucial to saving the ball – stepping towards the shot.

**Suggested Equipment:** 6 – 10 yard rope

**Space needed:** area in front of the cage

**Players needed:** goalie and a coach

**Set – up and execution:**

- Place the rope about 1 1/2 to 2 feet in front of the goalie when he's standing in the goal.
- As you warm up the goalie, tell him that he must start behind the rope, but must make the save in front of the rope.
- If practiced enough you will have your goalie stepping towards every shot.

**Coaching tips:**

**Variations/Progression:**

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