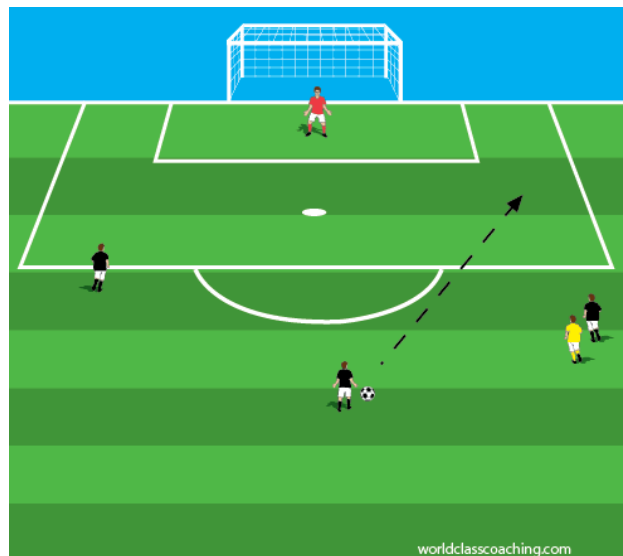


# Reading the Game, Breakaways, Crosses, Positioning & Shot Blocking

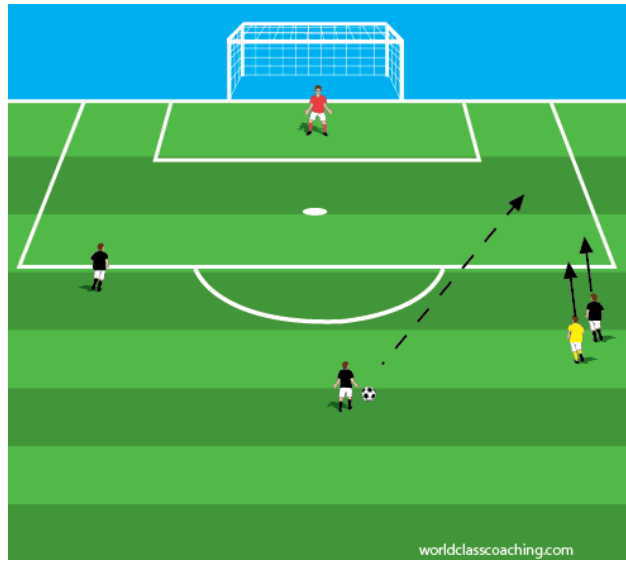
A server starts with the ball 30 yards from goal. There is an attacking and defending player around 25 yards from goal and even with the 18 on one side. On the other side is another attacking player.



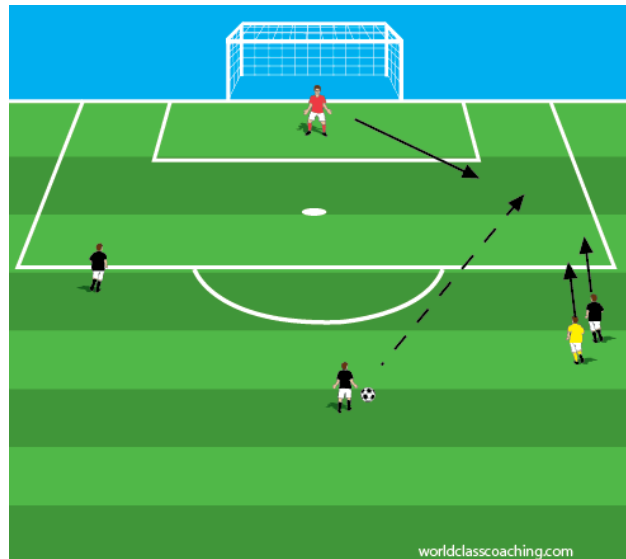
The server starts by playing the ball toward the end line on the side of the attacker and defender.



As soon as the ball is played the attacker and defender start running for the ball.



If the keeper can beat the players to the ball, he goes out and wins the ball.



If the keeper chooses to not go and win the ball, he must first prepare for a shot in case the attacker wins the ball first and has a shooting angle.



If the attacker wins the ball but is closer to the end line, the keeper has to prepare for a ball played back out toward the other runner so adjusts for the cross



This activity works on so many aspects of GK and shows how easy it is to recreate game situations in the training environment.

After doing this from one side for awhile (10 times) then switch to the other side and repeat.