

## **Preparing for the Perimeter Shot by Bernice Orwig**

### **Body Positioning**

- Goalkeeper is in base position, shoulders over hips, hands light, knees high, and hips down, as if you are sitting in a chair.
- Always watch the ball all the way to the body
- Just before the shot is taken, the legs must increase in speed. The body will lift up out of the water, where shoulders and top of chest are out of water. When shot is taken, the legs must quickly react and go from eggbeater to an explosive breast kick.
- Movement to the shot is with one hand leaving the body at a 45 degree angle towards the ball, while the off hand is helping the body move lateral by pushing the water away from the body.
- For better control of the block, move your body into the shot.

### **Drills**

- Lunges in the goal, to work on technique. Mix up different lunges; be creative to help with flexibility to different areas of goal.
- 2 shot drill – Start with one perimeter shot to one corner, the next shot comes quickly to opposite side. This helps promote quick reactions and lateral movement.
- Bouncy ball – Use a small “playground/four square” ball instead when working on perimeter shots. The small ball moves faster for reaction time, helps train ball control during block and helps new goalies get over fear of the ball.