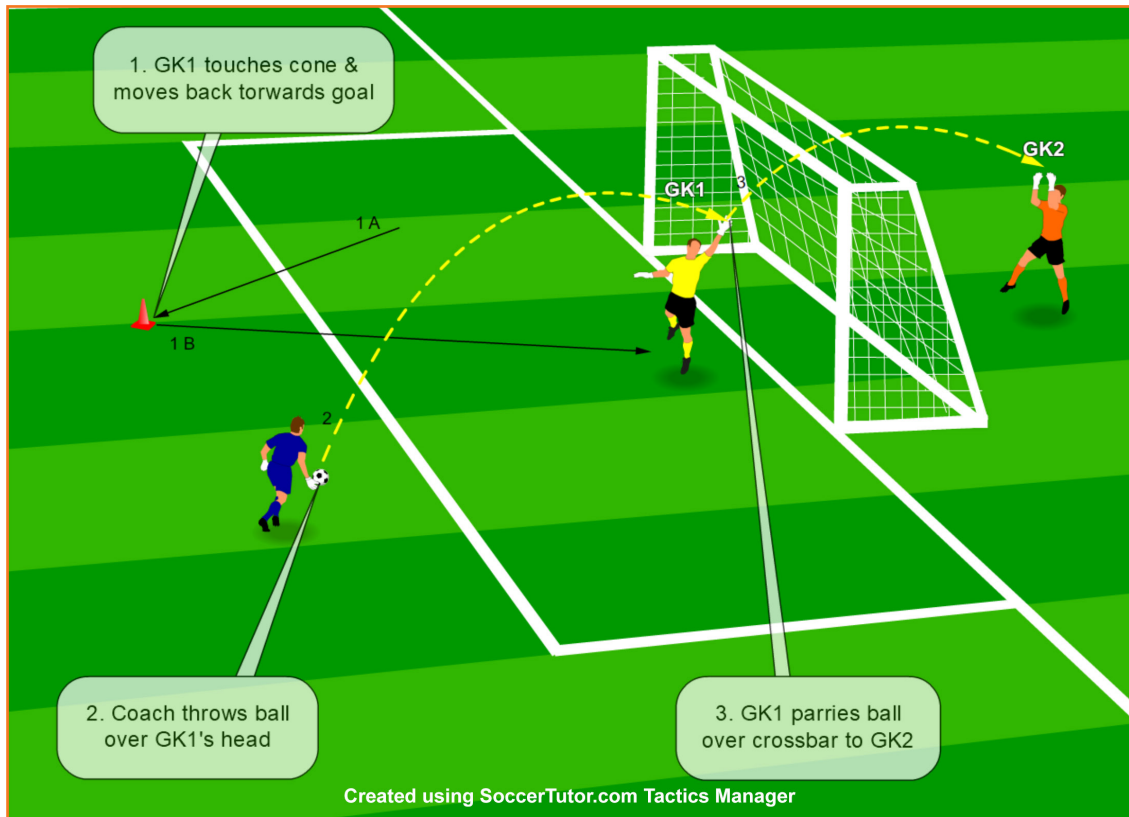


# CHAPTER 5

## PARRYING



## 8. Quick Side-steps and Parry the Ball Over the Crossbar at an Angle



### Description

1. GK1 touches the cone (1A) and moves sideways back towards the goal line (1B).
2. The Coach throws the ball over GK1's head.
3. GK1 parries the ball with the top part of his hand over the crossbar to GK2.

### Coaching Points

1. The first step after touching the cone is a crossover-step.
2. GK1 must first allow the ball to go past him, so he can get under it and push it over the crossbar.
3. Use the speed and direction of the ball to comfortably clear the goal and parry to GK2.
4. Stay behind the ball when parrying it over the crossbar.

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