

Set Up Steps

1. **Unpack parts:** the rebound net (elastic cords threaded with yellow and black foam balls), 4 water bases, 4 carabiners, 4 elastic straps and 4 steel ground pegs.



2. **Fill the bases:** Open the valves on each base and fill it with water from a hose. A part filled base folds over (middle photo). There is no need to overfill. When laid flat, it will look like the right-hand photo, then press the valve cap closed. For convenience, you may fill the bases where they will be used, to avoid carrying them when they are heavy.



3. Lay out the net: Spread the net flat on the pitch in front of the goal. From here, you can choose to fix down 2 corners or 4. It still works reasonably well with only 2 corners fixed down, if you're only using it from 1 direction. But using 4 would mean less need to readjust it throughout the session, and being able to shoot at it from multiple directions.



4. Attach each corner: Each corner of the net ends in a cord loop. Attach a carabiner to this loop, then pass the loop and carabiner through the centre hole of the base, bring it back over the ring, and clip the carabiner a little higher up the cord so the loop is closed around the base. **Using pegs:** On grass and dirt, it is possible to fix the loops down using the steel ground pegs instead, by pushing a peg through each corner loop into the ground. If you wish, an elastic strap can go between each peg and the corner cord. In that case, you do not need to use the water-filled bases.



5. **Tension the net:** Pull the bases outwards until the net is fairly taut, and the net forms a rectangle of about 2.8 x 2 m. Check that all carabiners are closed. **Using pegs:** If using ground pegs, you would pull it taut before fixing them into the ground.



6. **Set up on the field:** The below 2 photos show the difference between fixing down 2 corners vs 4.





Instructions

How it works

A ball played onto the net will hit the foam balls, and come off in a direction that is difficult to predict. The goalkeeper cannot read the shot early and has to react to the deflection of the ball. That is the same demand as a deflection in a crowded penalty area, repeated as many times as the coach wants.

Basic drill

- Set the net 3 to 5 m in front of the goal, with the goalkeeper on the goal line in a set position.
- The server stands 8 to 12 m out and plays a firm, low ball onto the net. A driven pass, a half volley or a throw all work.
- The goalkeeper reacts to the deflection and makes the save, then recovers to the set position before the next ball.
- Work in sets of 6 to 10 balls with a rest between sets. Quality of reaction matters more than volume.

Progressions

- Move the net closer to the goal to shorten the reaction time, or further away to make it easier for younger goalkeepers.
- Start the goalkeeper side on, facing away, or lying down, and call "turn" as the ball is played.
- Add a second server so the goalkeeper does not know which side the ball will come from.
- Follow every save with a second action: a recovery save, a distribution throw or a sprint to a cone.

Care and storage

- Drain the bases fully through the valve after use and let them dry before folding.
- Do not drag a filled base across rough ground. Lift it, or empty it first.
- Keep the bases away from studs, glass and other sharp objects.
- Store the net loosely coiled, out of direct sun, so the elastic cords keep their stretch. It can be stored in its carry bag.