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# Around the World

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## Objective

Goalie guards shots from 5 corners of the penalty box.

## Drill

The keeper stands in the goal. Cones are placed at each corner of the Penalty Area and one on the top center of the 18. Players are positioned one each at the 5 cones each having several balls except for the center player.

These players are each given a number. (i.e., 1 through 4.) When the coach calls a number the player on the corner with the number called passes the ball to the player in the middle who then shoots the ball. After shooting the ball, the center player must run back around the middle cone to receive the next pass and shoot again.

The keeper must come from the goal line each time the shooter receives the ball to try and stop the shot. Once the shot is taken the keeper must go back and touch the goal line to reset for attack and again come out of goal to try and stop the next shot.

Continue drill until all balls have been shot. I would suggest after all balls have been shot to change the keeper as this can be a very physical drill.

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# Breakaways

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## Objective

Two teams shoot against a goalkeeper from 40 yards and the points are tallied

## Drill



- Team A is shooting on team B's goalkeeper, starting from the line that is 40 yards away from the goal.
- Players go in one at a time and only get one shot each time.
- As soon as the shot is taken, the next player may go.
- Players must retrieve their own ball.
- Each team gets 90 seconds to take as many shots as they can. The amount of goals scored is recorded and compared to the other team's score.
- Teams switch after 90 seconds.

## Coaching Points

- Keepers must determine how far they can come out without giving up a "chip" over their head.
- Keepers should stay on their feet, making themselves as "big" as possible, for as long as possible.
- Dive, slide, for the ball, hands first, only when sure of getting the ball. Dive immediately after the attacker's touch on the ball.
- Keepers must also work on guiding the ball over the crossbar.
- Shooters must decide between dribbling and shooting or chipping the keeper immediately after the save is made.
- When dribbling, if the keeper stays in the net, slot ball low, just out of reach of the keeper's feet.
- If the keeper come out of the goal, look to unbalance the keeper, then dribble around and shoot.
- Fitness for all involved.

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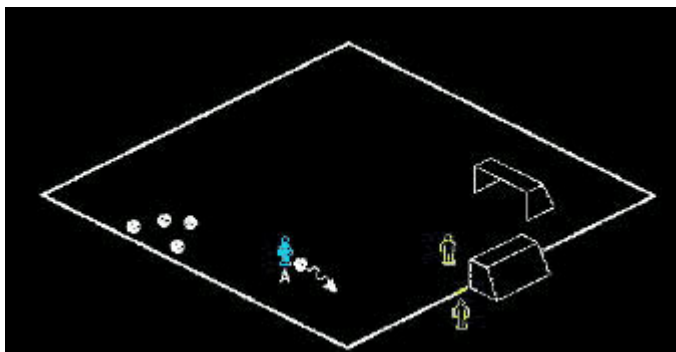
## Catch 22

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### Objective

Develops the keeper's ability to cover the near post shot and cut of crosses.

### Drill



- Player A dribbles down the wing at the edge of the box and tries to score in either goal.
- Goalkeeper must defend both goals.
- If a goal is scored in either goal, the new keeper comes in.
- If keeper fails to say "AWAY!", when they can not reach the ball, and the ball does not go in either goal, the new keeper comes in.

## Coaching Points

- Ideal for working on the keeper's ability to cover the near post shot, as well as cutting off crosses.
- If the keeper is giving up a lot of rebounds, place an extra attacker in the box to look for rebounds.
- Get crosses at top of jump. Try getting hands on top half of the ball.

# Diving Speed

## Objective

Improves goalkeeper diving speed and technique.

## Drill



- Set up triangular goal with cones 12 feet apart.
- Players A, B & C each have a ball.
- Keeper starts at D.
- Player A rolls ball towards E (No emphasis on scoring!), keeper dives and stops ball, returning it to player A as quickly as possible and then gets into position at E.
- Player B then rolls the ball to cone F, etc.
- Switch keepers at 90 seconds or when fatigue sets in.

## Coaching Points

- Look for proper diving technique.

# Keeper Warm Up

## Objective

Warm-up routine for goalkeepers.

## Drill



1. Have keeper start by skipping around the box, making self tosses.
  - o Hand to hand above head
  - o Behind the back, between legs, roll and retrieve, bounce and catch over
  - o Toss up, catch behind their own back. Toss from behind back, catch in front.
2. Serve balls to keeper.
  - o High balls..catch top half of ball, make the "W", foot movement.
  - o Mid section.."tram rails", swallow ball, get body over ball.
  - o Lowballs...second barrier, variety of "pick up" techniques (square feet, one knee, one foot behind)
3. Falling saves
  - o Sitting, kneeling, squatting, standing, flying.
  - o Ground is third hand, Move towards ball.
  - o Proper roll down technique (step, knee, hip, side...ball hits ground first)
4. Progress to match related environments.

**Rotate keepers at each progression!**

# Shot Stopper

## Objective

Conditions the keeper to adopt the open, side diving position when making a save.

## Drill



- Coach stands 5 - 7 yards away with ball in hand.

- Coach simulates shots by rolling ball to the side, lobbing over the head, throwing the ball downwards to replicate downwards header, but always gives the keeper a chance to make the save.
- If keeper misses the ball or pushes it away, coach immediately picks up another ball while keeper is recovering.
- When save is made, keeper must first throw the ball back to the coach, before doing anything else. Keeper uses the momentum of the throw to aid in the recovery back to the alert and alive position.
- Give rest periods when fatigue sets in.

## Coaching Points

- Throwing the ball back from the side diving position, while pumping back with the upper knee, brings the correct recovery position, forcing proper side diving technique and positioning of hands. This artificial condition has the effect of conditioning the keeper to adopt the open, side diving position when making a save.
- Look for these improper diving positions:
  1. Swinging both knees around in front.
  2. Dives backwards.
  3. Belly flops.
  4. Rolls onto the back.