



15

SOCCER GOALKEEPER DRILLS

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15 SOCCER GOALKEEPER DRILLS

Agility Hands

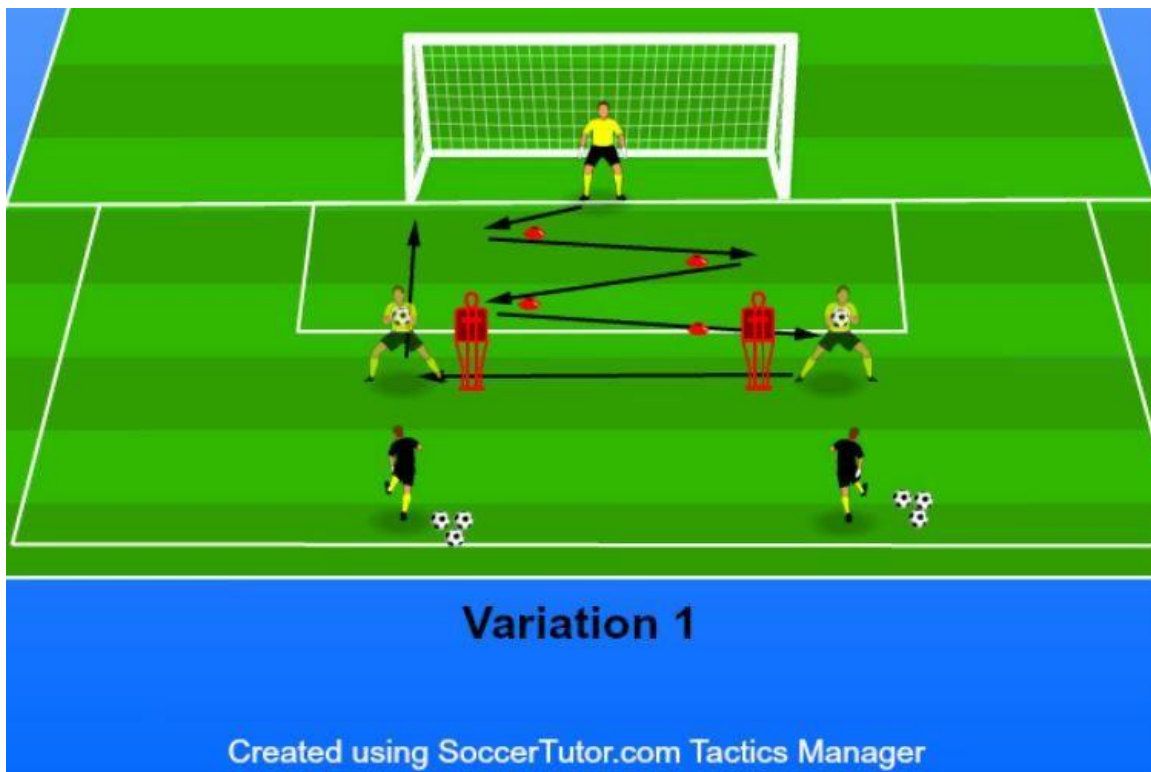
How the Drill Works:

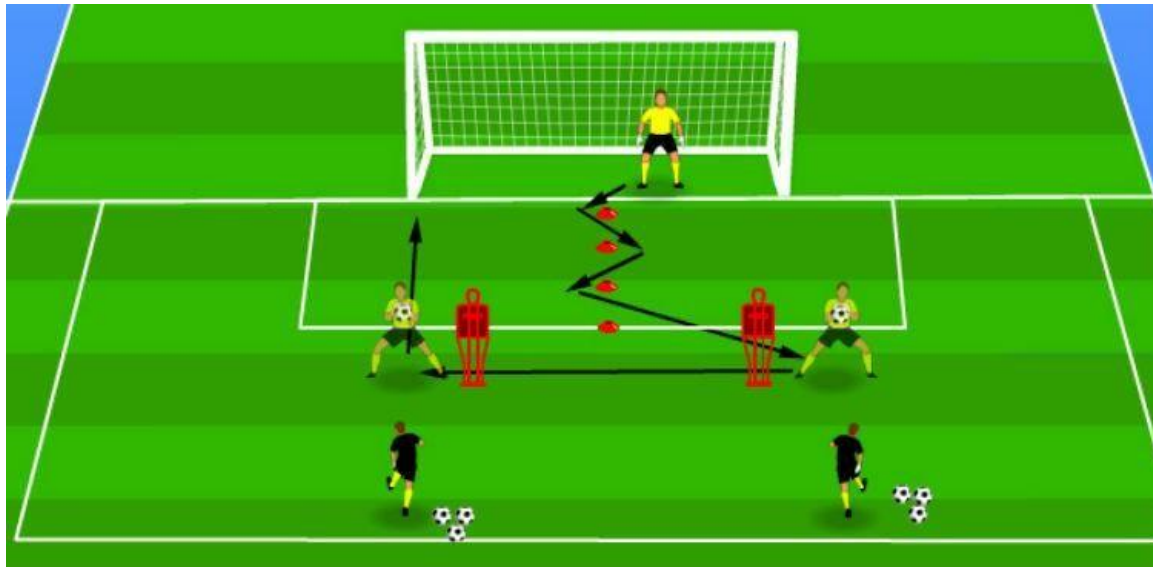
Goalkeepers work through a series of cones and sticks before attempting to catch soccer balls that are kicked at them from short distance.

Purpose:

Develops a goalkeeper's footwork and agility while focusing on soft hands and improving their catching abilities.

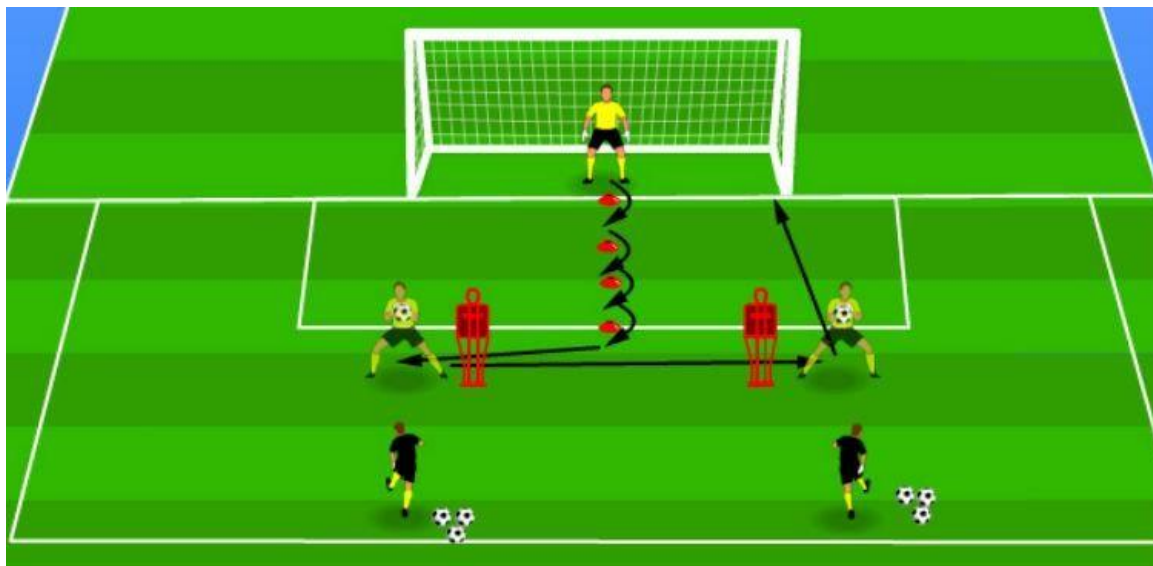
Diagram:





Variation 2

Created using SoccerTutor.com Tactics Manager



↷ = Jump

Variation 3

Created using SoccerTutor.com Tactics Manager

Setup:

- It is best to do this in front of a full-size goal for goalkeepers to get more comfortable with their box. Using a goal also keeps the soccer balls close in case a catch is missed. If a goal is unavailable, this drill can be completed without one.
- Set up a series of cones in front of the goal. See the diagrams below for different variations.
- Set up two mannequins, about 6-7 yards apart from each other, at one end of the cones. If mannequins are not available, cones can also be used.
- One goalkeeper starts on the bottom of the cones and works towards the mannequins on the other end.
- Two extra goalkeepers, players, or coaches are needed as servers to complete this drill. Have the two servers stand 4-5 yards off each mannequin with a ball in their hands.
- Give each server 3-5 extra soccer balls.
- Complete four rounds of at least six repetitions per round. Add more rounds as needed.

Instructions:

1. The goalkeeper, starting on the bottom of the cones, begins by quickly moving forward through the series of cones.
2. After completing the series of cones, the goalkeeper immediately moves to the outside of the nearest mannequin.
3. As soon as the goalkeeper arrives outside the first mannequin, the server standing behind that mannequin drop kicks the ball towards the goalkeeper's chest.
4. The goalkeeper catches the ball and immediately throws it back to the server before rapidly shuffling across to the outside of the other mannequin where they will repeat the same process.
5. After throwing the ball back to the second server, the goalkeeper runs backwards, using the proper footwork, to their starting point.
6. Continue this process until the goalkeeper has completed at least six, consecutive repetitions.
7. After a goalkeeper completes their round, rest and recover any lost soccer balls. If there is more than one goalkeeper, rotate them in and continue the activity.
8. Each goalkeeper should complete four rounds. Switch footwork after each round.

Variations:

Passes instead of catches – Servers pass on the ground and goalkeepers must pass the ball back to the servers in one-touch.

Jumping catches – Servers toss the ball high so the goalkeepers must jump up and catch the ball above the mannequin.

Dive – Servers toss, or pass, the ball wide outside the mannequins to make the goalkeeper dive and collect the ball.

Coaching Points:

- Challenge the goalkeepers to work as quickly as possible when completing their round.
- Teach the goalkeepers to not cross their feet and to take quick, small steps when working through the cones. Stay on balance!
- Remind the goalkeepers to get their bodies behind the ball when performing a catch.

Defending Crosses in Traffic

How the Drill Works:

Goalkeepers work around a series of mannequins as a ball is flighted into the penalty area for the goalkeeper to catch or punch clear.

Purpose:

Develop a goalkeeper's ability to move around defenders and rise up to catch the ball in traffic. Goalkeepers improve their timing and confidence with balls served into a crowded penalty box.

Diagram:



Setup:

- Place 3-4 mannequins (flags, poles or passive players can also be used) around the sixyard box.
- One full-size goal is needed on the end line of the penalty area.
- One goalkeeper starts in front of the goal. If there are extra goalkeepers, use them as the servers, or have them stand to the side of the goal and rotate in every four repetitions.
- At least one extra goalkeeper, player, or coach is needed as the server. If there are more servers, have them create a line and rotate services. The server starts outside of the penalty box on either side of the field.
- Only one soccer ball is needed for this activity, but more are encouraged to speed the process along.
- Goalkeepers should complete at least 20 repetitions.

Instructions:

1. The server starts the activity by crossing a ball, in the air, into the penalty box. The server should aim to deliver the ball 6-10 yards out from the goal to make the goalkeeper move around the defenders to get the ball.
2. Once the cross is hit, the goalkeeper moves around the mannequins and times their jump to catch the ball at the highest point they can reach. The goalkeeper is free to punch the ball away as well, but catching the ball is the preferred result.
3. As soon as the goalkeeper catches it, they then throw the ball out as quickly as possible to the server as if they were starting the counter attack. This develops the goalkeeper's distribution.
4. Once the server and goalkeeper have reset their positions, the process is repeated for the remaining repetitions.
5. After four repetitions, the goalkeeper rests and retrieves any extra soccer balls that are not with the server. If there are extra goalkeepers, have them rotate in and immediately begin their turn.
6. Complete 20 repetitions with each goalkeeper. Switch service angles and delivery methods each round.

Variations:

Active attackers – Instead of using mannequins, add two active players inside the penalty area who are attempting to score on each cross.

Different crosses – Switch up the services and where they are serviced from. Have the crossers drive, loft, or curl soccer balls in from different angles along the outside of the penalty area.

Coaching Points:

- Challenge the goalkeepers to focus on the ball while being aware of the mannequins or players. Goalkeepers should maintain eye contact on the ball and attack the ball.
- The goalkeepers should quickly decide whether they can get to the ball with a catch or a punch, or if the cross is outside of their range. Some crosses will be too far away from the goal for a goalkeeper to commit to. Have goalkeepers find their range.
- Educate the goalkeepers to make a full commitment to their decision so that they do not get stuck in the middle. Goalkeepers need to fully commit to a decision.
- Goalkeepers should time their jumps so that they are catching the ball at the top of their leap. The proper jumping technique is jumping off one leg while the other leg bends and uses the knee to protect them from incoming players.
- Teach the goalkeepers to punch the ball as far away as possible whenever they are unsure they can cleanly catch the ball.

Deflect & Dive

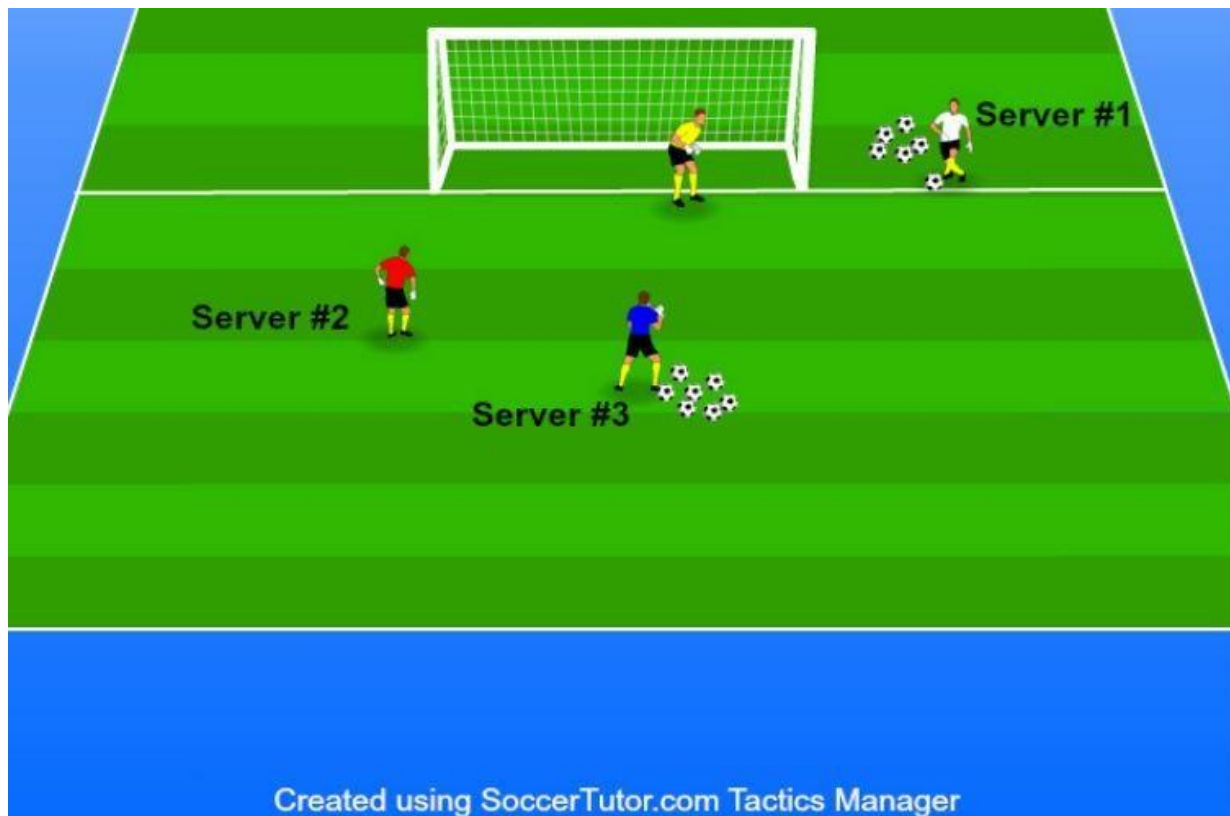
How the Drill Works:

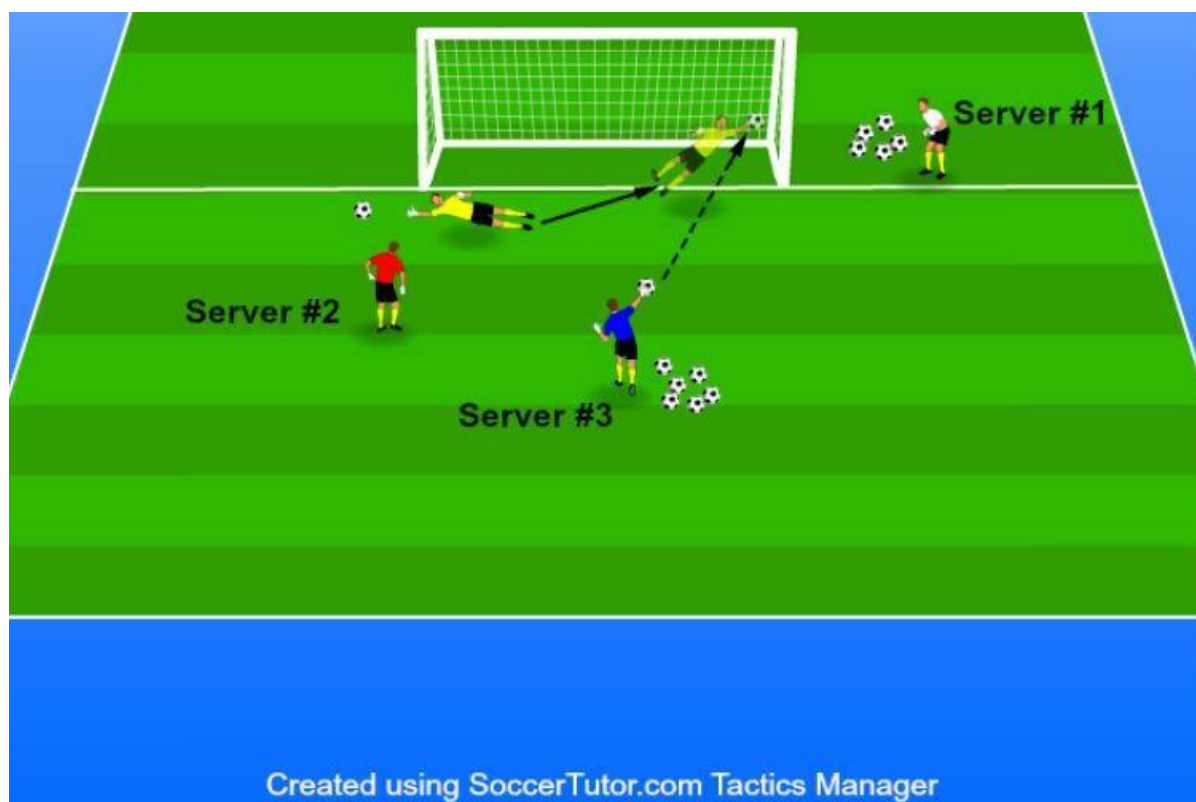
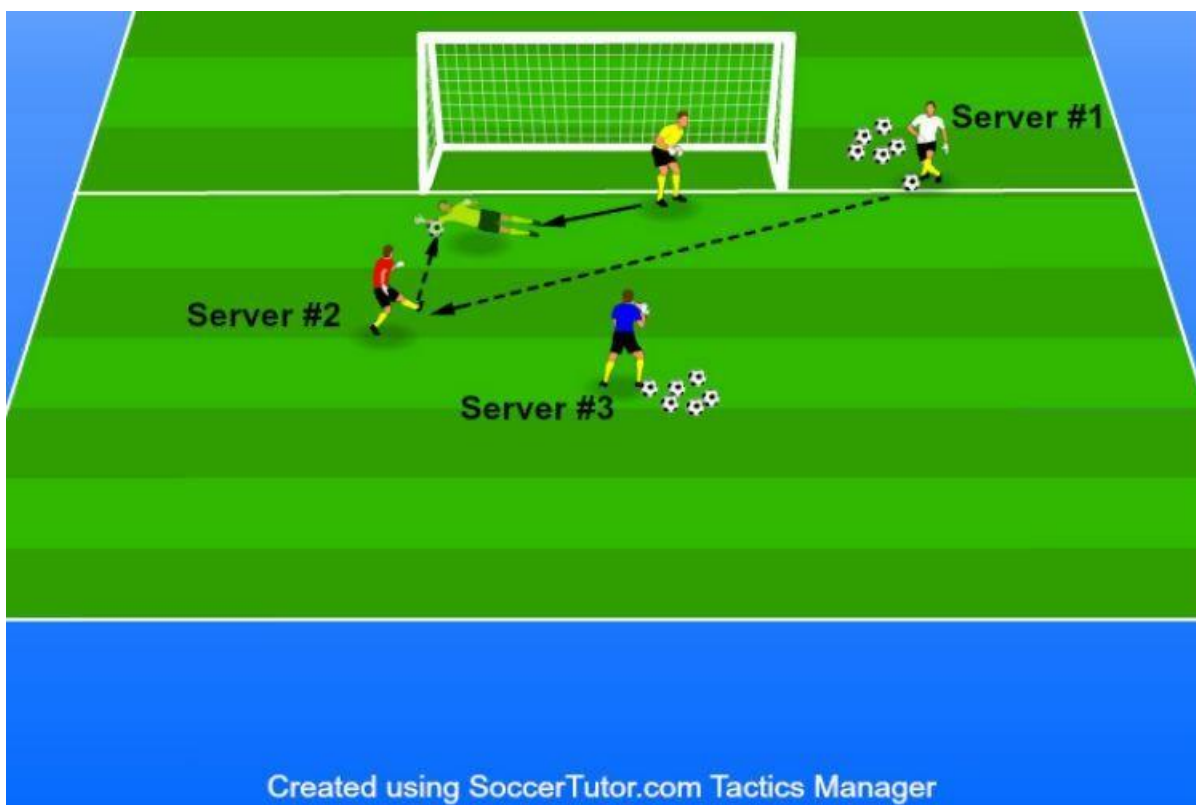
Goalkeepers attempt to block a low shot at one post before immediately returning to their feet and moving across the goal to block a high shot at the opposite post.

Purpose:

Develops goalkeepers' ability to move back and forth across the goal to block shots.
Goalkeepers improve their ability to get back up to their feet quickly after blocked shots.

Diagram:





Setup:

- One full-size goal is needed.
- One goalkeeper starts on the goal line.
- Three extra players are needed as servers. If there are not three more goalkeepers, players or coaches can be used to fill in the remaining serving positions.
 1. Server #1 will start on the end line, two yards off either goal post.
 2. Server #2 will be positioned inside the field, eight yards off the opposite goal post of Server #1.
 3. Server #3 will stand inside the field, 10 yards away from the center of the goal. See diagram for more information.
- Servers #1 and #3 must have a good supply of soccer balls.
- Each goalkeeper should complete four rounds of at least four repetitions.

Instructions:

1. Server #1 starts the drill with a low pass towards server #2.
2. As the ball approaches server #2, the goalkeeper moves towards the receiver to cut off the scoring angles.
3. Server #2 takes a low, one-touch shot while the goalkeeper attempts to block the shot using their hands or feet.
4. Immediately after the low shot, the goalkeeper gets back to their feet and quickly moves across the goal to the opposite post.
5. As the goalkeeper is moving, server #3 throws a ball high to the post the goalkeeper is moving towards. The goalkeeper dives and attempts to block or catch the ball.
6. Depending on the age, fitness level, and number of goalkeepers present, give the working goalkeeper a few seconds to reset before completing the process again for another three repetitions. If the goalkeepers are fit, give them no time to reset inbetween repetitions.
7. Switch the sides the serves are on after two rounds to insure goalkeepers work on both directions.
8. Each goalkeeper should complete four rounds. Complete more rounds as desired.

Variations:

Shots – Instead of throws, or light passes, move the servers further away from goal and allow more difficult shots. This makes the saves more game-like and forces goalkeepers to be faster and stronger on the blocks.

Coaching Points:

- Depending on the goalkeepers' age and skill level, make sure to spend time on the movements and how to properly cut off the scoring angles before beginning this activity. For younger, less experienced goalkeepers, start slow and focus on the steps and angles before focusing on the speed or saves.
- Remind the servers that the first shot should be on the ground while the second one should be high up and almost out of the goalkeeper's reach. The shots/tosses should start without too much power. As the goalkeepers improve, increase the power and difficulty of the serves.
- Instruct the goalkeepers to keep their weight forward and immediately react after each ball.
- The goalkeepers should stay square while diving and landing on the ground. The goalkeepers should land on their hip and keep the largest part of their body behind the ball to build good habits.

Diving Forward Quickness

How the Drill Works:

Goalkeepers start sitting in the middle of a box before quickly get up to their feet, moving forward and diving to stop a pass from the outside players.

Purpose:

Develop goalkeepers' ability to rapidly get to their feet, run forward, and get down on the ball to stop the shot. Improve forward diving technique.

Diagram:



Setup:

- Use cones to mark a 20x20-yard box. Position one pole in the center of the box. Use a cone if a pole is not available.
- Four goalkeepers start sitting on the ground, with their backs on the pole.
- One goalkeeper, with a ball at their feet, starts five to eight yards off each corner of the box. See diagram for more information.
- If there are extra soccer balls, keep them close to the players on the outside of the box.
- Complete four rounds. Each round should give the goalkeepers at least six repetitions. Complete more rounds and repetitions as needed.

Instructions:

1. On the coach's signal, the goalkeepers sitting in the middle of the box immediately pop up to their feet, move forward towards the cone positioned in front of them, and dive forward to collect pass from the goalkeeper standing outside the box.
2. The goalkeepers passing the soccer balls should pass the ball, on the ground, to either side of the cone to make to goalkeepers react. Passes should be made just before the goalkeepers arrive at the cone.
3. Goalkeepers should use their hands to catch the ball and hold their position for a few seconds for the coach to evaluate.
4. After each repetition, the goalkeepers roll the ball back to the passers and return to the sitting position in the middle of the box.
5. Complete at least six repetitions before rotating the goalkeepers. The passers switch with a goalkeeper in the middle of the box and the process repeats.
6. Complete at least four rounds. Add more rounds as needed.

Variations:

Bouncing catches – The passers, on the outside, use their hands to bounce the ball into the approaching goalkeeper instead of using their feet. This increases the difficulty of the catch.

Starting positions – Change the starting position for the goalkeepers in the middle. Start on their feet facing the pole. Start sitting facing the pole. Start with their chest on the ground. Make it difficult.

Coaching Points:

- Teach the goalkeepers to dive forward, at an angle, toward the approaching ball. Both hands should go to meet the ball with the goalkeeper's leg, closest to the ground, lying flat and their top leg bent at the knee.
- Encourage the goalkeepers to get a strong catch on the ball! No rebounds!
- As the goalkeepers improve, have the passers give firmer passes to challenge the goalkeepers!

Goalie Wars

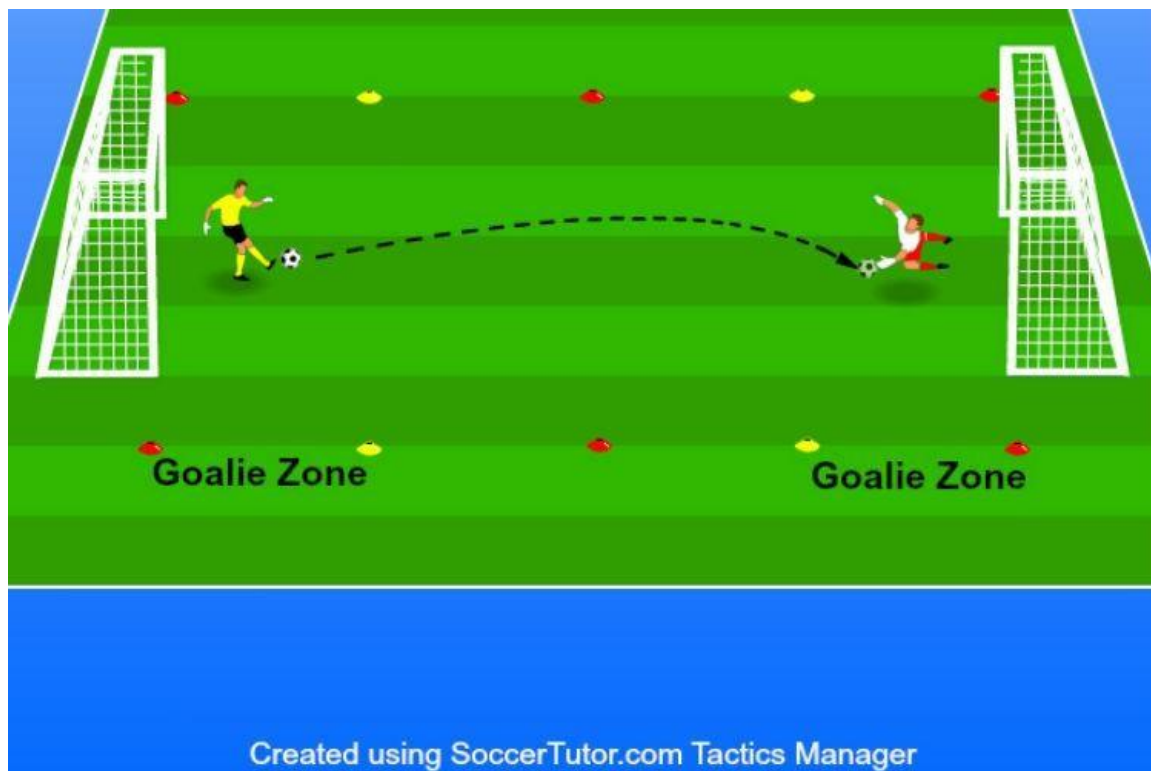
How the Drill Works:

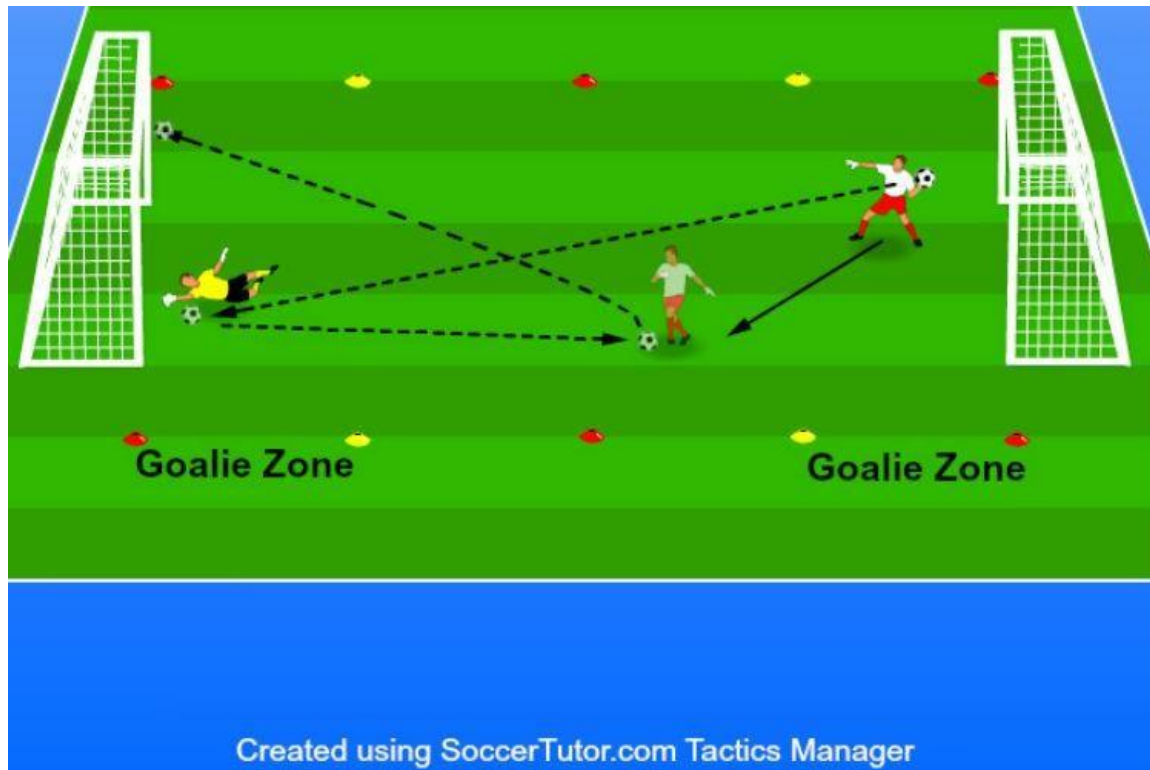
Two goalkeepers play against each other attempting to score in the other's goal. Each goalkeeper can throw, kick, or drop kick the ball at the other goalkeeper in an attempt to score.

Purpose:

Fun and competitive game for goalkeepers that develops their footwork, reflexes, agility, distribution, and confidence. Goalkeepers get to compete against each other in a high intensity game.

Diagram:



**Setup:**

- Set up a 20x25 playing grid using cones. Make sure there is one cone on each sideline of the grid that marks the half way point.
- Set up one full-sized goal on each end line.
- Use a couple of cones to mark a line five yards in front of each goal. These two zones are known as the “goalie zones.” The cones should not be in the way of the play but should be easily seen for the goalkeepers to be aware of.
- One goalkeeper is needed in each of the goals. If there are extra goalkeepers, have them stand off to the side and retrieve any soccer balls that miss the goal. Rotate the goalkeepers after each round.
- A good supply of soccer balls is needed in each of the goals.
- Each goalkeeper should play four rounds of five minutes, or first goalkeeper to five goals.
- One goalkeeper starts with the soccer ball.

Instructions:

1. The goalkeeper starting with the ball attempts to throw, kick, or volley from within their goalie zone on their opponent's goal.
2. The defending goalkeeper attempts to make a save on the shot before getting a chance to score on the other goalkeeper.
3. Goalkeeper's must make their attempts to score on their opponent's goal from within their respective goalie zones.
4. If a goalkeeper scores, the goalkeeper who just scored gets to start with a new ball from their goal.
5. If a goalkeeper blocks the shot and the ball goes out-of-bounds, the goalkeeper who made the save, starts with a new ball from their goal.
6. If the soccer ball hits off a goal post, or the defending goalkeeper gives up a rebound, and the ball rolls back into the shooting goalkeeper's half, the shooting goalkeeper gets a one-touch shot attempt from anywhere inside their own half.
7. The game continues in this manner for the remainder of the round.
8. Winner after five minutes, or first goalkeeper to five goals wins the round!
9. Each goalkeeper should complete at least four rounds. Rest and collect any stray soccer balls between rounds.

Variations:

2-on-2 – Best for younger goalkeepers. Use the same rules but have teams of two goalkeepers compete against each other.

Scoring techniques – Change the rules to keep the game new. Allow only kicking from the ground, or only throws, or any other scoring technique to make the game more difficult.

Coaching Points:

- Encourage the goalkeepers to catch as many balls as possible to decrease the amount of second chances the shooting goalkeeper gets.
- Challenge the goalkeepers to score often and to use different scoring techniques.
- Remind the goalkeepers to stay on their toes to react quickly to the incoming ball to make a save.

- Make sure the goalkeepers have fun and keep it competitive. Motivate and congratulate goalkeepers to keep them engaged.

Goalkeeper 1-on-1 Reaction

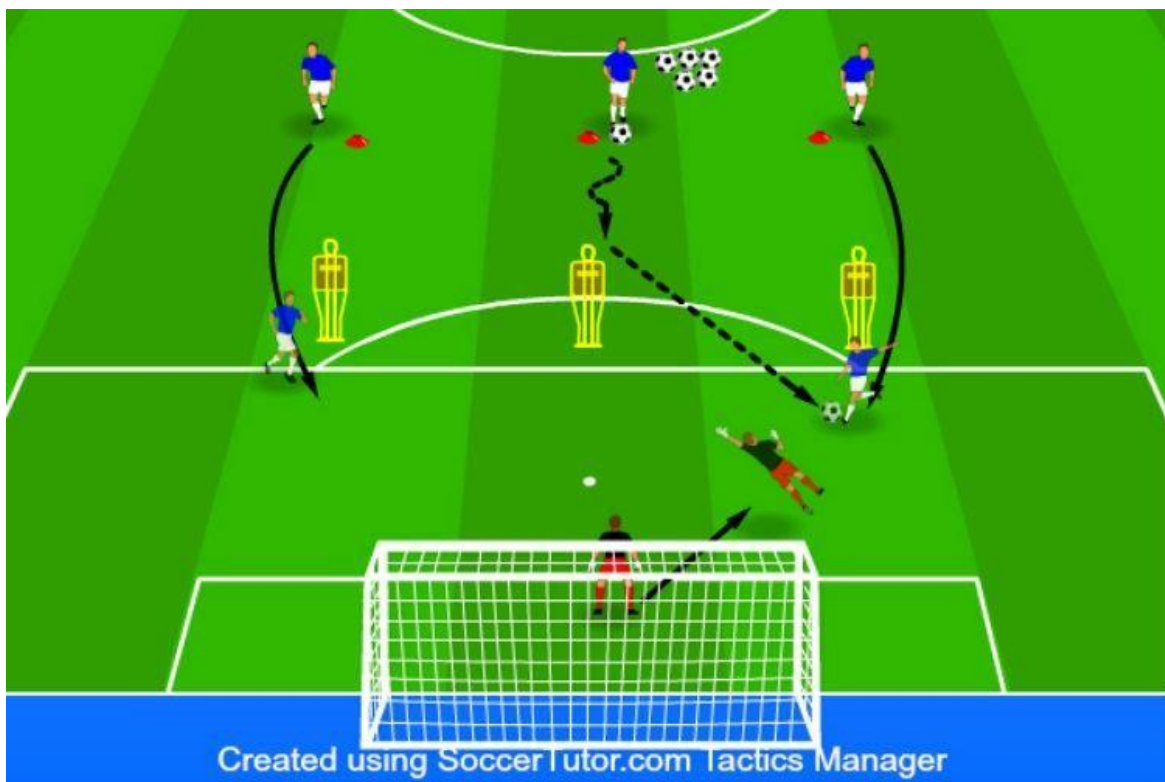
How the Drill Works:

Goalkeepers react to two attacking players running behind mannequin defenders looking to receive a pass from their teammate and score. The goalkeeper is unaware of which attacking player will receive the pass and must close down the space to make a close-range save.

Purpose:

Develops goalkeepers' positioning, quick decision making, and shot stopping. Attackers improve their 1-on-1 finishing abilities with a live goalkeeper as well as their timing of their runs and first touch.

Diagram:



Setup:

- Place three mannequins, flags, or cones four yards outside of the penalty box. They should be placed parallel to the penalty box line with seven yards of space between each one. See diagram for more information.
- Place one cone 10 yards directly above each mannequin. These cones will be the starting points for the three attackers.
- A full-size goal is needed on the end line of the penalty area.
- Position one goalkeeper in the goal. If there are extra goalkeepers, have them stand to the side of the goal and rotate every two repetitions.
- One attacker starts behind each of the three cones. The attacking player on the center cone starts with a ball at their feet.
- At least three extra players are needed as the attackers in this activity. If there are more than three attackers, have them form lines behind the starting cones and rotate after each repetition. It is best if the attackers are field players.
- Place all of the soccer balls with the attacker on the center cone.
- Each goalkeeper should complete at least 20 repetitions.

Instructions:

1. To start, the attacking player with the ball dribbles towards the mannequins. The goalkeeper starts in front of their goal in good position for a long-range shot, or a through ball behind their defense.
2. The attackers on the wings, without the ball, begin to make their runs towards the outside mannequins setting themselves up to receive a through ball behind the mannequins.
3. The attacker with the ball passes to one of the two attackers running behind the mannequins.
4. The goalkeeper immediately moves, while the ball is traveling, towards the attacking player receiving the pass.
5. The attacking player takes a 1-touch shot or attempts to receive the pass and dribble around the goalkeeper.
6. The goalkeeper reacts to the attacker's choice and attempts to make a save on the ball.
7. The attacking player who receives the through ball, is not allowed to use the other two attackers when attempting to score.

8. The attacking players should time their runs to stay onside and make the activity more realistic.
9. After a save, or a goal, the players and goalkeeper reset and repeat the process as soon as they are ready. If there are extra goalkeepers, have them rotate every two repetitions. If there are extra attacking players, have them rotate after every repetition.
10. The activity continues until each goalkeeper has completed 20 repetitions.

Variations:

Long-range shot – To keep the goalkeepers honest, tell the attacking player who dribbles towards the mannequins that they can take a long-range shot, instead of passing to the other attackers, if they see the goalkeeper is out of position.

Coaching Points:

- Remind the goalkeepers to start in a good position in case a long-range shot is taken. The activity does not call for a long-range shot, but make the goalkeepers stay honest and work on their positioning.
- Challenge the goalkeeper to immediately react to the pass and attack the ball. If the goalkeeper can get to the ball before the attacking player, they should!
- Educate the goalkeepers on proper footwork and to stay on their toes with their weight slightly forward.
- Challenge the attacking players to score often and bring the best out of the goalkeepers.
- Remind the attacking players to try and stay onside with their runs.

Goalkeeper Handball

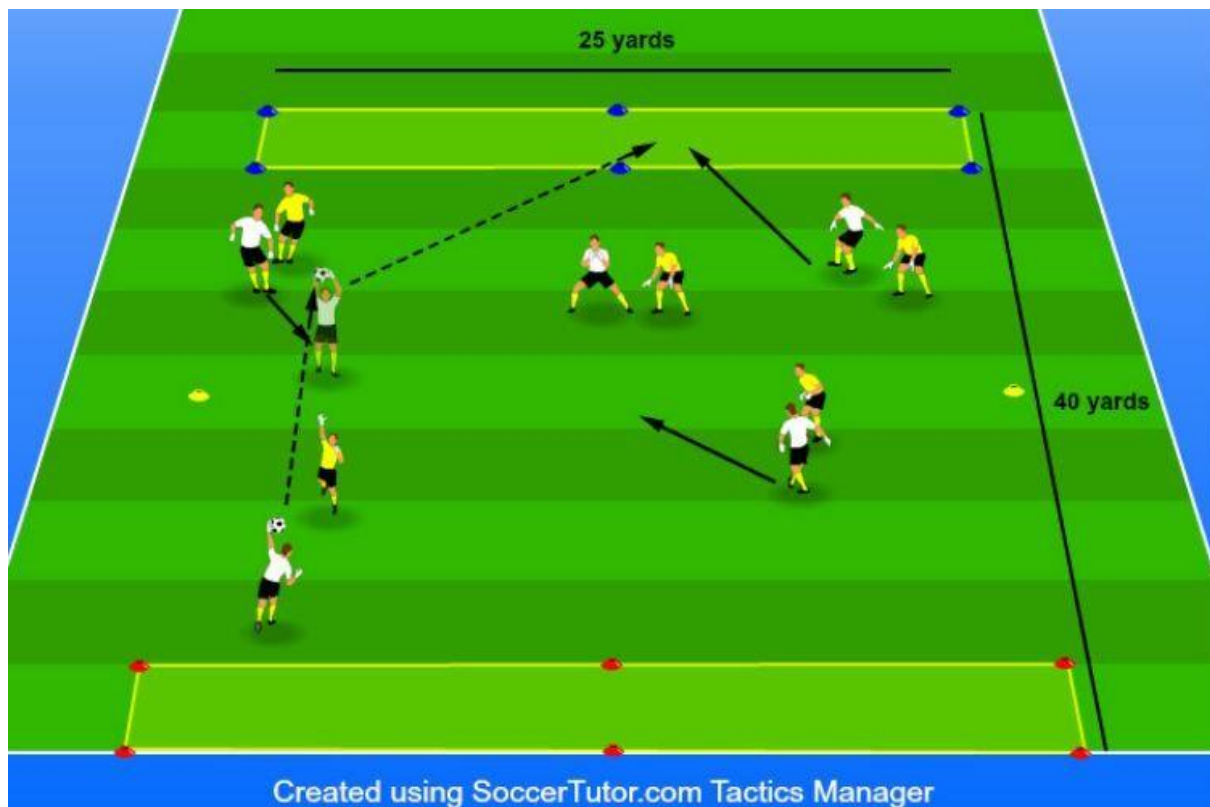
How the Drill Works:

Two teams of four to six goalkeepers play “handball” to end zones. Handball is a soccer version of ultimate frisbee where players can not run with the ball, instead they must pass the ball between themselves to progress the ball up the field.

Purpose:

Fun activity for a large group of goalkeepers. Develops the goalkeepers' distribution and catching skills.

Diagram:



Setup:

- Set up a 40x35-yard field. Make a five-yard end zone on each end line.
- Divide the goalkeepers into two teams. Assign matching jerseys to each team. Field players can join as well if needed or present at training. If there are more than six players per team, adjust the field size to accommodate more players.
- One team starts the ball. Extra soccer balls can be left close to the field.
- Play two, eight-minute halves with a two-minute halftime. Add more time as needed.

Instructions:

1. Two teams attempt to score in each other's end zones by passing the ball, with their hands, up the field.
2. The team in possession can only use their hands to throw and catch the ball.
3. The team not in possession of the ball attempts to block or intercept the ball to regain possession.
4. The player who has the ball in their hands is only allowed two steps before they must stop moving and pass the ball to their teammate.
5. Players defending the person controlling the ball must maintain at least one-yard of space and can not swat the ball out of the player's hands. Defenders can block the ball only when thrown.
6. Defenders are allowed to contest passes, knock the ball to the ground or catch the ball.
7. If the ball touches the ground between passes, the ball is turned over to the team that was defending, regardless of who touched the ball last.
8. Teams can only score by completing a pass to a teammate standing in the end zone. Players are not allowed to use their two steps to walk into the end zone and score.
9. If the ball goes out-of-bounds for any reason, the team defending last is awarded possession, regardless of who touched it last.
10. Play two, eight-minute halves with a two-minute halftime. Keep score to see which teams wins at the end of the game!

Variations:

Volley Passes – Allow players to use their feet to complete passes. Volleys or half-volleys can be used to allow the goalkeepers to work on multiple distribution techniques.

Time limit – If players are holding on to the ball for too long, add a three, or five second rule. Players must pass the ball within the time limit otherwise it is a turnover and the other team takes possession of the ball.

Coaching Points:

- Motivate the goalkeepers to constantly move off the ball to lose their defender and get open for each other.
- Teach the goalkeepers the proper catching technique if the ball is slipping through their hands. Hands should be just behind the ball with a diamond formation being made with the thumb and pointer finger.
- Encourage the goalkeepers to zip their passes into each other!
- Challenge everyone to go up strong for catches and out jump each other!

Goalkeeper Technical Warmup

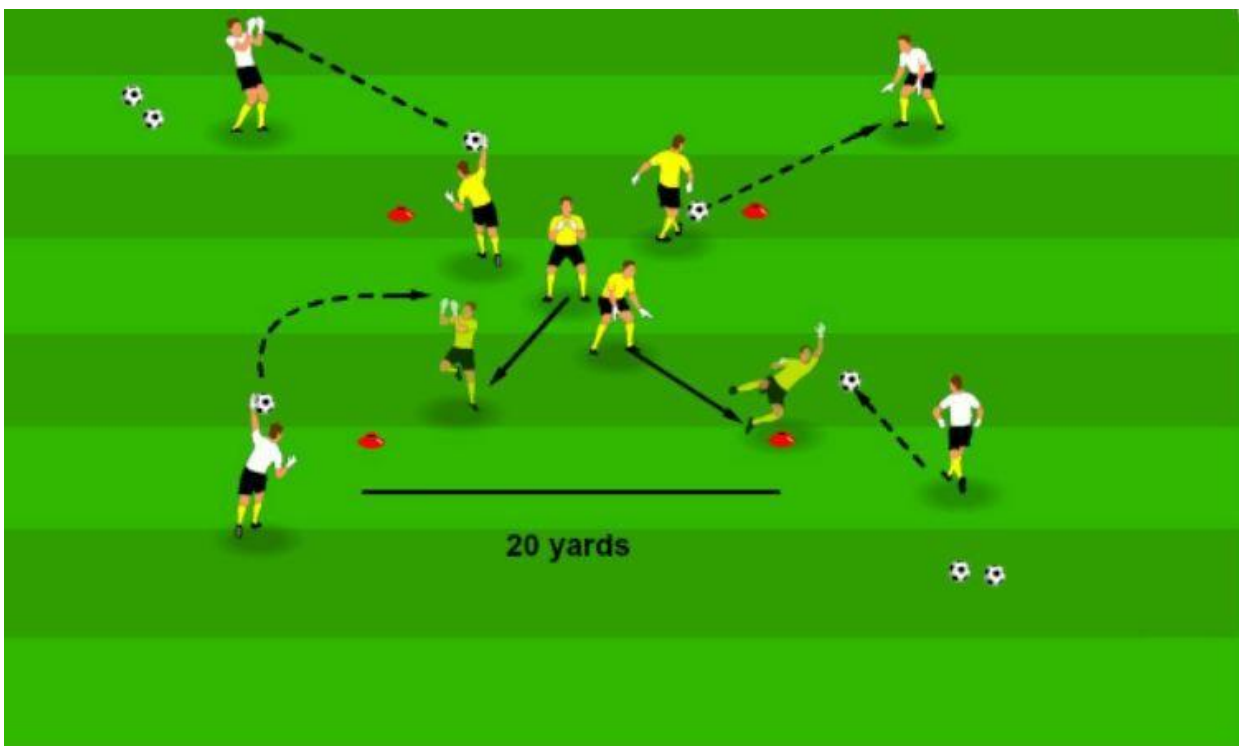
How the Drill Works:

Goalkeepers work in and out of a box to warm up their bodies with a series of catches, passes and other goalkeeping actions.

Purpose:

Warm up goalkeeper's bodies while preparing their hands and feet for the session.

Diagram:



Created using SoccerTutor.com Tactics Manager

Setup:

- Use cones to mark a 20x20-yard box.
- Half the goalkeepers start inside the box with no ball. The other half of the goalkeepers start six yards outside the box with a ball.
- If there are extra soccer balls, keep them close to the players on the outside of the box.
- Complete four, two-minute rounds. Switch goalkeeper actions and warmup movements each round.

Instructions:

1. The goalkeepers in the box move through the box, avoiding each other, and approach the edge of the box to receive a pass from the goalkeeper outside the box.
2. The goalkeeper in the box passes the ball back to the outside goalkeeper and then moves back through the box to another outside goalkeeper.
3. Possible goalkeeper actions: □ Two-touch passes.
 - One-touch passes.
 - One-touch volleys with the laces or inside of the foot.
 - Catches at their chest.
 - Jump catches.
 - Scope the ball off the ground.
 - Forward dives.
 - Side dives.
 - Punches.
4. Possible warmup box movements: □ Jogging.
 - High knees.
 - Butt-kickers.
 - Shuffling.
 - Small skips.
 - Large skips.
5. Goalkeepers in the box work for two minutes before switching with a goalkeeper on the outside of the box.
6. Each group should complete at least four, two-minute rounds. Switch goalkeeper actions and warmup movements each round.
7. Give the goalkeepers a few minutes to stretch and finish preparing their bodies after the completion of the activity.

Variations:

Volley passing – Have the outside goalkeepers strike volleys to the inside goalkeepers' chests. Full or half volleys are allowed.

Coaching Points:

- Let the goalkeepers work at their own pace through the box. This is a warmup. Do not push the players to increase their work rate until their bodies are ready.
- Encourage the goalkeepers to get their feet set and build good habits even in warmups.
- Challenge the goalkeepers to complete each action as clean as they can. Passes on the ground. Catches that stick. No soccer balls should get past them.

Jump. Feet Set. Low Block.

How the Drill Works:

Goalkeepers hop over a small hurdle, set their feet, and react to a pass towards a mini-goal on either side of them. Goalkeepers must quickly dive towards the ball and block the pass from going into the goal.

Purpose:

Develop goalkeepers' ability to rapidly set their feet and react to a low shot.

Diagram:



Setup:

- Set up two mini-goals, eight yards apart, for every two to four goalkeepers.
- Place one small hurdle between each set of mini-goals. See diagram for information.
- At least one goalkeeper starts behind the hurdle.
- One goalkeeper starts six to ten yards away from the front of the goals or hurdle with a number of soccer balls. See diagram for the different arrangements depending on the number of goalkeepers per setup.
- All of the soccer balls should be divided between the passers in front of the goals.
- Complete eight repetitions per round. At least three rounds are suggested. Add more rounds as needed.

Instructions:

1. The goalkeeper behind the hurdle starts the repetition by hopping over the hurdle and quickly setting their feet.
2. As soon as the goalkeeper lands on their feet, the passer attempts to pass the ball in to either mini-goal.
3. The goalkeeper must immediately react, dive and block the ball from going into the goal.
4. After completing their repetition, the goalkeeper returns to the line behind the hurdle. The next goalkeeper can begin their repetition as soon as the passer is ready.
5. If there are two passers per setup, the goalkeeper must react to the passer that attempts to score in either goal.
6. Complete eight repetitions before switching positions with the passer. At least three rounds of eight repetitions are suggested. Add more repetitions as needed.

Variations:

Passer distance – Increase the difficulty by moving the passer closer to the mini-goals.

Mini-goal separation – Increase the difficulty by increasing the distance between the minigoals.

Bouncing passes – The passers use their hands to bounce the ball into either goal.

Three strikes – The first goalkeeper to get scored on three times loses that round. Three strikes and they are out!

Coaching Points:

- Teach the goalkeepers to immediately set their feet as soon as they land and push off their outside foot to get out to the ball.
- Encourage the goalkeepers to get to every shot! Catches are preferred, but anything to keep the ball out of the goals works!
- As the goalkeepers improve, tell the passers to give more difficult passes or fakes to keep the goalkeepers on their toes!

Jump. Feet Set. Low Block.

15 SOCCER GOALKEEPER DRILLS

Move with the Ball

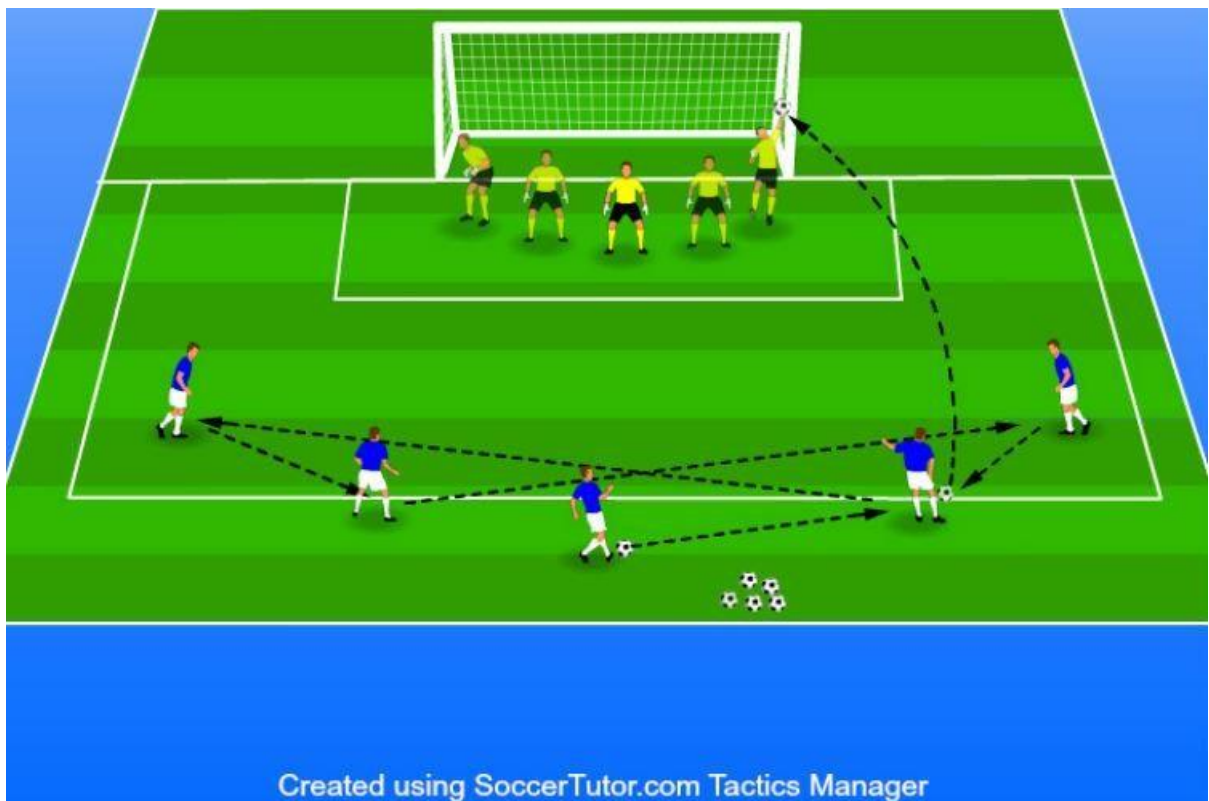
How the Drill Works:

With one goalkeeper in goal, five extra players pass the ball around the top of the penalty area while the goalkeeper adjusts their position according to the ball. When one of the five players decide to take a shot, the goalkeeper reacts and attempts to make a save.

Purpose:

Develops a goalkeeper's positioning depending on the ball location. Goalkeepers improves their footwork and reaction time when attempting to block shots.

Diagram:



Setup:

- One full-size goal is needed.
- Position one goalkeeper in goal. If there are extra goalkeepers, have them rest behind the goal and rotate in every three repetitions.
- Five goalkeepers, players, or coaches are needed for this activity. If only three extras are available, the activity can still be completed. Have the extras spread out evenly around the top of the penalty area.
- All of the soccer balls should be behind the extra players.
- The players around the top of the box start with one ball.
- Each goalkeeper should complete at least five rounds. Add more rounds as needed and time allows.

Instructions:

1. The players around the top of the box start the activity by passing the ball between each other.
2. The goalkeeper follows the ball and constantly adjusts their position according to the ball position.
3. After four passes, any player is free to take a shot on goal, especially if they feel the goalkeeper is out of position.
4. When a shot is attempted, the goalkeeper attempts to make a save on the ball.
5. The goalkeeper bounces back up and the extra players start passing another ball to repeat the process.
6. The goalkeeper should complete three repetitions before resting and rotating in a new goalkeeper.
7. Each goalkeeper should complete at least five rounds.

Variations:

One-touch – For advanced goalkeepers, the extra players must complete the passes and shot in one-touch. This makes the goalkeeper move and react more quickly.

Coaching Points:

- Instruct the goalkeepers to constantly check their posts as they move to make sure they are positioned correctly.
- Remind the goalkeepers to focus on proper footwork when moving. Goalkeepers should not cross their feet when moving from side-to-side.
- Encourage the extra players to move the ball quickly and to be creative to give the goalkeeper more of a challenge.

Rapid Fire

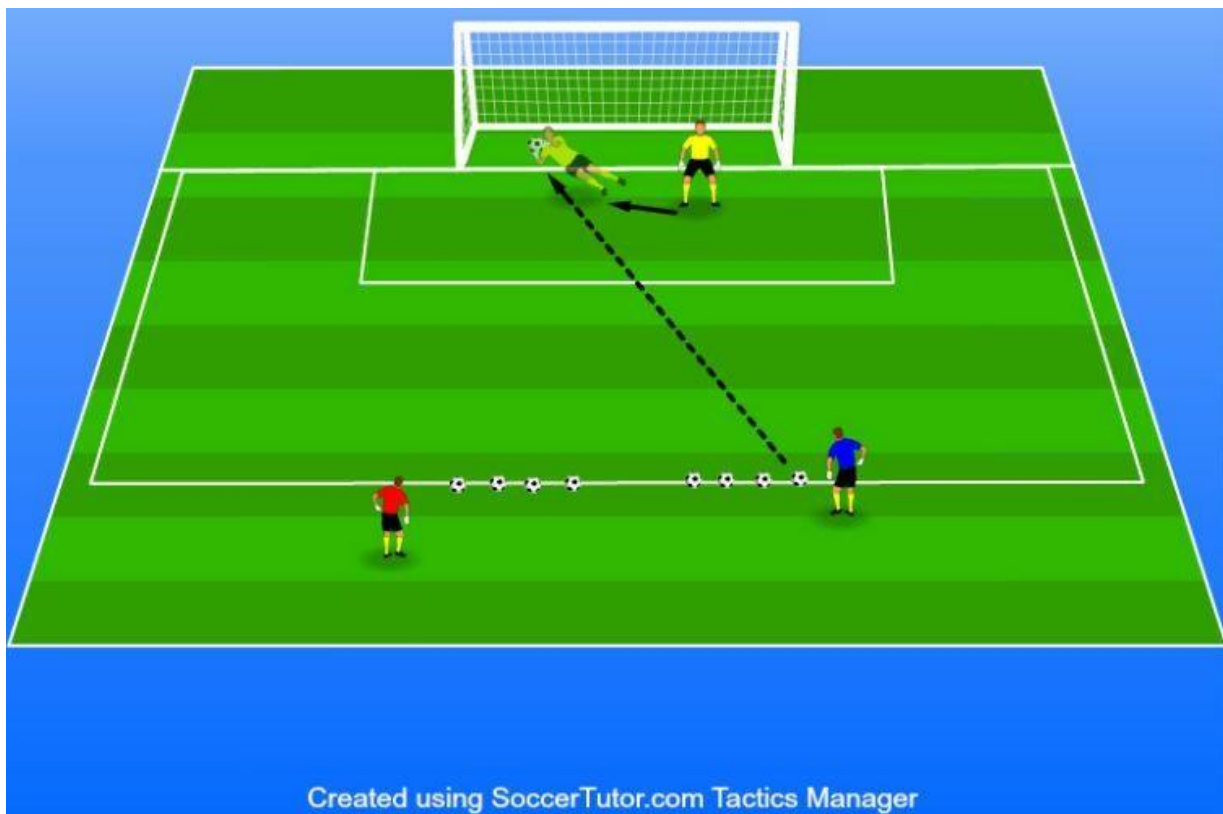
How the Drill Works:

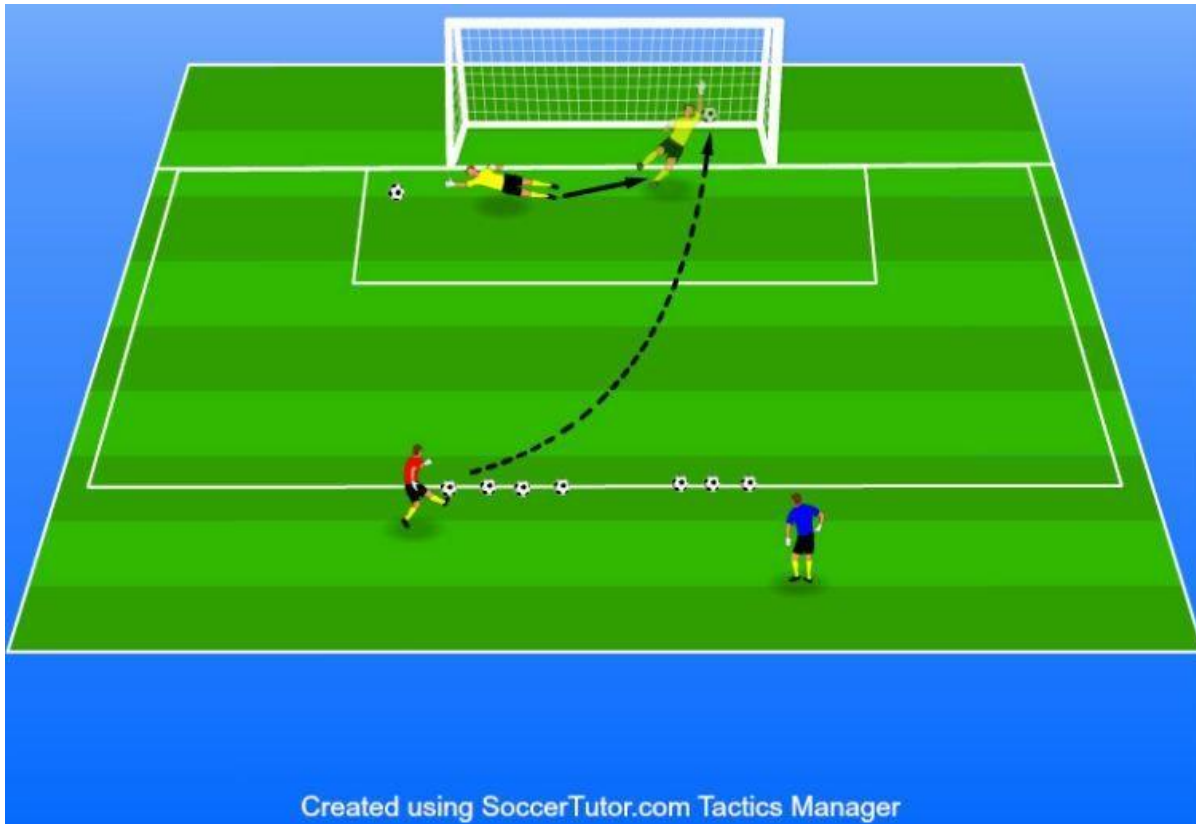
Eight soccer balls are positioned at the edge of the penalty box. Two players take turns shooting while one goalkeeper attempts to block one shot after another in rapid succession.

Purpose:

Develop goalkeepers' ability to quickly save one shot, get back to their feet, and get to another shot. Goalkeepers improve their footwork and reaction time.

Diagram:



**Setup:**

- One full-size goal is needed.
- Position one goalkeeper in the goal.
- Two more goalkeepers, coaches, or players are required to be the shooters. If there are multiple goalkeepers, have them rotate positions after each set of eight soccer balls.
- Place eight soccer balls on the edge of the penalty box. If a penalty box is not being used, position the soccer balls 18 yards away from the goal.
- Each goalkeeper should complete at least four rounds. Add more rounds as needed.

Instructions:

1. To start the activity, one of the shooters takes a shot on goal while the goalkeeper attempts to make a save.
2. As soon as the first shot is saved, or scored, the second shooter takes another shot.
3. The shooters alternate taking shots until there are no more soccer balls left.

4. The goalkeeper attempts to block each shot and get back to their feet immediately after making the save.
5. After each round, collect the soccer balls, and reset them on the edge of the penalty area. If there is only one goalkeeper, give them plenty of rest time before repeating the same process for the next round. If there are multiple goalkeepers, have the next goalkeeper rotate in and repeat the process immediately.
6. Repeat until each goalkeeper completes four rounds.

Variations:

Number of shots – Depending on the age and skill level of the goalkeepers, increase, or decrease the number of shots per round. More shots per round will demand more fitness and increase the goalkeepers' stamina.

Shot angle and distance – Change the angle, or distance, of the shots to make the goalkeepers work on different saves.

Coaching Points:

- Challenge the goalkeeper to get back up on their feet as quickly as possible after each shot. This will give the goalkeeper the best chance of moving and reacting to the next shot.
- Remind the goalkeeper to catch as many shots as possible. This will build good habits to decrease the amount of rebound opportunities the goalkeeper gives up in a game.
- Educate the goalkeepers to focus on footwork and balance.
- Instruct the shooters to add more power to their shots as the goalkeeper get more comfortable. Accuracy should be stressed more than power for the shooters. Shooters should give the goalkeeper just enough time to get up and make a save on the next shot, but not enough time that the goalkeeper has time to rest.

Stick Goal Saves

How the Drill Works:

Goalkeepers turn and block a shot on the stick goal behind them.

Purpose:

Develop goalkeepers' reactions and physical movements to push the ball away from the goal.

Diagram:



Setup:

- Set up two sticks, with six to eight yards between them for every two goalkeepers.
- One goalkeeper starts between the sticks and faces away from their partner goalkeeper who is six to eight yards away with all of the soccer balls.
- Complete four rounds with eight at least eight repetitions per round. Add more repetitions and rounds as needed.

Instructions:

1. The goalkeeper standing between the sticks starts with their back to their goalkeeping partner.
2. The goalkeeper standing away from the sticks shouts “GO,” and prepares to pass, or volley the ball between the sticks.
3. As soon as the “GO” command is given, the goalkeeper between the sticks immediately turns around to find their partner kicking the ball towards the stick goal.
4. The goalkeeper quickly reacts and attempts to catch, block or redirect the ball.
5. The goalkeepers then reset to the original starting positions after each repetition and the process continues.
6. Complete four rounds of at least eight repetitions per round.

Variations:

Difficulty – Increase, or decrease, the distance between the sticks to change the difficulty of the activity. Stand closer to the stick goal to increase the difficulty as well.

Tennis ball – Use a tennis ball to increase the difficulty.

Rapid fire – Perform two or three shots per repetition before resetting. Goalkeepers must get back to their feet quickly after each save.

Coaching Points:

- Teach the goalkeepers to set their feet immediately after turning around. Goalkeepers should push into the ground and explode towards the approaching ball.
- Encourage the goalkeepers to get to every ball! Block. Catch. Redirect. No goals!
- Challenge the passers to increase the difficulty of the saves as goalkeepers improve and understand the activity.

Tip the Ball Over

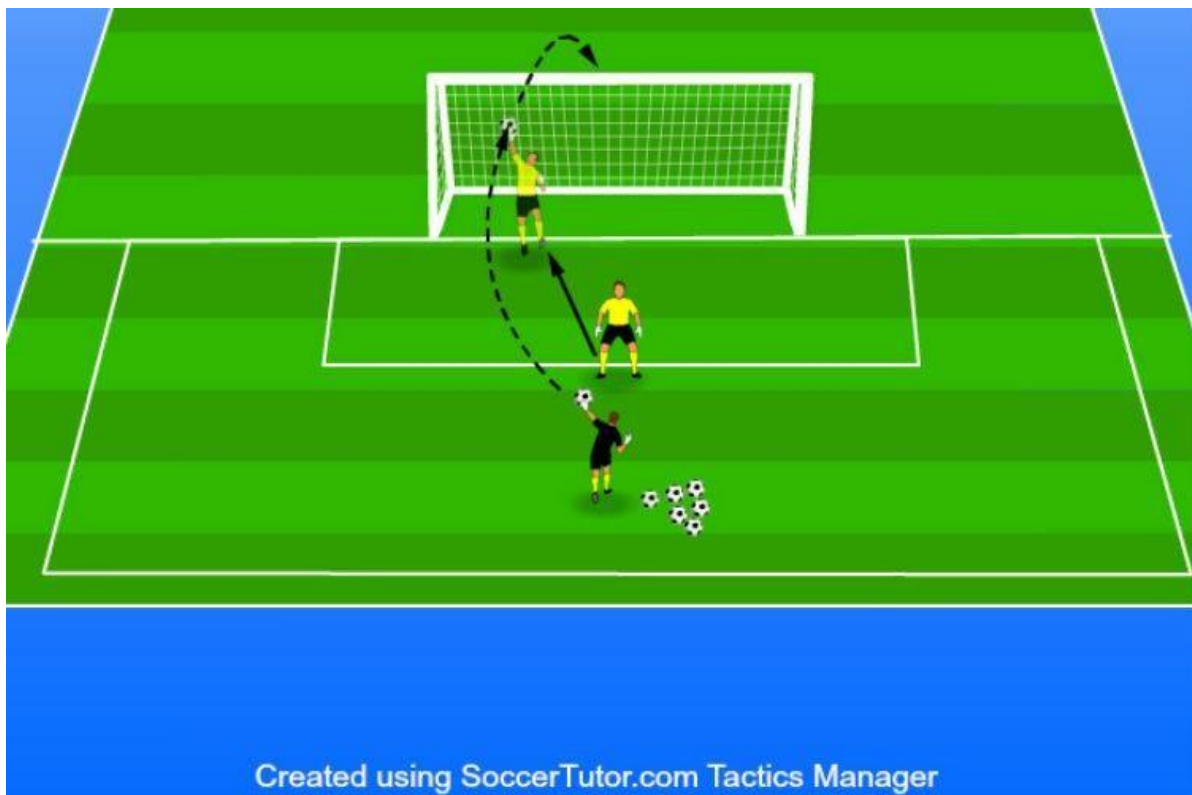
How the Drill Works:

A goalkeeper starts on the 6-yard line and attempts to back pedal and tip the thrown ball over the crossbar.

Purpose:

Develop goalkeepers' ability to recover backwards and tip the ball over the crossbar when a catch is not possible. Improves the goalkeeper's jumping and timing skills when recovering from being out of position.

Diagram:



Setup:

- A full-sized goal is needed.
- One goalkeeper starts on the 6-yard line facing forward.
- One extra goalkeeper, player, or coach is needed as a server. The server stands about 12-15 yards away from the goal with a good supply of soccer balls.
- The server starts with one ball in their hands.
- Each goalkeeper should complete four rounds of six repetitions. Add more rounds and repetitions as needed.

Instructions:

1. The server starts the drill by throwing the ball over the goalkeeper's head, towards the goal, in any direction. The server is aiming to get the ball to drop into the goal just below the crossbar.
2. The goalkeeper immediately backpedals once the ball is thrown.
3. The goalkeeper attempts to catch or tip the ball over the crossbar, preventing a goal.
4. After landing, the goalkeeper pops up and returns to the 6-yard line to repeat the process.
5. The server should throw the next ball as soon as the goalkeeper gets to the 6-yard line. The server should vary the location the ball is thrown (center, left, or right) to keep the goalkeeper honest.
6. The goalkeeper should complete six repetitions before resting and collecting the soccer balls.
7. If there is more than one goalkeeper have them rotate and complete the same process.
8. Each goalkeeper should complete four rounds.

Variations:

Distance – Adjust the goalkeeper's starting point depending on the age and skill level of the goalkeepers. The further away from goal, the more difficult the save.

Coaching Points:

- Teach the goalkeepers to not cross their feet when moving backwards. The proper footwork is the most important skill in this activity.
- Educate the goalkeepers to turn slightly in the direction of the ball as they move backwards. Goalkeepers should turn left slightly if the ball is over their left shoulder and vice-versa for the right side.
- Challenge the goalkeepers to focus on the timing of their jumps and to jump off the foot closest to the goal.
- Teach the goalkeepers to tip the ball with the hand closest to the ball and to use the heel of the palm to tip the ball over the crossbar when possible.
- Instruct the goalkeepers to keep their eyes on the ball even after making contact with the ball.

Turn, Find, Dive

How the Drill Works:

On command, a goalkeeper turns around to locate the target ball amongst the six soccer balls that are tossed towards them. The goalkeeper must quickly find the target ball and then immediately dive to recover it.

Purpose:

Develops a goalkeeper's vision and reaction time. Goalkeepers improve their footwork and agility as they move to attack the target ball.

Diagram:





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Created using SoccerTutor.com Tactics Manager

Setup:

- One full-size goal is needed. This activity can also be completed using cones or sticks if a full-size goal is not available.
- One goalkeeper starts in the goal, facing away from the field.
- Six soccer balls are needed. One soccer ball needs to be a different color than the other five soccer balls. This soccer ball will be the target ball.
- Three extra goalkeepers, players, or coaches are needed as servers to complete this activity. The three servers stand on the 6-yard line with one soccer ball in each hand, facing the goalkeeper's backside. One server will have the target soccer ball.
- Each goalkeeper should complete at least 15 repetitions.

Instructions:

1. On the coach's signal, the servers randomly throw/toss their soccer balls into the 6-yard area toward the goal.
2. The coach then immediately shouts "Go!" and the goalkeeper must quickly turn, find the target ball, and dive to collect the ball before it rolls into the goal.
3. Servers collect the soccer balls and the goalkeeper resets their position by returning to the goal and turning away from the servers.
4. As soon as the players and soccer balls are reset, repeat the process three more times before resting, or rotating the next goalkeeper in.
5. Each goalkeeper should complete at least 15 repetitions. Add more repetitions and rounds as needed.

Variations:

Number of balls – For younger, or less experienced goalkeepers, start with just four soccer balls. Increase the number of soccer balls as the goalkeepers improve their reaction time.

Number of servers – If three servers is not possible, just use two servers with three soccer balls. One soccer ball in each hand, and one soccer ball at their feet.

Coaching Points:

- Teach the goalkeepers to stay light on their feet with their weight forward after their turn to attack the target ball quickly.
- Goalkeepers should focus on the proper footwork and agility when diving for the ball.
- Educate the goalkeepers to catch the ball first, using a good hand position, and then cushion the ball in when landing.
- Remind the goalkeepers to not worry about landing before catching the ball.
- Challenge the goalkeepers to stay square while diving and land on the ground with their stomach behind the ball.

Under Pressure

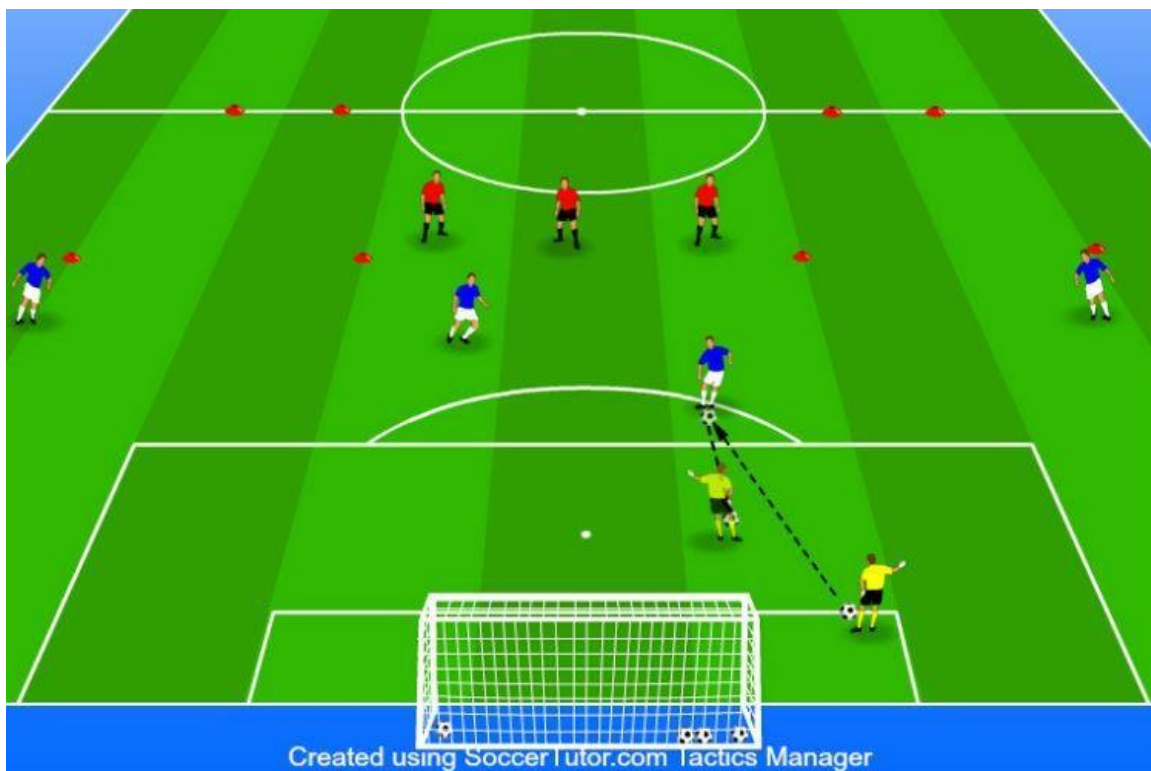
How the Drill Works:

A goalkeeper begins the activity with a goal kick and attempts to play out of the approaching defenders' pressure and into either of the two gates at the half line. A goalkeeper and four attackers play against three defenders.

Purpose:

Develops goalkeepers' decision-making when building out of the back with their defenders. Goalkeepers increase their first touch and passing range.

Diagram:





Setup:

- One full-sized goal should be placed on the end line.
- Use the width of the field, or the width of the penalty box depending on age group.
- Set up two cone gates on the half line about 10 yards inside of each sideline. The cone gates should four yards wide.
- Seven extra players are needed. Works best if these players are field players. Four players should be given matching colored vests and will be on the goalkeeper's team. The other three players will be the defending team and should be given a different jersey color than the attacking team.
- Place a line of cones 15 yards off the edge of the penalty box. This will be the line the three defenders must start behind.
- The four players on the goalkeeper's team should get into a 3-1 formation.
- The goalkeeper starts with a ball as if it were a goal kick.
- All the extra soccer balls should be placed in the goal.
- Each goalkeeper should complete two rounds of at least three minutes.

Instructions:

1. The goalkeeper starts the drill by passing the ball to one of their teammates outside the penalty box.
2. The receiving player passes the ball directly back to the goalkeeper.
3. As soon as the receiving player touches the ball, the three defenders are free to move in front of their cone line and put the other team under pressure.
4. The goalkeeper receives the ball from their teammate and attempts to pass and move with their teammates to play out of the defender's pressure. The goalkeeper and field players attempt to pass or dribble the ball through the two gates on the half-line.
5. The three defenders attempt to steal the ball and score on the other team.
6. If a goal is scored, or the ball goes out-of-bounds, for either team, the players reset and the goalkeeper restarts the activity with a goal kick.
7. The process is repeated for the remainder of the round.

8. Each goalkeeper should complete two rounds of at least three minutes. Rotate goalkeepers and field players after each round.

Variations:

Add or subtract players – Add more, attackers, or defenders to change the difficulty.

Field size – Decrease the field to increase the difficulty of the activity.

Coaching Points:

- Instruct the goalkeepers to use their first touch to move the ball away from an approaching defender.
- Remind the goalkeepers to keep their eyes up to see the field and the open players.
- Educate the goalkeepers when it the right time to play versus the right time to clear the ball up the field and out of danger.
- Encourage the goalkeepers to use the inside of their foot to clear the ball up the field. This part of the foot is bigger than the laces and is a safer decision.
- Teach the goalkeeper's team to constantly move and find good passing angles for each other. There will be spaces to play, but players will need to look around and move into them to help keep possession of the ball and break the defenders high pressure.
- Challenge the field players to win the ball and score!

