

## Setup

With a large supply of balls and the keeper in the goal, have 2-3 servers start on one corner of the penalty area.

## Instructions

Instruct the servers to dribble across the top of the penalty area. As the server moves across the penalty area, the goalkeeper must move along the imaginary goalkeeper's arc 2-6 yards from the goal line while keeping their body positioned between the goal and the ball. The dribbler can shoot at any point at their own discretion. The keeper should make the save and quickly move in place along the arc for the next shooter.

## Variations

- N/A


## Coaching Points

- Goalkeeper should shuffle feet quickly without crossing their feet
- Goalkeeper should keep good position on the arc between the ball and the goal
- Goalkeeper should keep a good distance of 2-6 yards from the goal line and never on the goal line.
- Keeper should move quickly


## Drill Target Ages

- ALL

