

Goalkeeping

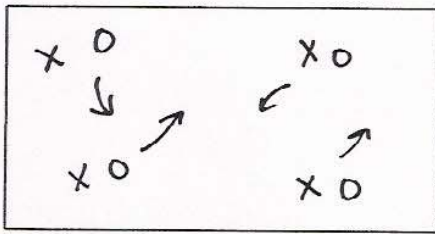
Make sure goalies are properly warmed up. Goalies need to do a lot of back stretches, lower body stretches and shoulder stretches.

When warming up with the ball incorporate a lot of partner activity. Focus on the goalies stance, hands out, feet squarely balanced.

Second level of defense after hands are the legs and body. Get down for the low balls do not just bend over and pick the ball up.

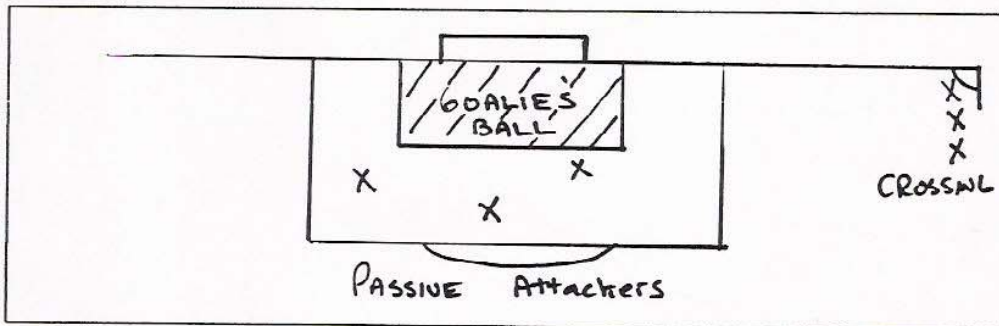
When providing service for the goalies make sure it is always varied, along the ground, bounced in and in the air, make them get up for the ball, always catch ball at highest point.

Stress that the goalie must be the defensive leader of the team... always communicating with team. At times may have to play sweeper, so do not neglect some basic footwork skills.



Throw and catch

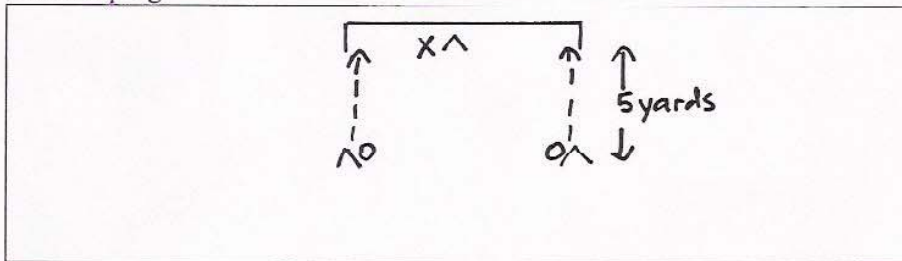
With a partner move around the grid, throwing the ball to each other at different angles, heights etc. Focus on techniques, hand positions.



My Area

Practice crosses from different angles into the six yard box. Practice control, getting up for the ball, calling for the ball, and catching at height of jump. Also rebounds and area shooting are good drills for keepers from this set up.

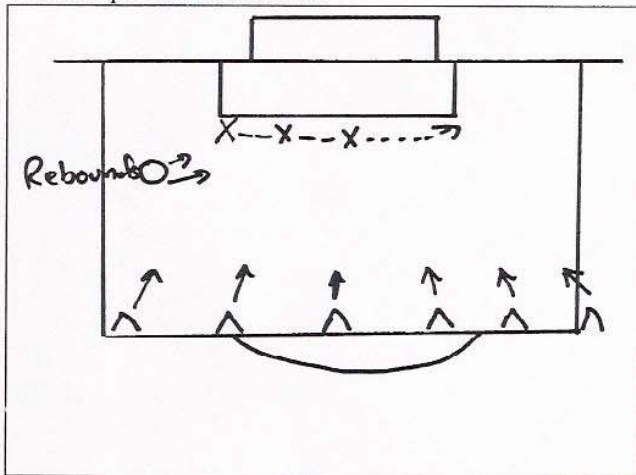
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Lateral drill

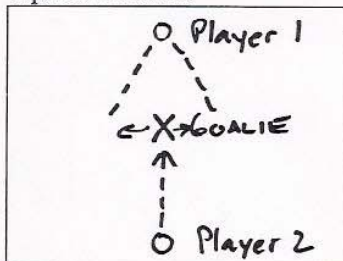
Goalie x, starts at cones and moves laterally across goal line. Coach/player rolls ball to corner of net, goalie dives, saves, rolls ball back to source and immediately heads to other side. Repeat...run for approx. 1 minute.

Goalkeeper/Shooters drill



One player is at each cone with a ball. Shoots, goalie saves quickly re adjusts position second player shoots. Shots are "rapid fire" Goalie should be pushed to limit by last shot. Eight to ten shooters, minute break to recover balls, set up, repeat 3 or 4 times. Focus on lateral movement, weight forward, hands out.

Up/Down Drill



Player one rolls ball quickly, goalie dives left or right, saves and rolls back to player one – immediately turns to player two who throws the ball high in the air, goalie catches it at its highest point, rolls back, turns repeats. One minute (technique, up down quickly, lateral movement, call for ball, knee up to protect)