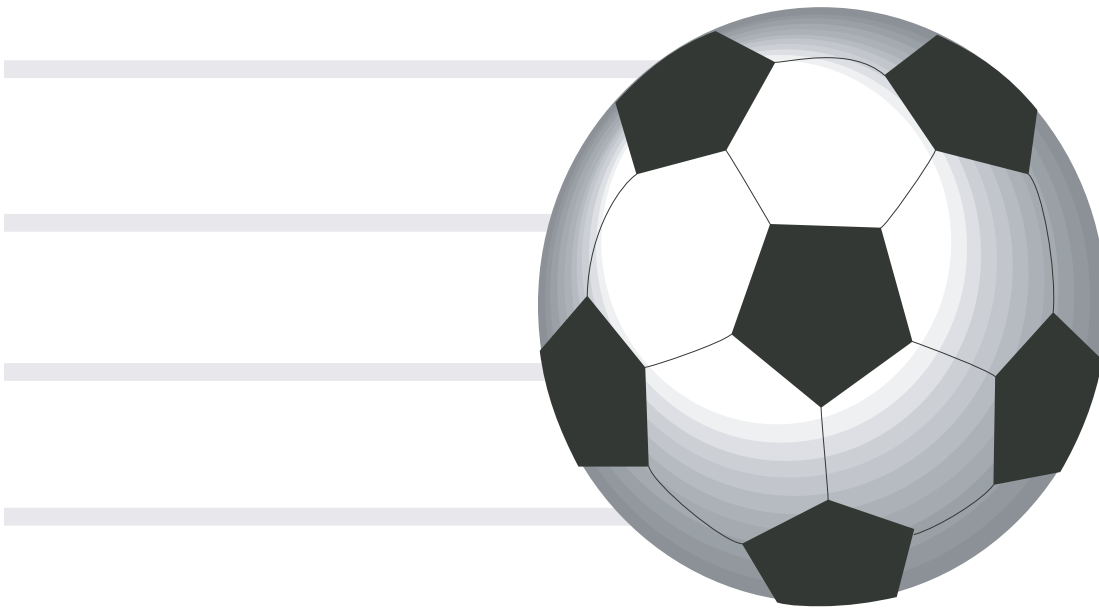


**PRINT & GO**  
**PRACTICE PLANS & DRILLS**



**GOALKEEPING**

Intermediate & Up

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## ACKNOWLEDGEMENTS

This book is dedicated to all coaches, players, parents and officials without whose passion for soccer the greatest game in the world could not exist.

We thank all the teams, goalkeepers, players and coaches that have participated in developing the practice sessions and used them on the field to make sure they work.

## Introduction

The idea for Print & Go practices came from a recognition that something was missing for soccer coaches amongst all the training materials and resources available.

You probably have books and videos full of soccer drills and practice ideas.

But what about soccer goalkeeping drills and practice plans? Most coaches have played the game and can pull something together for a regular team practice. However, few coaches have been goalkeepers. Quite often, during team practices, goalkeepers are left to themselves, have someone take shots or they participate in regular drills. Rarely do teams have specialized goalkeeper coaches. Whether you do or not, we thought to help you out by developing complete practice plans for your goalkeeper.

We have pulled together a series of drills covering all aspects of soccer goalkeeping and combined them into challenging and exciting practice sessions. The drills are explained in a way that you do not need to be a goalkeeper to run them. However, if you have goalkeeping experience, you will be able to add to the practice using your skills.

There are several advantages to using special goalkeeper practices during your team practice or on separate occasions:

- “ Your goalkeepers will get better, without a doubt. Our practices are designed to develop all physical, skill, tactical and mental aspects of goalkeeping.
- “ Your goalkeepers will feel special, because someone is actually recognizing them as a distinct, yet important contributor to the team.
- “ Your goalkeeper will gain confidence.
- “ Your team will gain confidence.
- “ Your goals against will go down and your success will increase.

Our (and now your) practices are designed for goalkeepers who have some basic understanding of the position and who are interested to improve their skill.

This book is not about teaching the very basics such as hand position, “ready position”, and precise diving technique. There are resources for that, such as goalkeeping clinics, websites and books. This book is about having the drills and practices to take your goalkeeper to the next level.

Over time, we will augment the printed material in this book by pictures of stretches and basic techniques on our website [www.soccerpracticebooks.com](http://www.soccerpracticebooks.com).

We recommend this book for ages 11 and up including High School and College teams.

These practices and drills have been run with 10-12 year old boys’ teams; 14-16 year old girls’ teams and College teams. We hope you will enjoy your season.

## **Our Philosophy**

Practices need to be fun for players and coaches. Drills must be interesting and vary across skills, tactics, strategies, mental and physical fitness and team building.

Keepers need to be busy with a ball at all times to maximize the number of touches they get with the ball.

Practices must flow and time must not be wasted by the coach setting up or thinking about drills.

Practices and drills must have a purpose.

Goalkeepers require somewhat special attention as their job is difficult and can be thankless. A goalkeeping mistake can cost the team a game, while every other player's mistake will likely never be remembered. This responsibility puts special pressure on the keeper and requires a particular focus and mental toughness, while at the same time being calm and relaxed to deal with game situations.

We suggest you dedicate an assistant coach or a volunteer parent or friend to work with your goalkeeper(s) during regular practice. This allows you to coordinate the keeper drills with those of team since some of the goalkeeper exercises require other players. You can also modify the scrimmage drills to fit in with the drills you are running for the team. Alternatively you can insert your goalkeepers into suitable drills, being careful that they receive the same level of specific instruction as does the team. Ideally, you would have a goalkeeper coach who can not only work with the keeper, but who will build the ever important relationship with the goalkeeper and who can focus on developing the "right mindset" for your keeper.

You can also schedule separate goalkeeper practices. Be aware of the drills that require field players and either modify them or recruit volunteers to play these roles. You can also mix and match the drills to suit the number of support players you will have available.

We suggest that each practice starts with a brief meeting between coach and keeper(s) in which the theme of the practice is communicated.

Then start with a warm up. You will notice that our warm-ups already incorporate the theme of the practice, lots of ball work, fitness and thinking exercises in a purely goalkeeping way. No repetitive running, not many exercises without a ball and if so, then they are fun and challenging.

We have cushioned the fitness section between technical and tactical drills. The reason is that we want keepers to be properly warmed up for skill work, but then challenge their stamina and mind by requiring technical skills after fitness work.

End with a scrimmage and feel free to adapt them or change them to fit in with your team's needs.

After the practice, have a quick meeting again for going over the practice briefly, invite comments from the keeper(s), congratulate them on their effort and improvement and give them encouragement and a specific focus for the next game.

During the drills, be patient. Observe and intervene only when needed. Keep your comments positive, to the point and brief. Speak loudly and clearly. It is better to demonstrate a drill or a concept than to give a speech. Never yell at a player or use derogatory language. If you are not a goalkeeping expert, look at the results and discuss with the goalkeeper how he/she would improve performance. Chances are they know. If they don't, recruit someone you know and who knows goalkeeping for input.

## **Usage Recommendations**

We have developed a matrix for the 10 sessions showing the focus of the practice and of each of the drills in the practice. Please study the matrix to become familiar with the content of each session and drill.

There is a page suggesting various ways to sequence these sessions. Chose the emphasis for your next 10 practices (which could be a season or pre-season) and study the sequence suggested. Of course, you are free to develop your own sequence. Refer to the individual practice sheets or the individual PracticeBuilder drill sheets for a better understanding. Write comments on the drill sheets.

We suggest you visualize the drills to make sure you understand how they will flow. If necessary, set them up in your living room and walk through them.

Keep a clean copy of the book at home and put the pages you take to the practice with you in clear plastic sheet protectors to protect them from water or other disturbances (you know what can happen to papers).

You can design your own practices. If your keeper needs 4 technical sessions and no tactical work, go for it.

## **Feedback**

We always look for ways to improve. So any suggestions are welcome. Please E-mail them to [admin@soccerpracticebooks.com](mailto:admin@soccerpracticebooks.com) .

Practice #	Practice Focus	Warm-Up Focus	Technical Drill	Fitness Focus	Tactical Drill	Scrimmage Focus
1	Catching Diving Breakaways Distribution	Catching Diving	Diving Distribution	Diving Recovering	Breakaways	4v4 from two sides of goal
2	Reaction Flexibility Diving Wall	Flexibility Coordination	Reaction Dives	Circle Dives	Setting up a Wall	4v2 in penalty area
3	Diving Jumping Corners 1v1	Coordination Catching	Jumping Diving	Jump from lying position	Corner Kicks	4v2 or 1v1
4	Jumping Diving Abdominals	Jumping Abdominals	Backward Dives	Jumping & diving	Pass Backs	3v3 on 2 goals
5	Strength High Balls Goal Kicks Reading Play	Jumping Flexibility	Diving after Motion	Run-Jump-Crouch-Throw	Goal Kicks	3v3 with 2 balls
6	Ball Handling Leg Strength Dives	Ball Handling Reaction	Turn & Dive Bouncing Balls	Sideway Hops & Dive	Crosses	Crossing and 4v2 in penalty box
7	Re ex Dives Leg Strength Distribution	Leg Strength Catching	Re ex Dives	Sprint-Jump-Dive	Wide Distribution Throws	4 times 1v1 in penalty box
8	Agility Change of Direction Dives	Agility Catching Recovery	Change Direction & Dive	Balance-Sprint-Dive	Penalty Kicks	GK in 1v1
9	Penalty Kicks Continuous Diving Reaction Organizing Play	Catching Jumping Diving	Continuous Saves	Triple Dive-Recovery-Dive	Organizing Play	4v6
10	Catching Backward Dives Angles Long Balls	Catching Running Passing	Diagonal Backward Dives	Rapid Fire	Long Balls	2v5 in penalty box



## ***Practice sequence Suggestions***

### **Coaching Emphasis**

### **Practice Sequence**

Catching

1-6-5-2-7-8-9-3-10-4

Diving

7-8-9-6-1-4-2-5-10-3

Recovering

1-7-9-10-8-5-4-2-3-6

Jumping

3-5-6-4-2-1-7-8-9-10

Reaction & Reflex

9-8-7-5-10-4-2-6-1-3

Distribution

10-9-7-1-3-4-5-8-2-6

Leg Strength

5-4-6-3-2-9-1-7-8-10

Angles

2-3-1-4-5-7-10-6-9-8

Agility

3-2-8-1-10-4-5-6-7-9

# Goalkeeping

 Print & Go

## Practices

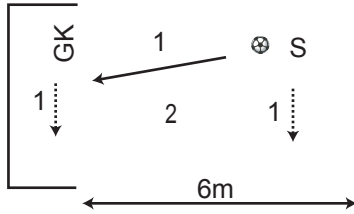


# GOALKEEPING # 1

## Practice Focus: Catching, Diving, Breakaways, Distribution

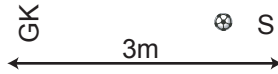
### Warm-Up: Catching, Diving

#### 1. Shuttle Run/Stretch #1



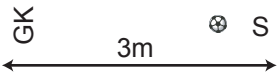
- while GK & S sidestep across goal, S throws ball diagonally at GK.. (high, chest high or on ground)
- GK catches or picks up ball and throws it straight back to S.
- shuttle back and forth across goal 6 times

#### 2. Sit and Catch/Stretch #2



GK sits with legs apart. S throws ball at GK, changing pace of throws. GK catches, recovers to sitting position and throws ball back. Extend GK to fall backwards and sideways.

#### 3. Kneel and Catch/Stretch #3



GK on knees. S throws ball at GK, changing pace of throws. GK catches, recovers and throws ball back. Extend GK.

#### Stretch #1 - Upper Body

- GK stands legs shoulder width apart and:
- holds ball in hands, arms straight and extended back over head, holds 20 secs
  - holds straight out 20 secs
  - holds straight back through the legs, 20 secs
  - repeat two more times

#### Stretch #2 - Hamstrings

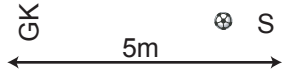
GK sits with legs apart, holding ball. Extends hands over right foot and holds 20 secs. Alternates three times on each side

#### Stretch #3 - Shoulders

GK stands 2 steps from goalpost, extends arm over head, and leans with same arm against post. Lets body weight drop onto arm. Hold each side 3x for 20 secs

### Technique: Diving, Distribution

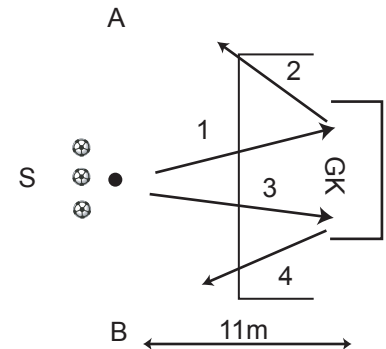
#### Crouch & Dive



GK is in crouching position. S throws high balls left and right. GK dives and catches. Increase difficulty as appropriate

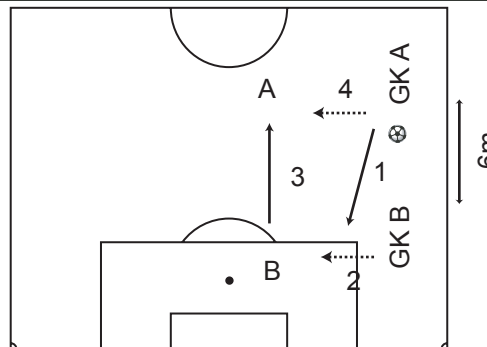
#### Dive & Distribute

- S throws low ball to GK right.
  - GK dives, saves, recovers and throws ball to A. GK returns to center of goal.
  - S throws high ball to GK left.
  - GK dives, saves, recovers and throws ball to B.
- Repeat



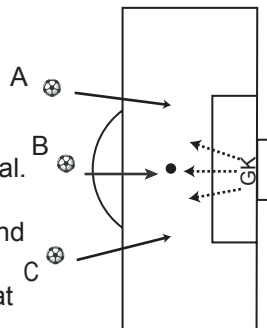
### Fitness: Diving, Recovering

- Two GK work together.
- GK A rolls ball to left of GK B
  - GK B dives, catches ball, gets up and
  - throws to GK A,
  - who has moved straight across GK B.
- Repeat across the width of the field. Coming back GK B rolls and GK A dives. Repeat twice for each GK making sure they dive to their left and their right side.



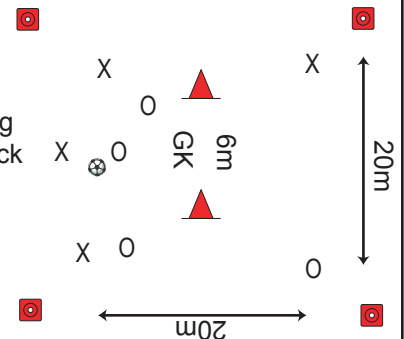
### Tactical: Breakaways

A, B, C take turns dribbling on goal. GK starting position is 3m off goal line. GK waits until attackers are at top of penalty box. GK then comes out in a crouching position cutting attackers angle to goal. GK keeps eyes on ball and gets in "set" position between the 6yd box and penalty spot. GK waits for move and dives at ball at attackers feet or saves a shot.



### Scrimmage: 4v4 from two sides of goal

X play 4v4 against O  
Teams can score from either side of goal.  
Emphasize quick passing and shots as well as quick switches to other side of goal forcing GK to turn around quickly and get set for new shot from new angle.





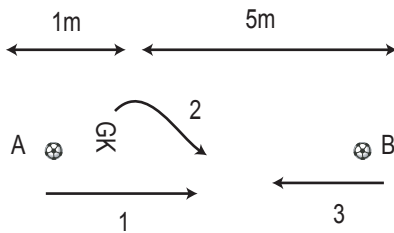
# GOALKEEPING # 2

## Practice Focus: Reaction, Flexibility, Diving, Wall

### Warm-Up: Flexibility, Coordination

1. GK sits with legs apart, holding ball in front. GK tosses ball straight up, lifts both legs, moves hands under legs and catches ball. Repeat and challenge GK by reducing height of toss.
2. Upper Body Stretch
3. GK walks while holding ball straight out. Alternately move right foot and left foot up to ball, touching ball with laces. Walk from goal line to top of penalty box and back three times.
4. Hamstring Stretch
5. Repeat exercise # 3 while jogging slowly.
6. Shoulder Stretch
7. Coach rolls ball; throws low (knee height); medium (stomach height); high (chest to head); and over head. GK catches and throws ball back. Coach starts at penalty spot and varies distance, angle and pace of throw. Place emphasis on GK being in proper "ready position"

### Technique: Reaction Dives



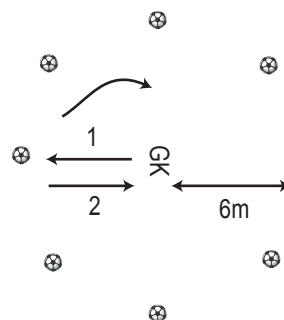
GK faces A with legs apart in crouching "ready" position

1. A rolls ball through GK legs.
2. GK turns and dives to save, then gets up as quickly as possible.
3. While GK is recovering, B throws a high ball for a diving save by GK.

It is very important for A and B to time their throws allowing GK enough time yet forcing GK to react quickly. You can start slow and progress to higher pace.

### Fitness: Circle Dives

GK is in the center of a circle made with 8 balls. Each ball is 6m away from GK. GK dives to each ball, touching it with the leading hand (i.e. GK starts with a dive to left, left hand touches ball). GK recovers to center and dives to each ball in sequence. After one turn, GK goes around the other way diving toward other side.

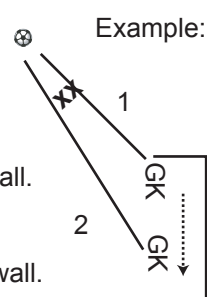


It is important that the GK touches the ball. An experienced GK can take one step to push off the foot, dive and reach the ball. Younger GK may need to take a couple of steps. Challenge your GK.

It is important to do this on grass or another soft surface. GK needs padded shirt.

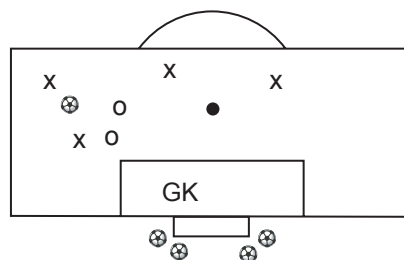
### Tactical: Setting up a Wall

1. GK stands at near post and looks in a straight line at ball. GK directs wall such that the outside player is in line with ball, blocking GK view of ball.
2. GK then moves towards far post until GK sees ball around inside player of wall.



The number of players in wall is the coach's decision based on position of ball. GK must know coach's strategy to set up the right number of players.

### Scrimmage: 4v2 in Penalty Area



have balls ready for GK to restart play after goal or miss. Quick shots from many angles or after quick passes. It's a GK drill, not a drill to set up perfect shot. GK must move with play and play angles



# GOALKEEPING # 3

## Practice Focus: Diving, Jumping, Corners, 1v1

### Warm-Up: Coordination, Catching

1. GK runs from goal line to the top of the penalty area and back. While running, GK tosses ball with right hand over head and catches with left hand. Then throws with left hand over head and catches with right. Repeat twice from goal line to top of box and back.
2. Upper Body Stretch
3. GK stands with legs apart, knees slightly bent, and holds ball behind head. GK drops ball and bends forward to catch it moving hands through legs.
4. Hamstring Stretch
5. GK lies on stomach holding ball in hands with arms extended straight ahead. GK throws ball straight up, turns on back and catches ball.
6. Shoulder Stretch
7. GK is 2 steps off the line. Coach throws ball from penalty spot over GK head. GK jumps and tips ball with finger tips over cross bar.

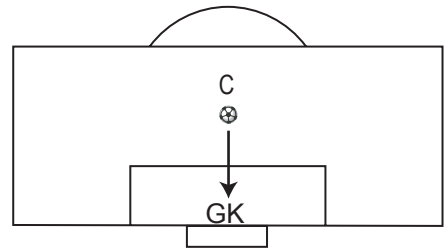
### Technique: Jumping, Diving

#### Diving:

1. GK stands with legs spread and holds ball at right foot.
2. GK rolls ball through legs, turns and dives to hold on to ball.
3. Alternate right and left and vary pace of ball to increase reflex speed of turn/dive.

#### Jumping:

1. GK stands 1 step off goal line in crouch position.
2. Coach (C) throws high ball over GK head.
3. GK jumps up and deflects ball over cross bar or catches it



### Fitness: Jump from lying position

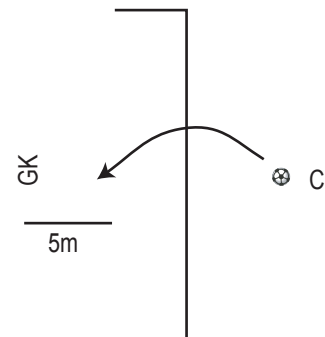
GK lies on stomach facing goal.

Coach (C) throws ball high over cross bar.

GK jumps up and catches ball at highest point.

While still in air, GK throws ball back over cross bar to coach.

First get GK to catch ball at high point; then attempt to throw ball back in same motion.



### Tactical: Corner Kicks

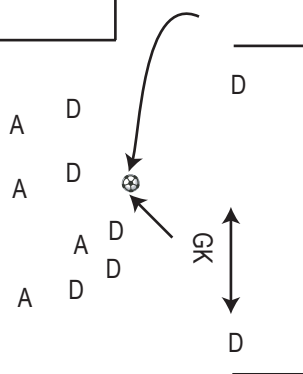
GK stands 2-3 steps off line.

GK position is between middle of goal and 3/4 way to far post.

GK positions defenders.

If GK has clear path to incoming ball, GK goes out, jumps and catches with one knee up.

If GK can't go and reach ball, play angles to ball to make save.



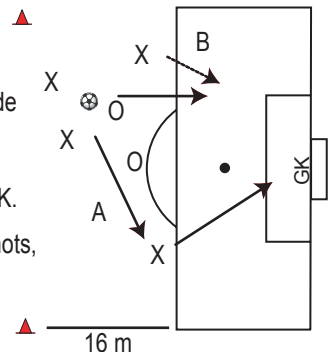
### Scrimmage: 4v2 or 1v1

4v2 game outside penalty area.

A. X's set up for shot from outside penalty area, or

B. send in a player for 1v1 on GK.

Important to encourage quick shots, it's a GK drill.





# GOALKEEPING # 4

## Practice Focus: Jumping, Diving, Abdominals, Pass-Backs

### Warm-Up: Jumping, Abdominals

#### 1. Jumping

- GK faces hurdles or a large bag.
- GK jumps over bag and makes 1/2 turn in the air.
- GK lands facing bag.
- repeat



#### 4. Hamstring Stretch

#### 5. Abdominal Strength

Two GK work as partners. GK 1 stands and holds ball next to right hip. GK 2 lies on his/her side with feet locked between partners feet to prevent sliding. GK 2 now lifts upper body and touches ball held by GK 1 with both hands. Do 4 sets of 10 for each GK alternating side GK lies on.

#### 2. Upper Body Stretch

#### 3. Abdominal Strength

GK lies on back, ball in hands and arms stretched behind head. GK rolls one complete turn and when lying on back again, brings ball to laces while pulling knees towards chest.

#### 6. Shoulder Stretch

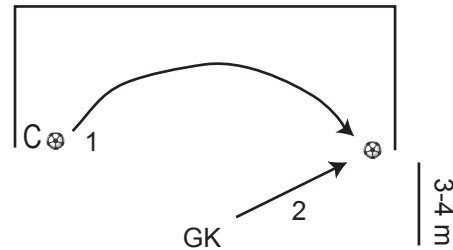
#### 7. Rapid Shooting

4-6 players line up at top of box and shoot, giving GK enough time to recover after a diving save.

### Technique: Backward Dives

Coach stands inside post with ball. GK stands with back to goal, 3-4 m in front of goal.

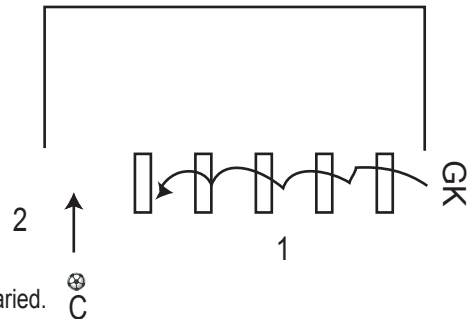
- Coach throws ball in a high arc across goal line, giving verbal signal to GK when ball is thrown.
- GK looks over shoulder and dives backwards to catch ball.



### Fitness: Jumping & Diving

- GK runs across hurdles and
  - dives over last hurdle
  - jumpover last hurdle and then dives
  - jumps over last hurdle, then jumps backwards over last hurdle, then dives to
- catch high ball thrown by coach.

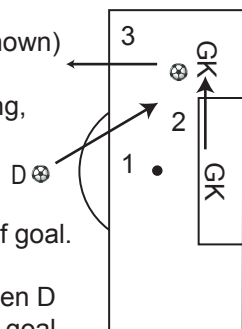
Repeat each different move 5 times. Coach and GK must make sure timing of throws allows GK to make successful diving catch. Speed of run and throw can be varied.



### Tactical: Pass Backs

- From center of field, D plays ball to GK stronger foot (right is shown) to side of goal.
- Once GK knows where ball is going, GK quickly moves to receive ball.
- Without pressure, GK can play ball long or pass it on 2nd or 3rd touch. GK then returns to center of goal.

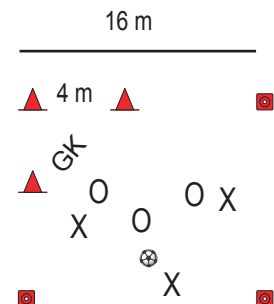
If D has ball on either side of field, then D plays it straight back to same side of goal



### Scrimmage: 3v3 on 2 goals

Set drill up in a 16m x 16m grid in corner of penalty box to use the painted lines of field. In corner, make 2 4m wide goals. Two teams play 3v3 and they can score on either goal.

Important for Gk to read play and be in correct position (angle) for shots.





# GOALKEEPING # 5

## Practice Focus: Strength, High Balls, Goal Kicks, Reading Play

### Warm-Up: Jumping, Flexibility

#### 1. Jumping

- Throw ball high over goalkeeper's head.
- Goalie jumps timing catch of ball at it's highest point.
- While reaching for ball, goalie pulls one knee up to chest.

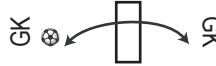
#### 2. Upper Body Stretch

#### 3. Catching

- Throw ball from 5 m away at GK chest high.
- GK jumps just enough so that ball meets body at the pectoral muscles.
- GK bends arms and cradles ball into chest.

#### 4. Hamstring Stretch

#### 5. Flexibility



- two GK lie on stomach facing each other.
- a hurdle or other obstacle (gym bag, tall cones, etc.) is between them.
- GKs throw ball to each other over top of the obstacle.
- GK catches ball with two hands, raising upper body off the ground.

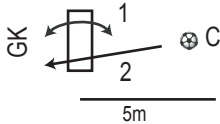
#### 6. Shoulder Stretch

#### 7. Catching Under Pressure

coach throws high ball at goal from top of penalty box. One forward jumps for header. Goalie goes to catch ball high, knee up.

### Technique: Diving after Motion

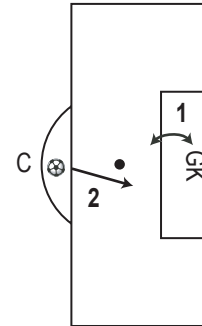
#### 1. Double Jump Dives



- GK jumps back and forth over hurdle
- As GK lands after jumping backwards over hurdle, coach (C) throws ball to side of GK for a diving save. Alternate sides of throw.

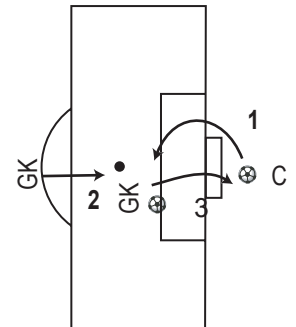
#### 2. Somersault & Dive

- GK starts on goal line and makes a somersault (roll) forward.
- As GK comes back up having completed somersault, Coach shoots from top of penalty box. GK dives and saves shot.



### Fitness: Run-Jump-Crouch-Throw

- Coach throws ball in a high arc from behind the net over top of cross bar. The ball should be aimed to come down between the 6 yd box and the penalty spot.
- The GK waits for the throw at the top of the 18 yd box. When the ball is thrown, GK runs towards it and jumps high to catch ball at it's highest point, one knee up.
- After GK catches ball, GK in one continuous motion goes down to a crouching position, then jumps up and throws ball back over cross bar to coach.



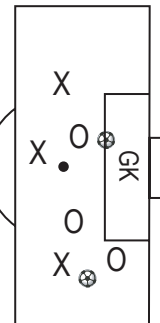
### Tactical: Goal Kicks

Goal kicks can be taken from any spot on the top of the 6 yd box, regardless on which side of the goal the ball went out, i.e. ball goes out on the right of GK, kick can be taken on left. This is an important tactical opportunity to quickly change the point of attack to uncrowded side of field. Decide on taking a short kick for build-up play or a long kick for fast attack. Place ball on a "fluffy" part of grass to get foot underneath ball for a stronger kick. If GK has poor kick, use a defender. If defender takes kick, the opponent will not be off-side on a quick counter-attack.



### Scrimmage: 3v3 with 2 balls

Play a 3v3 in penalty box with two balls. Both X's and O's can score on goal. GK will be challenged to decide which of the two balls is in a more dangerous position. GK gets ready to play angles for more dangerous shot. This can change quickly based on the play developed by the two teams. Therefore, GK is constantly observing - deciding - shifting - getting ready - saving.





# GOALKEEPING # 6

## Practice Focus: Ball Handling, Leg Strength, Dives, Crosses

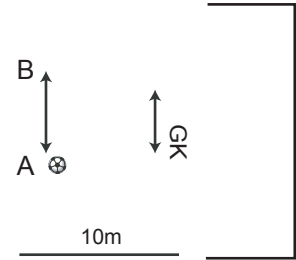
### Warm-Up: Ball Handling, Reaction

- Goalkeeper stands with legs apart.
  - holds ball straight up over head.
  - bends down placing ball in front of right foot.
  - brings ball back up overhead and bends placing it in front of left foot.
 Repeats alternating feet.
- Upper Body Stretch
- Coach throws balls from top of 6 yd box softly about 2m to side of goalkeeper. Goalkeeper takes two quick steps and catches ball. Alternate sides and vary height of throw from stomach level to overhead.

- Hamstring Stretch
- From penalty spot, coach rolls balls straight at goalkeeper. Goalkeeper comes forward and drops to one or both knees to safely pick up ball and pulls it to chest.
- Shoulder Stretch.

- Shooting.
 

A and B pass ball back and forth to each other until either decides to take a shot. GK is 3 m off goal line, follows ball and plays angles. GK saves shot.

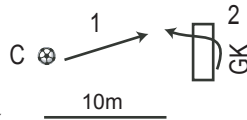


### Technique: Turn & Dive, Bouncing Balls

#### 1. Jump - Turn - Dive

GK sits with back to hurdles or bag or other obstacle.

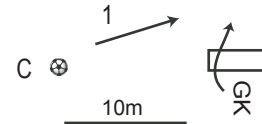
- On command "go", coach (C) throws ball towards GK
- GK jumps up, turns and dives over obstacle to make save.



#### 2. Save Bouncing Ball

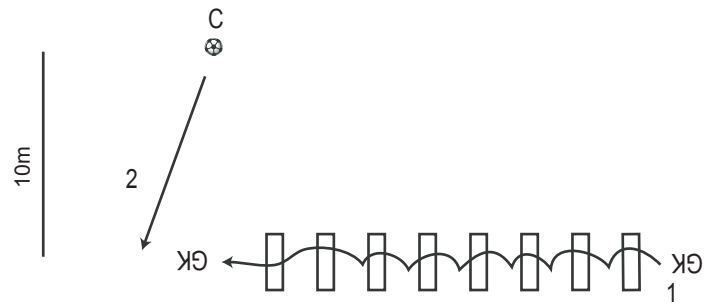
GK stands sideways to hurdles or other obstacle, facing coach (C)

- C throws bouncing ball to side of obstacle.
- GK dives and saves. GK now stands on other side of obstacle and saves next bouncing ball.



### Fitness: Sideways Hop & Dive

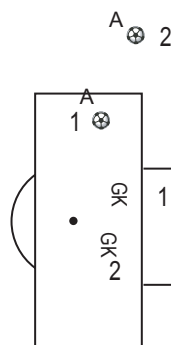
- GK stands sideways to a series of hurdles/obstacles, facing coach (C).
- GK hops sideways, with both feet up over obstacles, and
  - dives over last obstacle to save ball thrown by coach.
- GK gets up, shakes out legs and hops in reverse direction. Keep alternating direction. Make sure GK has time to stretch/relax/shake legs between hops. Coach must time throw so that GK has chance of making save.



### Tactical: Crosses

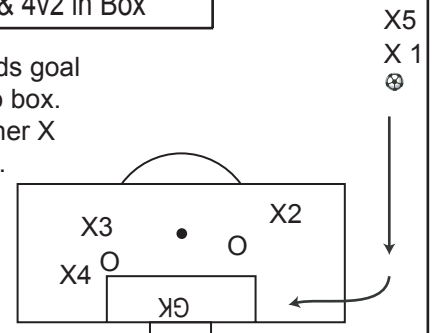
GK needs to change position relative to where ball is being crossed from.

- The closer the ball is to goal, the closer GK has to be to near post.
  - The further the ball is from goal, the more GK can move off goal line.
- In situation 1 shown, GK must play angle for shot to near post and be ready for cross.
- In situation 2 GK plays off line to come out and catch crossed ball, no threat of direct shot from that position.



### Scrimmage: Crossing & 4v2 in Box

- X1 dribbles ball towards goal line and crosses it into box. X1 then joins three other X and plays 4v2 on goal. GK decides to catch crossed ball or stay in goal. When play is done, X5 crosses and X4 takes spot of X5. X's vary from where they cross ball







# GOALKEEPING # 7

## Practice Focus: Reflex Dives, Leg Strength, Distribution

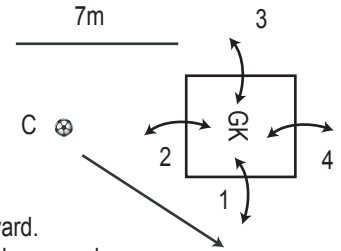
### Warm-Up: Leg Strength, Catching

- GK jogs from goal line to top of penalty box and back, raising knees towards chest while jogging. Do three sets.
- Upper Body Stretch
- GK is in crouch position 2m off goal line. Coach throws ball over head and GK jumps up to catch ball.
- Hamstring Stretch

5. Jumping in and out of square.

GK is in square and jumps out

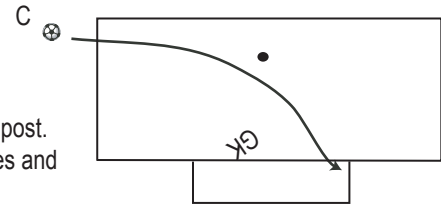
- sideways with feet together and catches ball thrown by coach (C) while in air. After landing, GK hops back into square.
  3. Repeat jumping forward, to GK right and backward.
- Coach must time throws to allow GK to catch while off the ground.



6. Shoulder Stretch

7. Overhead throws

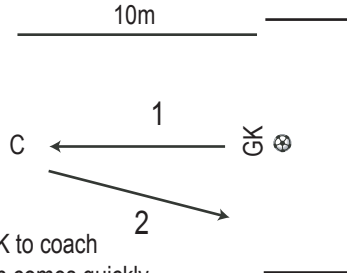
Coach throws ball over GK towards far post. GK back tracks and catches ball or dives and pushes it past post.



### Technique: Reflex Dives

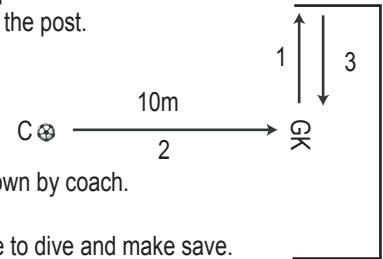
GK is on goal line, facing the back of the goal. GK has legs spread and:

- rolls ball through legs to coach. GK turns quickly and saves
  - shot by coach
- Time pace of ball from GK to coach such that shot from coach comes quickly

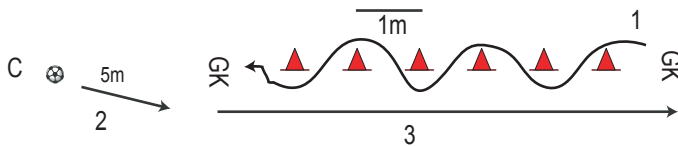


- GK runs from center of goal to goal post and bends down, touching the bottom of the post.
- Coach (C) throws ball to center of goal as GK comes back up from touching bottom of post.
- After touching post, GK gets back up quickly and dives to save ball thrown by coach.

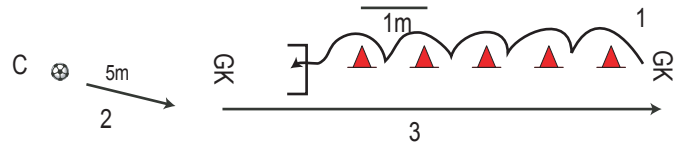
Time runs and throw so that GK is able to dive and make save.



### Fitness: Sprint-Jump-Dive



- GK runs quickly through cones. After the last cone GK faces coach (C), gets in "ready position" and
- dives to save ball thrown by coach.
- GK gets up and sprints back to first cone. Repeat 10 times.



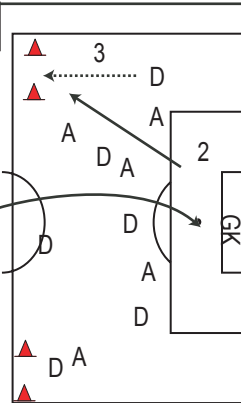
- GK jumps over cones, both feet up. After the last cone GK crawls under hurdle, gets up and
- dives to save ball thrown by coach.
- GK gets up and sprints back to first cone. Repeat 10 times.

### Tactical: Wide Distribution Throws

Attackers (A) play 6v6 against defenders (D)

- A kicks long ball into penalty box.
- GK comes out and catches ball, runs forward and throws wide towards or through the small goals made by cones on either side of field.
- Player from defending team runs wide to receive ball.

Adjust position of wide target goals to match age and strength of players.

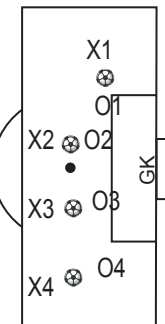


### Scrimmage: 4 x 1v1 in Penalty Box

4 mini games in the penalty box at the same time. X1 plays game against O1; X2 v O2, etc.

GK sets up to save against the most dangerous attacker at any point in time. This requires GK to look around and be aware of all 4 games.

Every 2 minutes change players X and O to create new pairs. Keep track of which player wins the most mini games.





# GOALKEEPING # 8

## Practice Focus: Agility, Change of Direction Dives, Penalty Kicks

### Warm-Up: Agility, Catching, Recovery

1. Goalkeeper sits on ground, legs apart, holding ball out in front of body.  
GK tosses ball straight up, lifts legs, moves hands under and through legs and catches ball before it hits the ground.

2. Upper Body Stretch

3. Catch and Roll



1. X1 throws ball to GK. GK catches and rolls ball on ground back to X2. GK turns and  
2. repeats with X2

4. Hamstring Stretch

5. GK stands with legs apart, ball in hands and bends forward holding ball on ground between legs. Knees are slightly bent. GK rolls ball through legs behind him/her and quickly turns and dives to get ball.  
GK needs to coordinate pace and direction of ball to provide various speeds and angles for the dive.

6. Shoulder Stretch.

7. Coach has three balls and stands at penalty spot. GK is three steps off the goal line. Coach throws ball high to the side of GK forcing a diving save. As soon as GK gets up and recovers, coach throws second ball, then after save and recovery throws third ball. Repeat.

### Technique: Change Direction & Dive

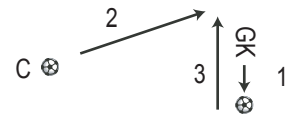
#### 1. Turn and Dive

GK stands with ball in hand.  
GK tosses ball backwards over head.  
GK turns and dives to catch ball.

Aim to have the ball come down 2-3 m behind GK

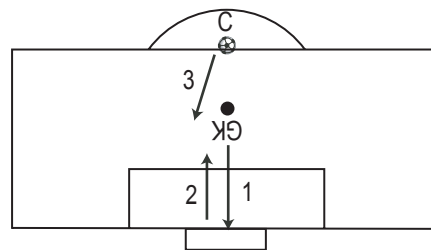
#### 2. Reverse Step and Dive

1. GK stands one step away from ball.  
GK steps left to ball, bends down and touches ball. As GK gets back up  
2. Coach C throws ball to GK right,  
3. GK dives to catch ball.  
Alternate sides and keep repeating.



### Fitness: Balance-Sprint-Dive

1. GK starts at penalty spot with back to goal.  
GK runs backwards to goal line, touches ground and  
2. sprints to top of 6 yd box and gets set to save a  
3. shot from top of penalty box, taken by coach (C).



### Tactical: Penalty Kicks

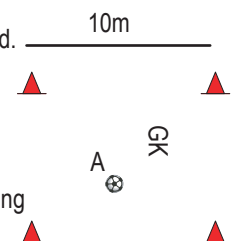
There are two main theories about saving penalty kicks:  
1. Guess where the ball is going and dive before the ball is kicked.  
2. React to the kick and dive after the ball is struck by the kicker.  
We subscribe to the reaction theory and suggest:  
a. keep your eye on the ball, not the kicker.  
b. when the planting (non-kicking) foot is placed, look at where it is pointing. That is most likely going to be the direction of the kick.  
c. as soon as the ball is struck, react to it's direction and dive.  
GK "ready position" is a very low crouch to get into the dive immediately.  
This needs lots of practice to reduce reaction time.  
Take 3 sets of 15 penalty kicks at the end of each team practice.

### Scrimmage: GK in 1v1

A plays 1v1 against GK in 10m x 10m grid. A scores points by dribbling ball over any side line.

GK scores point by taking ball away from A inside the grid, diving on ball gaining control of it with hands.

After a point is scored, game restarts with A in center of grid.





# GOALKEEPING # 9

## Practice Focus: Continuous Diving, Reaction, Organizing Play

### Warm-Up: Catching, Jumping, Diving

#### 1. High Catches

GK is on goal line. Coach throws high balls which come down around the 6 yd box. GK comes out and catches ball at highest point, one knee up. After catch GK rolls ball on ground to coach, who has moved position. GK goes back to goal line and coach throws from new angle.

#### 2. Upper Body Stretch

#### 3. Leg Strength



GK jumps back and forth over ball, feet together. Five sets of 20 jumps (1 jump = back & forth)

#### 4. Hamstring Stretch

#### 5. Kneeling Reaction Dives



GK kneels in front of coach. Coach holds a ball in each hand, arms extended sideways. Coach drops one of the balls and GK dives diagonally forward to catch ball before it hits ground. Coach randomly selects which ball to drop so that GK needs to react.

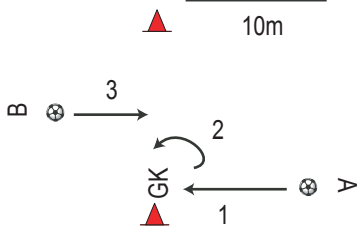
#### 6. Shoulder Stretch

#### 7. Shooting

Coach sets up shooting drill to coach's specifications.

### Technique: Continuous Saves

#### 1. Shots from both sides of goal



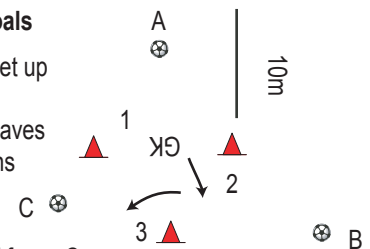
GK starts at one post of regular width goal facing A.

1. A throws high ball to GK who catches ball and throws back to A.
  2. After throw, GK pivots quickly and
  3. dives to save low shot from B
- Keep repeating increasing/decreasing challenge to GK.

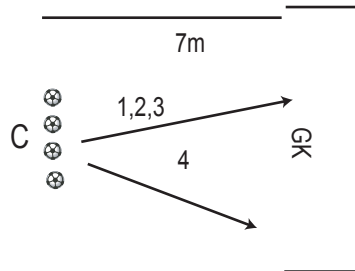
#### 2. Shots on three goals

3 full size goals are set up in a triangle.

1. A shoots and GK saves
  2. After save, GK turns and faces B
  3. After B shoots and GK saves, GK faces C
- Next round go in reverse order - C-B-A  
5 full sets - give GK time to get set for next shot.



### Fitness: Triple Dive-Recovery-Dive



GK is on goal line on knees, facing coach (C)

1,2,3:

Coach rolls ball to right of GK who dives, grabs ball and throws back to coach. As soon as GK has recovered to kneeling position, the second ball is on it's way for goalie to save. GK saves, recovers and coach rolls third ball. After GK recovers from third dive,

4:

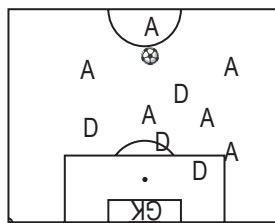
coach throws high ball to left of GK. GK quickly jumps up from kneeling position to save high ball.

Repeat 5 times alternating sides.

### Tactical: Organizing Play

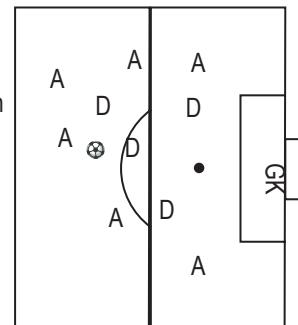
GK needs to vocally organize defenders and other defensive players.

Play a half field scrimmage with with 4 defenders + GK against six attackers. GK must tell defenders who to challenge and who to mark. Coach stops play randomly around penalty box for free kicks. GK sets up wall. Play always restarts with attackers at center field.



### Scrimmage: 4 v 6

Make a field twice the size of penalty box. A play 6v4 against D. A's try to score, After D gains possession they must pass ball outside field to another player D who made a run. Play then restarts with A. GK must organize defenders and provide clear instruction on challenging, marking, running outside field and passing.





# GOALKEEPING # 10

## Practice Focus: Catching, Back Dives, Angles, Long Balls

### Warm-Up: Catching, Running, Passing

- GK starts at top of 6yd box. Coach is at penalty spot. GK runs backwards towards goal line and catches ball thrown by coach high and over GK head.

#### 2. Upper Body Stretch

#### 3. Shuttle Run

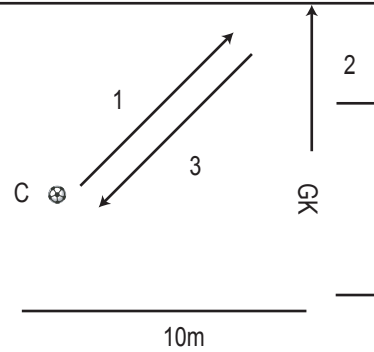


GK runs from post to post, touching the bottom of each post. 10 times back and forth.

#### 4. Hamstring Stretch

#### 5. Passing

- Coach passes ball to side of goal.
- GK sprints to ball, controls it and
- makes precise pass back to coach.



GK goes back to starting position. Coach randomly changes the side of goal the ball is passed to.

#### 6. Shoulder Stretch

- Scrimmage 4v4 in penalty box. When defenders have ball they must pass back to GK. GK kicks ball out of penalty box. Play restarts with attackers.

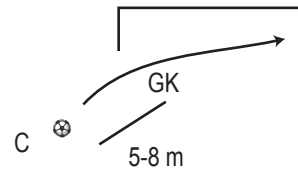
### Technique: Diagonal Backward Dives

GK is in normal position as if Coach (C) would take a shot, i.e. GK covers near post.

Coach throws ball in an arc over GK head towards far post.

GK takes two - three quick shuttle steps backwards towards far post and on second or third step pushes off with left foot to dive diagonally backwards. In the example shown, GK dives to left and would stretch in the air to push ball past post with left hand.

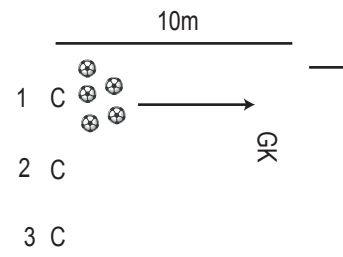
Caution: This exercise requires courage by the GK. If GK does not dive initially, make the throws easier and keep encouraging GK to try.



### Fitness: Rapid Fire

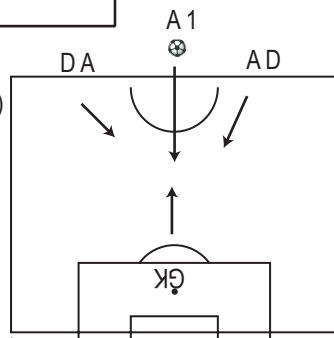
Coach has five balls and throws them from position (1). GK plays proper angle and distance and saves ball. As soon as GK has recovered from save, the next ball is on it's way, giving GK very little time to set up. After five balls repeat from positions (2) and (3).

Challenge GK to recover very quickly and to instinctively get into position for next throw. Correct any errors between each set of five throws.



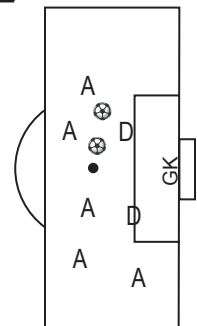
### Tactical: Long Balls

A1 plays long ball in towards goal. Pairs of attacker (A) and defender (D) chase ball. GK starts near top of box. If GK decides to play ball, GK sprints out and clears it as far as possible. If GK decides one of the pairs will reach ball first, GK back tracks to top of 6 yd box and plays angle to the pair now playing 1v1. A1 varies direction and distance of ball in to force decision making by GK.



### Scrimmage: 2 v 5 in penalty box

Five attackers v two defenders play freely in penalty box. This should allow for many shots from different positions, forcing GK to follow play, quickly adapt to new positions. Coach can interrupt play to correct GK angle to ball and distance from ball. Have sufficient balls ready to keep play moving after ball goes out of bounds.



# Goalkeeping



## Warm-Ups



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up Drills

Things to observe: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

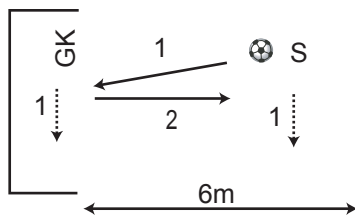
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Notes: \_\_\_\_\_

\_\_\_\_\_

### Warm-Up #1: catching, diving

#### 1. Shuttle Run/Stretch #1

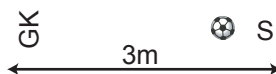


1. while GK & S *sidestep* across goal, S throws ball diagonally at GK.. (high, chest high or on ground)
2. GK catches or picks up ball and throws it straight back to S.
3. shuttle back and forth across goal 6 times

#### Stretch #1 - Upper Body

- GK stands legs shoulder width apart and
- holds ball in hands, arms straight and extended back over head, holds 20 secs
  - holds straight out 20 secs
  - holds straight back through the legs, 20 secs
  - repeat two more times

#### 2. Sit and Catch/Stretch #2

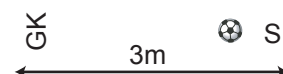


- GK sits with legs apart.  
S throws ball at GK, changing pace of throws.  
GK catches, recovers to sitting position and throws ball back.  
Extend GK to fall backwards and sideways.

#### Stretch #2 - Hamstring

- GK sits with legs apart, holding ball. Extends hands over right foot and holds 20 secs.  
Alternates three times on each side

#### 3. Kneel and Catch/Stretch #3



- GK on knees. S throws ball at GK, changing pace of throws. GK catches, recovers and throws ball back.  
Extend GK.

#### Stretch #3 - Shoulders

- GK stands 2 steps from goalpost, extends arm over head, and leans with same arm against post. Lets body weight drop onto arm. Hold each side 3x for 20 secs



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up Drills

Things to observe: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **Warm-Up #2: flexibility, coordination**

1. GK sits with legs apart, holding ball in front. GK tosses ball straight up, lifts both legs, moves hands under legs and catches ball. Repeat and challenge GK by reducing height of toss.
2. Upper Body Stretch
3. GK walks while holding ball straight out. Alternately move right foot and left foot up to ball, touching ball with laces. Walk from goal line to top of penalty box and back three times.
4. Hamstring Stretch
5. Repeat exercise # 3 while jogging slowly.
6. Shoulder Stretch
7. Coach rolls ball; throws low (knee height); medium (stomach height); high (chest to head); and over head. GK catches and throws ball back. Coach starts at penalty spot and varies distance, angle and pace of throw. Place emphasis on GK being in proper "ready position"



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up Drills

Things to observe: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **Warm-Up #3: coordination, catching**

1. GK runs from goal line to the top of the penalty area and back. While running, GK tosses ball with right hand over head and catches with left hand. Then throws with left hand over head and catches with right.  
Repeat twice from goal line to top of box and back.
2. Upper Body Stretch
3. GK stands with legs apart, knees slightly bent, and holds ball behind head. GK drops ball and bends forward to catch it moving hands through legs.
4. Hamstring Stretch
5. GK lies on stomach holding ball in hands with arms extended straight ahead.  
GK throws ball straight up, turns on back and catches ball.
6. Shoulder Stretch
7. GK is 2 steps off the line. Coach throws ball from penalty spot over GK head.  
GK jumps and tips ball with finger tips over cross bar.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up Drills

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### Warm-Up #4: jumping, abdominals

#### 1. Jumping

- a. GK faces hurdles or a large bag.
- b. GK jumps over bag and makes 1/2 turn in the air.
- c. GK lands facing bag.
- d. repeat



#### 2. Upper Body Stretch

#### 3. Abdominal Strength

GK lies on back, ball in hands and arms stretched behind head. GK rolls one complete turn and when on back again, brings ball to laces while pulling knees towards chest.

#### 4. Hamstring Stretch

#### 5. Abdominal Strength

Two GK work as partners. GK 1 holds ball next to right hip. GK 2 lies on their side with feet locked between partners feet to prevent sliding. GK 2 now lifts upper body and touches ball held by GK 1 with both hands. Do 4 sets of 10 for each GK alternating side GK lies on.

#### 6. Shoulder Stretch

#### 7. Rapid Shooting

4-6 players line up at tyop of box and shoot, giving GK enough time to recover after a diving save.



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up Drills

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### Warm-Up #5: jumping, flexibility

#### 1. Jumping

- a. Throw ball high over goalkeeper's head.
- b. Goalie jumps timing catch of ball at it's highest point.
- c. While reaching for ball, goalie pulls one knee up to chest.

#### 2. Upper Body Stretch

#### 3. Catching

- a. Throw ball from 5 m away at GK chest high.
- b. GK jumps just enough so that ball meets body at the pectoral muscles.
- c. GK bends arms and cradles ball into chest.

#### 4. Hamstring Stretch

#### 5. Flexibility



- a. two GK lie on stomach facing each other.
- b. a hurdle or other obstacle (gym bag, tall cones, etc.) is between them.
- c. GKs throw ball to each other over top of the obstacle.
- d. GK catches ball with two hands, raising upper body off the ground.

#### 6. Shoulder Stretch

#### 7. Catching Under Pressure

coach throws high ball at goal from top of penalty box.  
 One forward jumps for header.  
 Goalie goes to catch ball high, knee up.



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up Drills

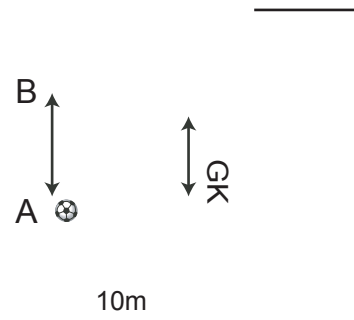
Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### Warm-Up #6: ball handling, reaction

1. Goalkeeper stands with legs apart.
  - holds ball straight up over head.
  - bends downs placing ball in front of right foot.
  - brings ball back up overhead and bends placing it in front of left foot.
 Repeats alternating feet.
2. Upper Body Stretch
3. Coach throws balls from top of 6 yd box softly about 2m to side of goalkeeper. Goalkeeper takes two quick steps and catches ball. Alternate sides and vary height of throw from stomach level to overhead.
4. Hamstring Stretch

5. From penalty spot, coach rolls balls straight at goalkeeper. Goalkeeper comes forward and drops to one or both knees to safely pick up ball and pulls it to chest.
6. Shoulder Stretch.
7. Shooting.  
A and B pass ball back and forth to each other until either decides to take a shot. GK is 3 m off goal line, follows ball and plays angles. GK saves shot.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up Drills

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### Warm-Up #7: reflex dives

1. GK jogs from goal line to top of penalty box and back, raising knees towards chest while jogging. Do three sets.

2. Upper Body Stretch

3. GK is in crouch position 2m off goal line. Coach throws ball over head and GK jumps up to catch ball.

4. Hamstring Stretch

5. Jumping in and out of square.

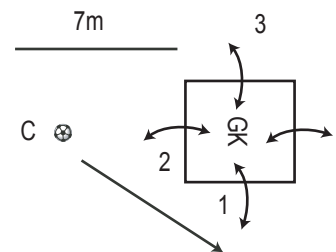
GK is in square and jumps out

1. sideways with feet together and catches ball thrown by coach (C) while in air.

After landing, GK hops back into square.

2./3./4. Repeat jumping forward, to GK right and backward.

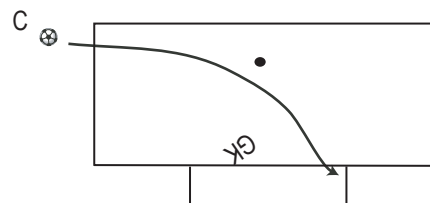
Coach must time throws to allow GK to catch while off the ground.



6. Shoulder Stretch

7. Overhead throws

Coach throws ball over GK towards far post. GK back tracks and catches ball or dives and pushes it past post.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up Drills

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### **Warm-Up #8: agility, catching, recovery**

1. Goalkeeper sits on ground, legs apart, holding ball out in front of body.  
GK tosses ball straight up, lifts legs, moves hands under and through legs and catches ball before it hits the ground.

#### 2. Upper Body Stretch

#### 3. Catch and Roll



1. X1 throws ball to GK. GK catches and rolls ball on ground back to X2. GK turns and
2. repeats with X2

#### 4. Hamstring Stretch

5. GK stands with legs apart, ball in hands and bends forward holding ball on ground between legs. Knees are slightly bent. GK rolls ball through legs behind him/her and quickly turns and dives to get ball. GK needs to coordinate pace and direction of ball to provide various speeds and angles for the dive.

#### 6. Shoulder Stretch.

7. Coach has three balls and stands at penalty spot. GK is three steps off the goal line. Coach throws ball high to the side of GK forcing a diving save. As soon as GK gets up and recovers, coach throws second ball, then after save and recovery throws third ball. Repeat.



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up Drills

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### Warm-Up #9: catching, jumping, diving

#### 1. High Catches

GK is on goal line. Coach throws high balls which come down around the 6 yd box. GK comes out and catches ball at highest point, one knee up. After catch GK rolls ball on ground to coach, who has moved position. GK goes back to goal line and coach throws from new angle.

#### 2. Upper Body Stretch

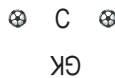
#### 3. Leg Strength



GK jumps back and forth over ball, feet together. Five sets of 20 jumps (1 jump = back & forth)

#### 4. Hamstring Stretch

#### 5. Kneeling Reaction Dives



GK kneels in front of coach. Coach holds a ball in each hand, arms extended sideways. Coach drops one of the balls and GK dives diagonally forward to catch ball before it hits ground. Coach randomly selects which ball to drop so that GK needs to react.

#### 6. Shoulder Stretch

#### 7. Shooting

Coach sets up shooting drill to coach's specifications.



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up Drills

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### Warm-Up #10: catching, running, passing

1. GK starts at top of 6yd box.  
 Coach is at penalty spot.  
 GK runs backwards towards goal line  
 and catches ball thrown by coach high  
 and over GK head.

2. Upper Body Stretch

3. Shuttle Run



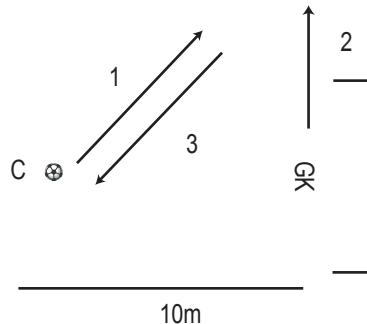
GK runs from post to post, touching the bottom of each post. 10 times back and forth.

4. Hamstring Stretch

5. Passing

1. Coach passes ball to side of goal.
2. GK sprints to ball, controls it and
3. makes precise pass back to coach.

GK goes back to starting position. Coach randomly changes the side of goal the ball is passed to.



6. Shoulder Stretch

7. Scrimmage 4v4 in penalty box. When defenders have ball they must pass back to GK. GK kicks ball out of penalty box. Play restarts with attackers.

# Goalkeeping



# Technique





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Technical Drill

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

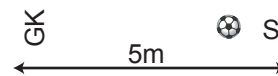
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### Technique #1: Diving, Distribution

#### 1. Crouch & Dive

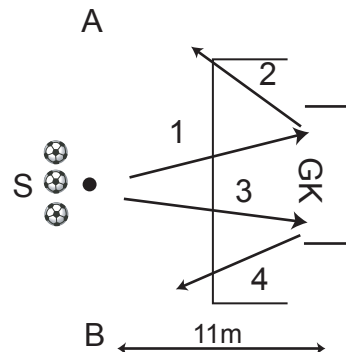
GK is in crouching position.  
S throws high balls left and right.  
GK dives and catches.  
Increase difficulty as appropriate



#### 2. Dive & Distribute

1. S throws low ball to GK right.
2. GK dives, saves, recovers and throws ball to A. GK returns to center of goal.
3. S throws high ball to GK left.
4. GK dives, saves, recovers and throws ball to B.

Repeat





# Goalkeeping

Team: \_\_\_\_\_

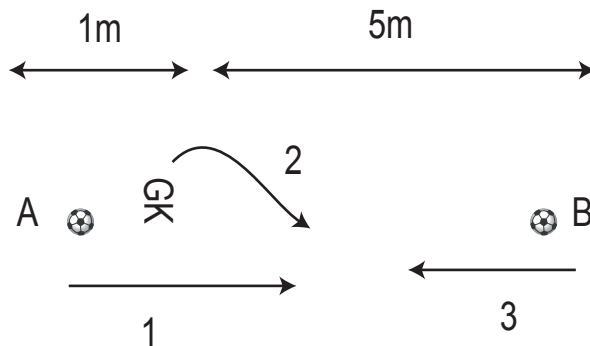
Date: \_\_\_\_\_

## Technical Drill

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### Technique #2: Reaction Dives



GK faces A with legs apart in crouching "ready" position

1. A rolls ball through GK legs.
2. GK turns and dives to save, then gets up as quickly as possible.
3. While GK is recovering, B throws a high ball for a diving save by GK.

It is very important for A and B to time their throws allowing GK enough time yet forcing GK to react quickly. You can start slow and progress to higher pace.



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Technical Drill

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

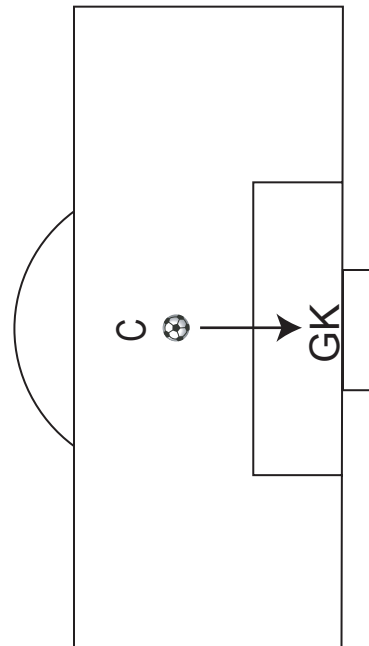
### Technique #3: Jumping, Diving

#### Diving:

1. GK stands with legs spread and holds ball at right foot.
2. GK rolls ball through legs, turns and dives to hold on to ball.
3. Alternate right and left and vary pace of ball to increase reflex speed of turn/dive.

#### Jumping:

1. GK stands 1 step off goal line in crouch position.
2. Coach (C) throws high ball over GK head.
3. GK jumps up and deflects ball over cross bar or catches it





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Technical Drill

Things to observe: \_\_\_\_\_

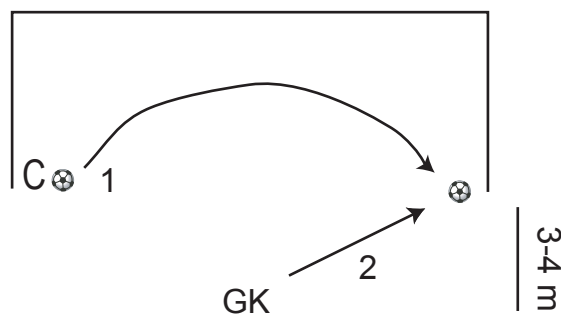
Notes: \_\_\_\_\_

### Technique #4: Backward Dives

Coach stands inside post with ball.

GK stands with back to goal, 3-4 m in front of goal.

- 1, Coach throws ball across goal line, giving verbal signal to GK.
2. GK looks over shoulder and dives backwards to catch ball.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

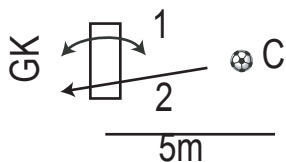
## Technical Drill

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### Technique #5: diving after motion

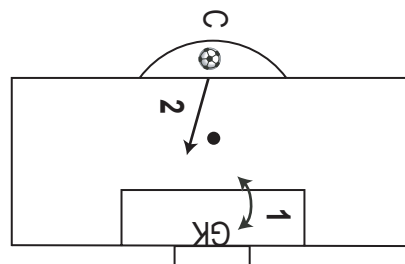
#### 1. Double Jump Dives



1. GK jumps back and forth over hurdle
2. As GK lands after jumping backwards over hurdle, coach (C) throws ball to side of GK for a diving save. Alternate sides of throw.

#### 2. Somersault & Dive

1. GK starts on goal line and makes a somersault (roll) forward.
2. As GK comes back up having completed somersault, Coach shoots from top of penalty box. GK dives and saves shot.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Technical Drill

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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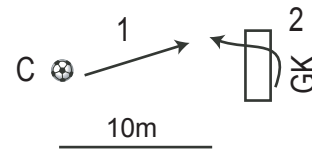
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### Technique #6: turn & dive, bouncing balls

#### 1. Jump - Turn - Dive

GK sits with back to hurdles or bag or other obstacle.

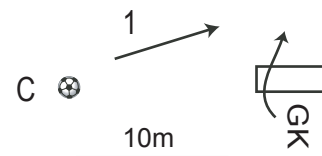
1. On command "go", coach (C) throws ball towards GK
2. GK jumps up, turns and dives over obstacle to make save.



#### 2. Save Bouncing Ball

GK stands sideways to hurdles or other obstacle, facing coach (C)

1. C throws bouncing ball to side of obstacle.
2. GK dives and saves.



GK now stands on other side of obstacle and saves next bouncing ball.



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Technical Drill

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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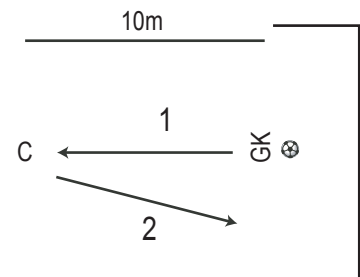
### Technique #7: reflex dives

GK is on goal line, facing the back of the goal.

GK has legs spread and:

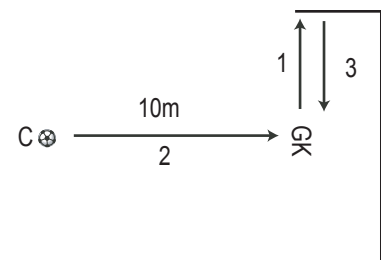
1. rolls ball through legs to coach. GK turns quickly and saves
2. shot by coach

Time pace of ball from GK to coach such that shot from coach comes quickly



1. GK runs from center of goal to goal post and bends down, touching the bottom of the post.
2. Coach (C) throws ball to center of goal as GK comes back up from touching bottom of post.
3. After touching post, GK gets back up quickly and dives to save ball thrown by coach.

Time runs and throw so that GK is able to dive and make save.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Technical Drill

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### Technique #8: change direction and dive

#### 1. Turn and Dive

- GK stands with ball in hand.
- GK tosses ball backwards over head.
- GK turns and dives to catch ball.

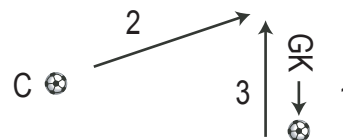
Aim to have the ball come down 2-3 m behind GK

#### 2. Reverse Step and Dive

- GK stands one step away from ball.  
GK steps left to ball, bends down and touches ball.  
As GK gets back up

2. Coach C throws ball to GK right,

3. GK dives to catch ball.



Alternate sides and keep repeating.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

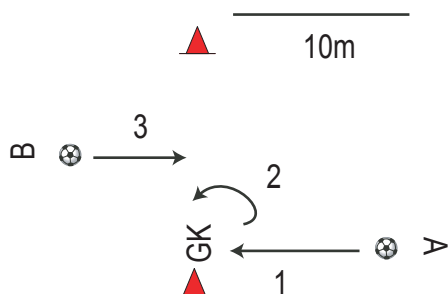
## Technical Drill

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### Technique #9: continuous saves

#### 1. Shots from both sides of goal



GK starts at one post of regular width goal facing A.

1. A throws high ball to GK who catches ball and throws back to A.
2. After throw, GK pivots quickly and
3. dives to save low shot from B

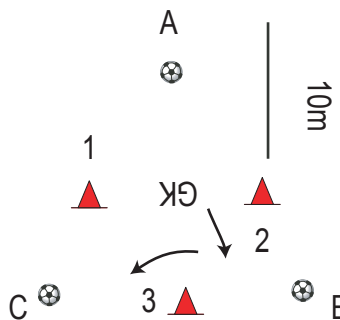
Keep repeating increasing/decreasing challenge to GK.

#### 2. Shots on three goals

3 full size goals are set up in a triangle.

1. A shoots and GK saves
2. After save, GK turns and faces B
3. After B shoots and GK saves, GK faces C

Next round go in reverse order - C-B-A  
5 full sets - give GK time to get set for next shot.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Technical Drill

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### **Technique #10: diagonal backward dives**

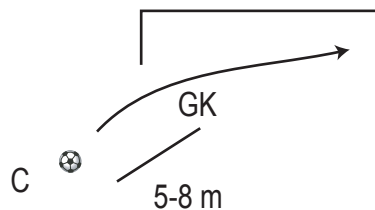
GK is in normal position as if Coach (C) would take a shot, i.e. GK covers near post.

Coach throws ball in an arc over GK head towards far post.

GK takes two - three quick shuttle steps backwards towards far post and on second or third step pushes off with left foot to dive diagonally backwards.

In the example shown, GK dives to left and would stretch in the air to push ball past post with left hand.

Caution: This exercise requires courage by the GK. If GK does not dive initially, make the throws easier and keep encouraging GK to try. You may want to try low balls to get GK to practice backward motions.



# Goalkeeping

 Practice  
Builder

# Fitness Drills



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Fitness Drill

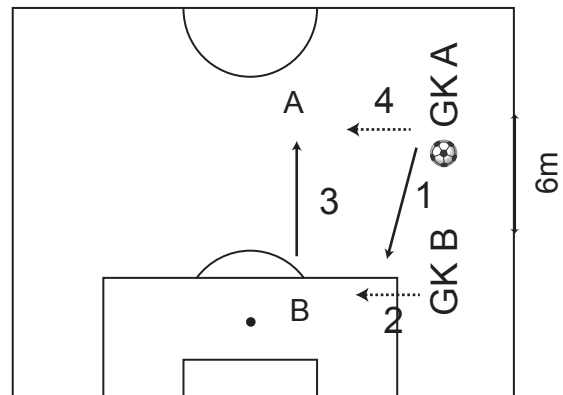
Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### **Fitness #1: Diving, Recovering**

Two GK work together.

1. GK A rolls ball to left of GK B
  2. GK B dives, catches ball, gets up and
  3. throws to GK A,
  4. who has moved straight across GK B.
- Repeat across the width of the field.  
Coming back GK B rolls and GK A dives.  
Repeat twice for each GK making sure they dive to their left and their right side.





# Goalkeeping

Team: \_\_\_\_\_

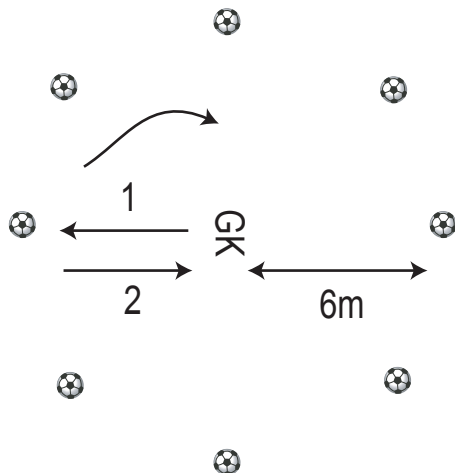
Date: \_\_\_\_\_

## Fitness Drill

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### Fitness #2: Circle Dives



GK is in the center of a circle made with 8 balls.

Each ball is 6m away from GK.

GK dives to each ball, touching it with the leading hand (i.e. GK starts with a dive to left, left hand touches ball).

GK recovers to center and dives to each ball in sequence.

After one turn, GK goes around the other way diving toward other side.

It is important that the GK touches the ball. An experienced GK can take one step to push off the foot, dive and reach the ball. Younger GK may need to take a couple of steps. Challenge your GK.

It is important to do this on grass or another soft surface. GK needs padded shirt.



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Fitness Drill

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### **Fitness #3: jump from lying position**

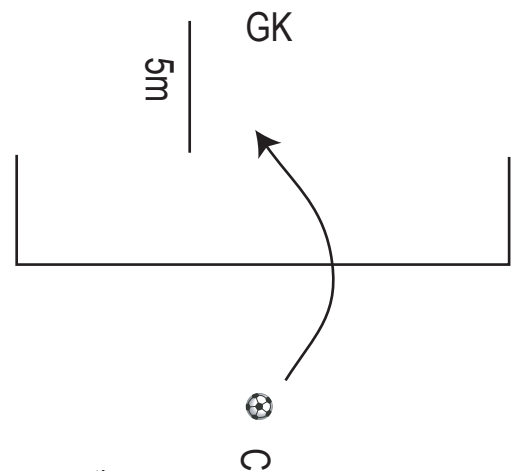
GK lies on stomach facing goal.

Coach (C) throws ball high over cross bar.

GK jumps up and catches ball at highest point.

While still in air, GK throws ball back over cross bar to coach.

First get GK to catch ball at high point; then attempt to throw ball back in same motion.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Fitness Drill

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

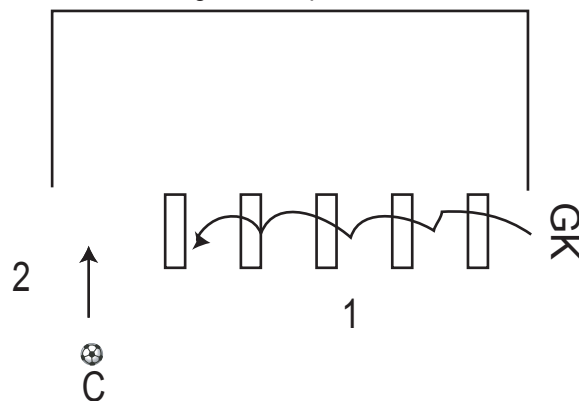
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### **Fitness #4: jumping and diving**

1. GK runs across hurdles and
  - a. dives over last hurdle
  - b. jumpsover last hurdle and then dives
  - c. jumps over last hurdle, then jumps backwards over last hurdle, then dives to
2. catch high ball thrown by coach.

Repeat each different move 5 times. Coach and GK must make sure timing of throws allows GK to make successful diving catch. Speed of run and throw can be varied.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Fitness Drill

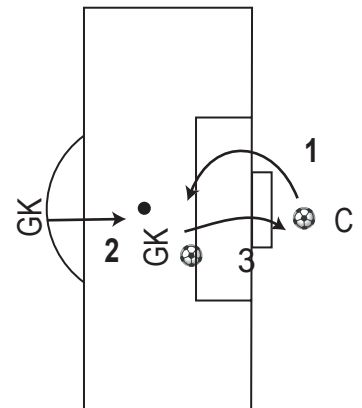
Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### **Fitness #5: run-jump-crouch-throw**

1. Coach throws ball in a high arc from behind the net over top of cross bar. The ball should be aimed to come down between the 6 yd box and the penalty spot.
2. The GK waits for the throw at the top of the 18 yd box. When the ball is thrown, GK runs towards it and jumps high to catch ball at it's highest point, one knee up.
3. After GK catches ball, GK in one continuous motion, goes down to a crouching position, then jumps up and throws ball back over cross bar to coach.

You may need to allow the GK to relax the leg muscles after 10 repetitions through walking and stretching.







# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Fitness Drill

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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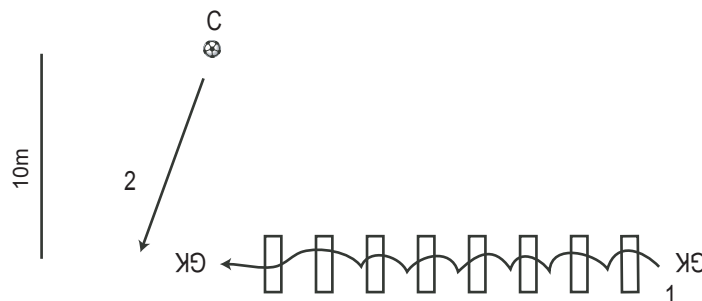
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### **Fitness #6: sideways hop & dive**

GK stands sideways to a series of hurdles/obstacles, facing coach (C).

1. GK hops sideways, with both feet up over obstacles, and
2. dives over last obstacle to save ball thrown by coach.

GK gets up, shakes out legs and hops in reverse direction.  
 Keep alternating direction.  
 Make sure GK has time to stretch/relax/shake legs between hops.  
 Coach must time throw so that GK has chance of making save.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Fitness Drill

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

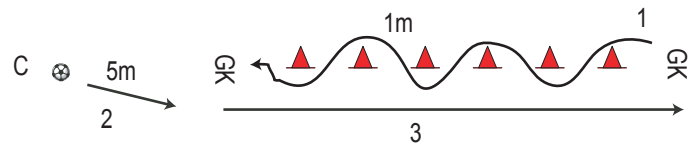
### **Fitness #7: sprint-jump-dive**

1. GK runs quickly through cones. After the last cone GK faces coach (C), gets in "ready position" and

2. dives to save ball thrown by coach.

3. GK gets up and sprints back to first cone.

Repeat 10 times.

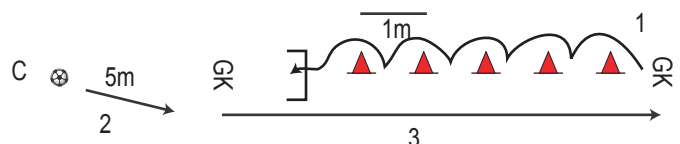


1. GK jumps over cones, both feet up. After the last cone GK crawls under hurdle, gets up and

2. dives to save ball thrown by coach.

3. GK gets up and sprints back to first cone.

Repeat 10 times.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

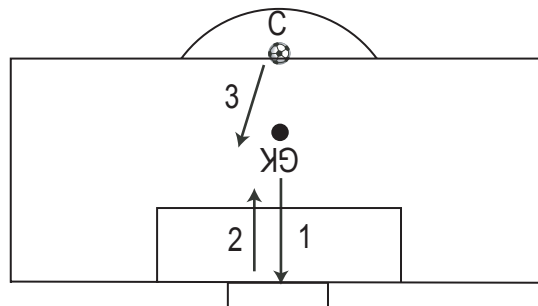
## Fitness Drill

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### **Fitness #8: balance-sprint-dive**

1. GK starts at penalty spot with back to goal.  
GK runs backwards to goal line, touches ground and
2. sprints to top of 6 yd box and gets set to save a
3. shot from top of penalty box, taken by coach (C).





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Fitness Drill

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### **Fitness #9: triple dive-recovery-dive**

GK is on goal line on knees, facing coach (C)

1,2,3:

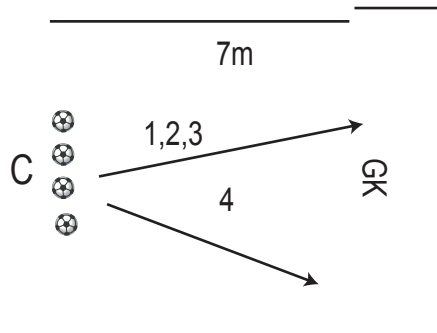
Coach rolls ball to right of GK who dives, grabs ball and throws back to coach. As soon as GK has recovered to kneeling position, the second ball is on it's way for goalie to save.

GK saves, recovers and coach rolls third ball. After GK recovers from third dive,

4:

coach throws high ball to left of GK. GK quickly jumps up from kneeling position to save high ball.

Repeat 5 times alternating sides.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Fitness Drill

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### **Fitness #10: rapid fire**

Coach has five balls and throws them from position (1).

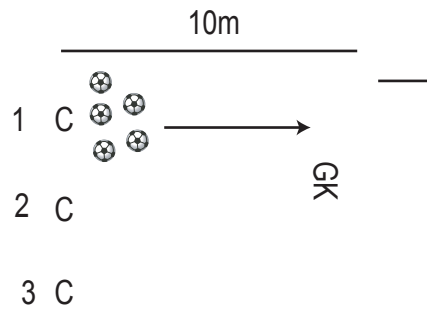
GK plays proper angle and distance and saves ball.

As soon as GK has recovered from save, the next ball is on it's way, giving GK very little time to set up.

After five balls repeat from positions (2) and (3).

Challenge GK to recover very quickly and to instinctively get into position for next throw.

Correct any errors between each set of five throws.



# Goalkeeping



# Tactical Drills



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Tactical Drill

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### Tactical #1: Breakaways

A, B, C take turns dribbling on goal.

GK starting position is 3m off goal line.

GK waits until attackers are at top of penalty box.

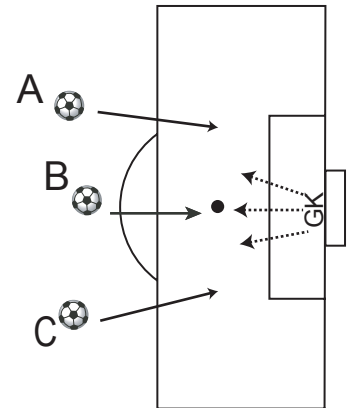
GK then comes out in a crouching position cutting attackers angle to goal.

GK keeps eyes on ball and gets in "set" position between the 6yd box and penalty spot.

GK waits for move and dives at ball at attackers feet or saves a shot.

**Note:**

defending breakaways can be a matter of goalkeeper or coach's preference in terms of timing of moving out of goal and where to meet the attacker. Some like to come out far and meet them at top of box. You can vary instructions to your goalie according to your preference. We suggest a common and conservative approach.





# Goalkeeping

Team: \_\_\_\_\_

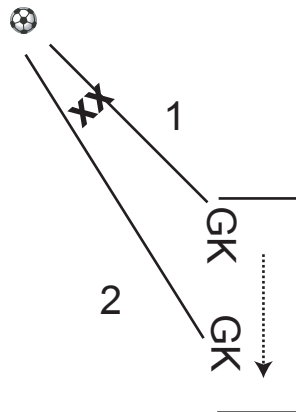
Date: \_\_\_\_\_

## Tactical Drill

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### Tactical #2: Setting Up a Wall



1. GK stands at near post and looks in a straight line at ball.

GK directs wall such that the outside player is in line with ball, blocking GK view of ball.

2. GK then moves towards far post until GK sees ball around inside player of wall.

The number of players in wall is the coach's decision based on position of ball. GK must know coach's strategy to set up the right number of players.

GK shout instructions as loud as necessary for players to hear which way they need to move. It may be useful to discuss with the "wall" players how to communicate, what the GK's words mean, such as "step left", "a bit to the right"





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Tactical Drill

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### Tactical #3: Corner Kicks

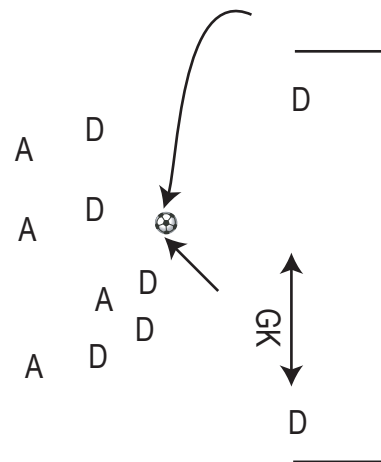
GK stands 2-3 steps off line.

GK position is between middle of goal and 3/4 way to far post.

GK positions defenders.

If GK has clear path to incoming ball, GK goes out, jumps and catches with one knee up.

If GK can't go and reach ball, play angles to ball to make save.



It is very important for the goalkeeper to communicate clearly when he is coming out, such as shouting "KEEPER".

The team has to know that when the goalkeeper doesn't shout, they should not rely on him/her but clear the ball themselves.

Train your keeper on recognizing whether or not there is a clear path to ball. It is critical that the keeper anticipates the flight of the ball and gets in position before attackers run in for headers. If the goalie delays and comes out after the attackers, he/she can still jump over top of them and punch the ball out of danger.



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Tactical Drill

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

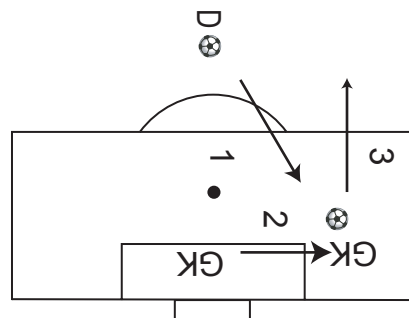
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### Tactical #4: Pass Backs

1. From center of field, D plays ball to GK stronger foot (right foot is shown in example) to the side of goal.
2. Once GK knows where ball is going, GK quickly moves to receive ball.
3. Without pressure, GK can play ball long or pass it on 2nd or 3rd touch.  
GK then returns to center of goal.

If D has ball on either side of field, then D plays it straight back to same side of goal





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Tactical Drill

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### Tactical #5: Goal Kicks

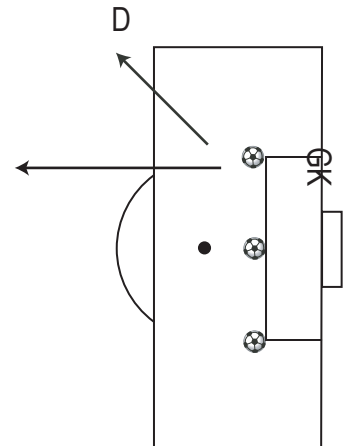
Goal kicks can be taken from any spot on the top of the 6 yd box, regardless on which side of the goal the ball went out, i.e. ball goes out on the right of GK, kick can be taken on left.

This is an important tactical opportunity to quickly change the point of attack to uncrowded side of field.

Decide on taking a short kick for build-up play or a long kick for fast attack.

Place ball on a "fluffy" part of grass to get foot underneath ball for a stronger kick.

If GK has poor kick, use a defender. If defender takes kick, the opponent will not be off-side on a quick counter-attack.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Tactical Drill

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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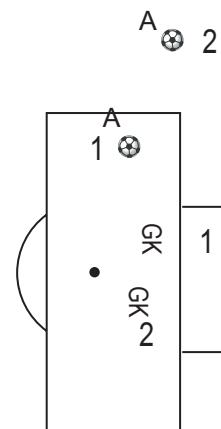
### Tactical #6: Crosses

GK needs to change position relative to where ball is being crossed from.

1. The closer the ball is to goal, the closer GK has to be to near post.
2. The further the ball is from goal, the more GK can move off goal line.

In situation 1 shown, GK must play angle for shot to near post and be ready for cross. If the ball is crossed, GK pivots and shuttles over to be ready for shot from new angle. If the GK can dive and catch the crossed ball, that would be even better.

In situation 2 GK plays off line to come out and catch crossed ball, no threat of direct shot from that position.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Tactical Drill

Things to observe: \_\_\_\_\_

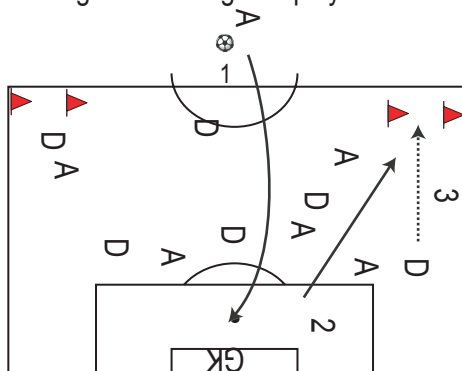
Notes: \_\_\_\_\_

### **Tactical #7: wide distribution throws**

Attackers (A) play 6v6 against defenders (D)

1. A kicks long ball into penalty box.
2. GK comes out and catches ball, runs forward and throws wide towards or through the small goals made by cones on either side of field.
3. Player from defending team runs wide to receive ball.

Adjust position of wide target goals to match age and strength of players.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Tactical Drill

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### **Tactical #8: Penalty Kicks**

There are two main theories about saving penalty kicks:

1. Guess where the ball is going and dive before the ball is kicked.
2. React to the kick and dive after the ball is struck by the kicker.

We subscribe to the reaction theory and suggest:

- a. keep your eye on the ball, not the kicker.
- b. when the planting (non-kicking) foot is placed, look at where it is pointing.  
That is most likely going to be the direction of the kick.
- c. as soon as the ball is struck, react to it's direction and dive.

GK "ready position" is a very low crouch to get into the dive immediately.

This needs lots of practice to reduce reaction time.

Take 3 sets of 15 penalty kicks at the end of each team practice.



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Tactical Drill

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### **Tactical #9: Organizing Play**

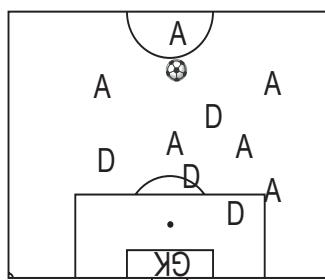
GK needs to vocally organize defenders and other defensive players, such as midfielders or forwards having come back.

Play a half field scrimmage with 4 defenders + GK against six attackers.

GK must tell defenders who to challenge and who to mark.

Coach stops play randomly around penalty box for free kicks. GK sets up wall.

Play always restarts with attackers at center field.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Tactical Drill

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### **Tactical #10: Long Balls**

A1 plays long ball in towards goal.

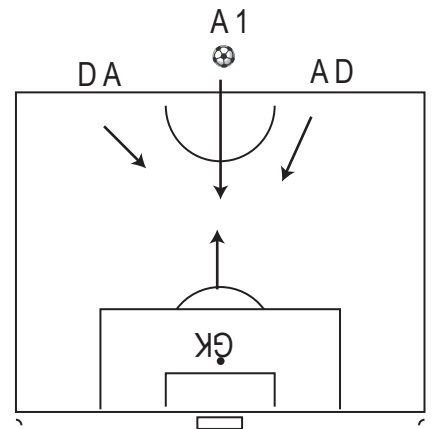
Pairs of attacker (A) and defender (D) chase ball.

GK starts near top of box.

If GK decides to play ball, GK sprints out and clears it as far as possible.

If GK decides one of the pairs will reach ball first, GK back tracks to top of 6 yd box and plays angle to the pair now playing 1v1.

A1 varies direction and distance of ball in to force decision making by GK.





# Goalkeeping



## Scrimmage Focus



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Scrimmage

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### Scrimmage #1: 4v4 from two sides of goal

X play 4v4 against O

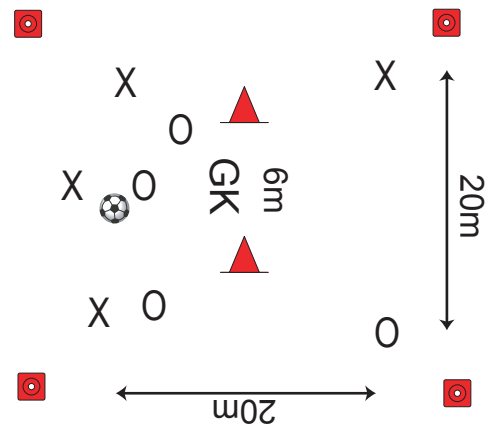
Teams can score from either side of goal.

Emphasize quick passing and shots as well as quick switches to other side of goal, forcing GK to turn around quickly and get set for new shot from new angle.

After a save, goalie puts ball back into play.

If ball goes out of bounds, coach should be ready to serve a new ball in quickly to keep game going.

Remember this drill is for the goalkeeper, so encourage players to take lots of shots from all angles.





# Goalkeeping

Team: \_\_\_\_\_

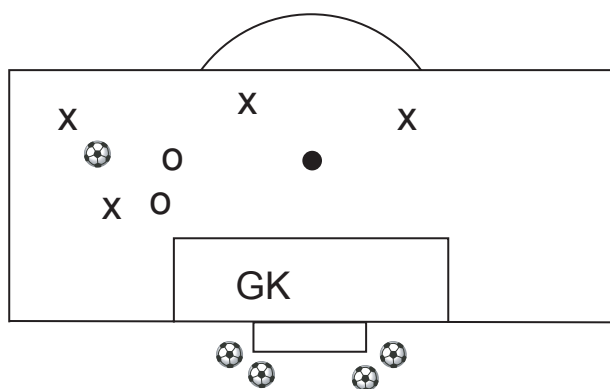
Date: \_\_\_\_\_

## Scrimmage

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### Scrimmage #2: 4v2 in Penalty Area



have balls ready for GK to restart play after goal or miss.

Quick shots from many angles or after quick passes.

It's a GK drill, not a drill to set up perfect shot.

GK must move with play and play angles

It is important for the GK to always be in the proper "ready position".  
The closer the ball is to goal, the lower the GK must crouch.



# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Scrimmage

Things to observe: \_\_\_\_\_

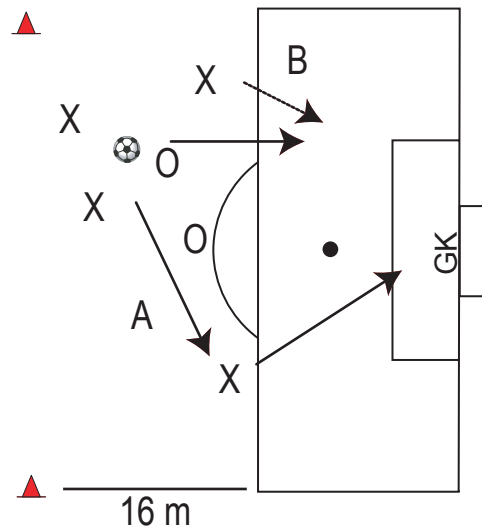
Notes: \_\_\_\_\_

### Scrimmage #3: 4v2 or 1v1

4v2 game outside penalty area.

A. X's set up for shot from outside penalty area, or

B. send in a player for 1v1 on GK. Important to encourage quick shots, it's a GK drill.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Scrimmage

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### Scrimmage #4: 3v3 on 2 goals

Set drill up in a 16m x 16m grid in corner of penalty box to use the painted lines of field.

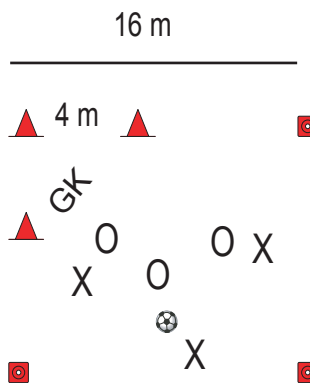
In corner, make two 4m wide adjacent goals.

Two teams play 3v3 and they can score on either of the two goals.

It is important for Gk to read play and to be in correct position (angle) for shots.

Always have balls ready to keep play moving so that the GK gets lots of action.

Encourage teams to shoot often and remind them that they have two goals to shoot at.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Scrimmage

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### Scrimmage #5: 3v3 with 2 balls

Play a 3v3 in penalty box with two balls.

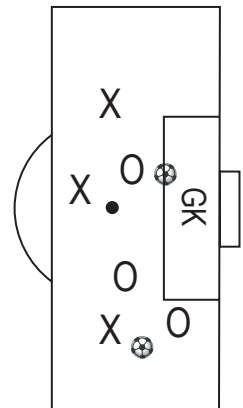
Both X's and O's can score on goal.

GK will be challenged to decide which of the two balls is in a more dangerous position.

GK gets ready to play angles for more dangerous shot. This can change quickly based on the play developed by the two teams.

Therefore, GK is constantly observing - deciding - shifting - getting ready - saving.

Once a shot is taken and GK makes save, play goes on. GK will have to recover and get ready for second ball.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Scrimmage

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### Scrimmage #6: crossing & 4v2 in penalty box

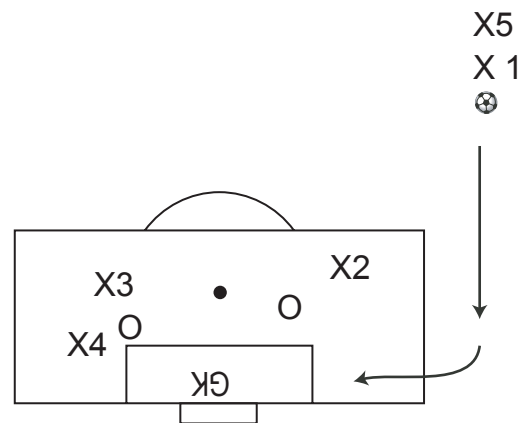
X1 dribbles ball towards goal line and crosses it into box.

X1 then joins three other X and plays 4v2 on goal.

GK decides to catch crossed ball or stay in goal.

When play is done, X5 crosses and X4 takes spot of X5.

X's vary from where they cross ball





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Scrimmage

Things to observe: \_\_\_\_\_

Notes: \_\_\_\_\_

### Scrimmage #7: 4 x 1v1 in penalty box

4 mini games in the penalty box at the same time.

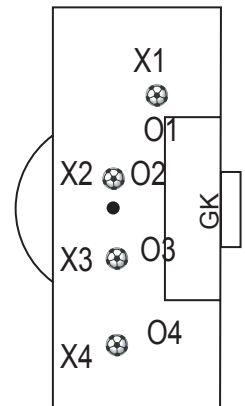
X1 plays game against O1; X2 v O2, etc.

GK sets up to save against the most dangerous attacker at any point in time.

This requires GK to look around and be aware of all 4 games.

Every 2 minutes change players X and O to create new pairs.

Keep track of which player wins the most mini games.







# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Scrimmage

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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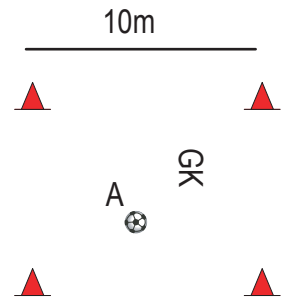
### Scrimmage #8: GK in 1v1

A plays 1v1 against GK in 10m x 10m grid.

A scores points by dribbling ball over any side line.

GK scores point by taking ball away from A inside the grid, diving on ball at A's feet to gain control with hands.

After a point is scored, game restarts with A in center of grid.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Scrimmage

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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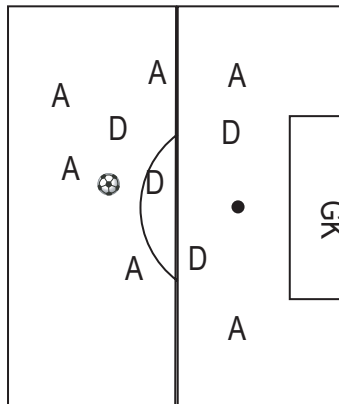
### Scrimmage #9: 4v6

Make a field twice the size of penalty box.

A play 6v4 against D.

A's try to score, After D gains possession they must pass ball outside field to another player D who made a run .

Play then restarts with A. GK must organize defenders and provide clear instruction on challenging, marking, running outside field and passing.





# Goalkeeping

Team: \_\_\_\_\_

Date: \_\_\_\_\_

## Scrimmage

Things to observe: \_\_\_\_\_

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Notes: \_\_\_\_\_

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### Scrimmage #10: 2v5 in penalty box

Five attackers v two defenders play freely in penalty box.

This should allow for many shots from different positions, forcing GK to follow play and to quickly adapt to new positions.

Coach can interrupt play to correct GK angle to ball and distance from ball.

Have sufficient balls ready to keep play moving after ball goes out of bounds.

