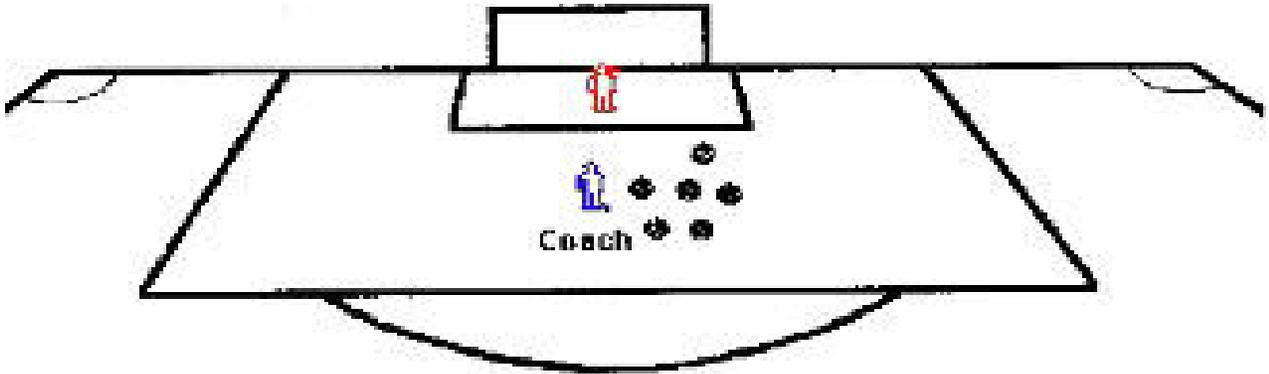


KEEPER WARM UP



Progression

- I. Have keeper start by skipping around the box, making self tosses.
 1. Hand to hand above head
 2. Behind the back, between legs, roll and retrieve, bounce and catch over
 3. Toss up, catch behind their own back. Toss from behind back, catch in front.

- II. Serve balls to keeper
 1. High balls..catch top half of ball, make the "W", foot movement
 2. Mid section.."tram rails", swallow ball, get body over ball.

 3. Lowballs...second barrier, variety of "pick up" techniques (square feet, one knee, one foot behind)

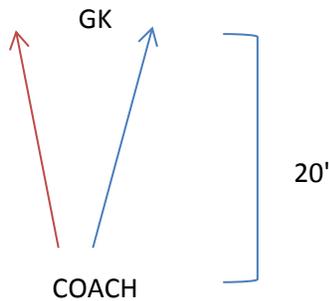
- III. Falling saves
 1. Sitting, kneeling, squatting, standing, flying.
 2. Ground is third hand, Move towards ball.
 3. Proper roll down technique (step, knee, hip, side...ball hits ground first)

- IV. Progress to match related environments.

Rotate keepers at each progression!

SITTING & KNEELING DIVE TO THE SIDE

This is an easy warm up drill for young goalies. Goalkeeper sits on the ground facing the coach or other GK. The other person rolls the ball towards the GK sitting on the ground far enough away that they need to lean over and stretch their arms out to make the save. Do 15-20 per side, then have GK move up to their knees. Ball should still stay on the ground for 15-20 times per side, the ball can then be moved up in height to make keeper make a arial dive. GK and server should be 15-20' apart.

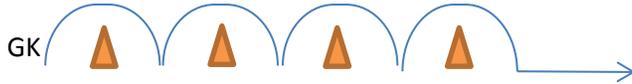


DO NOT LET KEEPER FALL ON ELBOWS! Keeper needs to make sure that their hands are forming a "W or a Diamond". When diving to the right, the right hand should be directly in the path of the ball to the goal, the left hand should come down on the top of the ball, pinning it to the ground.

After goalie has sitting and kneeling down you can move to standing. The goalie should just collapse to the ground making the save. This will get goalie ready for a true dive.

HOP AND CATCH

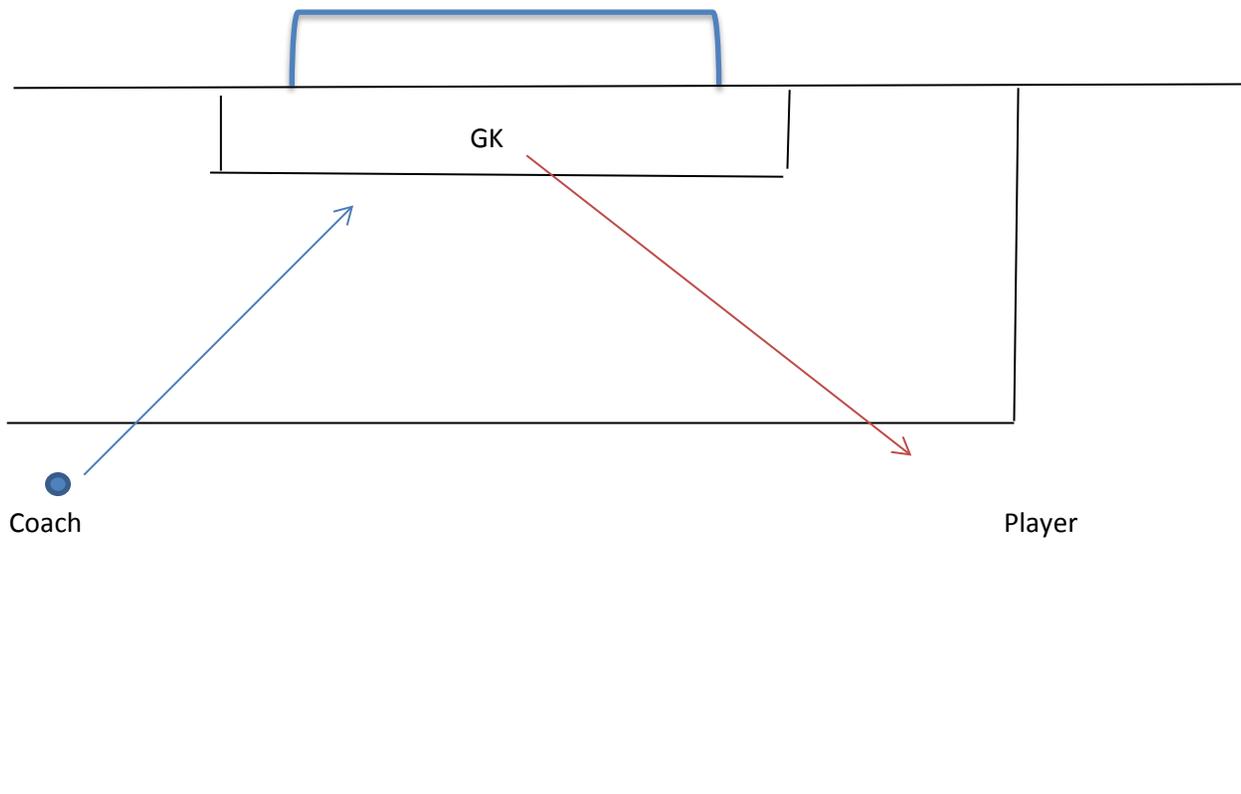
Set up 4 cones 3' apart. Goalie hops with feet together, side to side through cones, at the end the ball is thrown to ground, chest or high. Goalie must cover or catch the ball with the proper technique.



Coach or other goalie should be 15' away when delivering the ball. Switch directions after every time. Alternate between high and low, mixing it up.

HOT POTATO

Coach or other GK delivers ball to Goalie, they cover the ball and immediately deliver ball to one of their own teammates by rolling or throwing with proper techniques.



To add a challenge, a defensive player can follow the coaches delivery as if it was a shot on goal. Goalie needs to yell "KEEPER".

JUMPING CATCH, PUNCH & PARRY

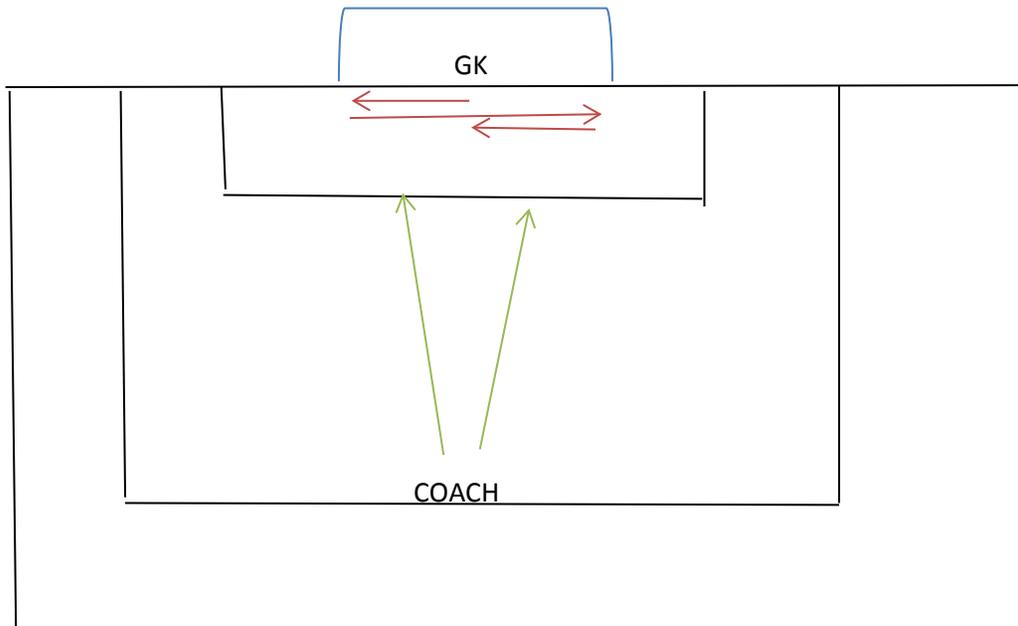
Practice catching, punching and parrying high balls by tossing a ball up in the air to a goalkeeper. Make sure that when they are catching the ball, they are forming a "W or a Diamond" with their hands. When a goalie jumps in the air, they need to bring a knee up with them. If a goalie is taking a high ball coming from their right side, they need to bring their right knee up to a waist high level. When a goalie does this, it helps bring their body around to the play. It also helps protect the goalie when they make contact with other players.

Being able to deal with a high cross takes tremendous concentration. The goalkeeper must be able to shut-out all outside distractions and only focus on the ball, even when he must go into high traffic areas where collisions with opponents and teammates are likely.

When dealing with crosses a goalkeeper must be decisive, and once he has made the decision to come for the cross, he must do so with 100% conviction. Hesitation in these situations is often disastrous

SHUFFLE AND DROP

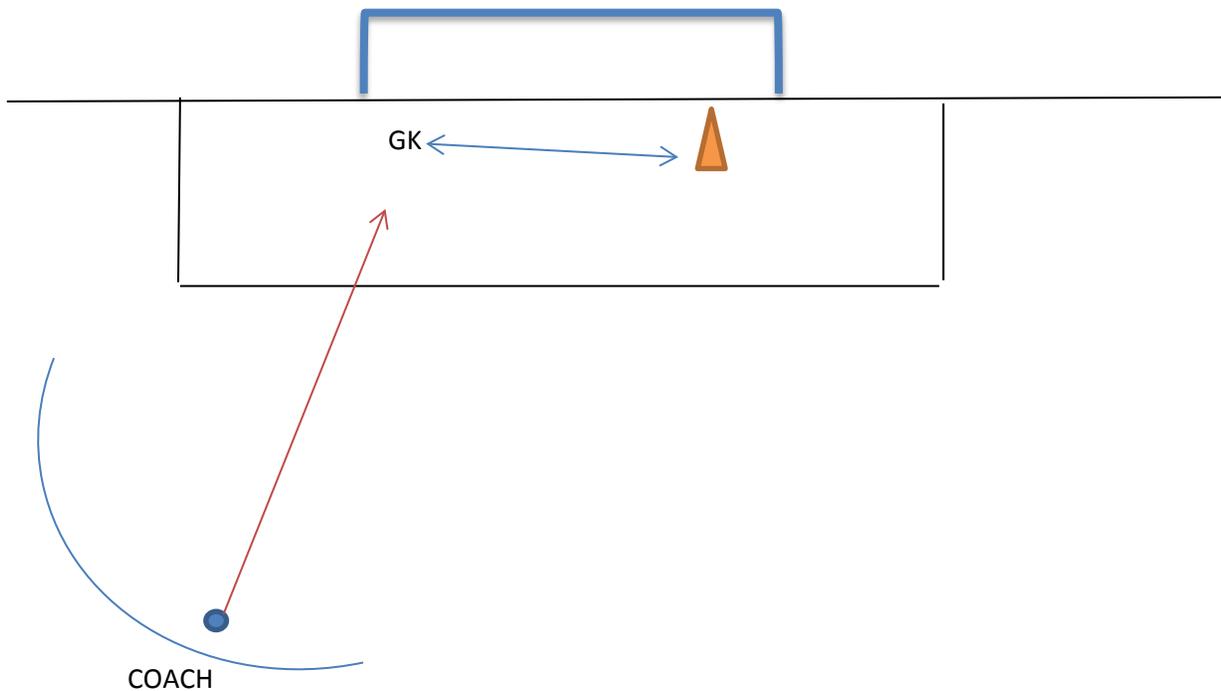
Start with the goalkeeper shuffling side to side from post to post in the goal along the goal line. On the coaches command, the keeper should drop to the ground in a push-up-position and quickly jump back to a set position. The coach or other GK should toss a ball to the goalkeeper who should catch, parry or punch the ball. Ball can be tossed or served.



Keeper should shuffle quickly side to side without crossing feet. Keeper should get up quickly and get set. Keeper should be on balls of feet leaning forward slightly when set.

DIVING DECISION

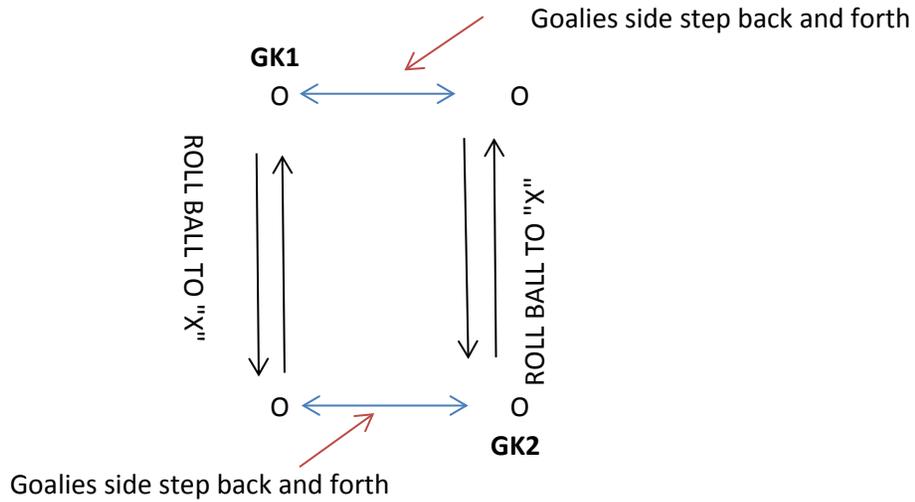
Goalie lies on their side facing goal post. Goalie quickly gets up and then moves to cone and dives back to side to get ball. Start with ball low and work up in height. Make sure that goalie is using proper diving techniques.



Coach or other goalie should move along radius to give the goal keeper different looks at the ball. Switch sides after a minimum of 20 saves from a side. Goalies should work on punches and parries as well as catching the ball.

BACK AND FORTH, UP AND DOWN

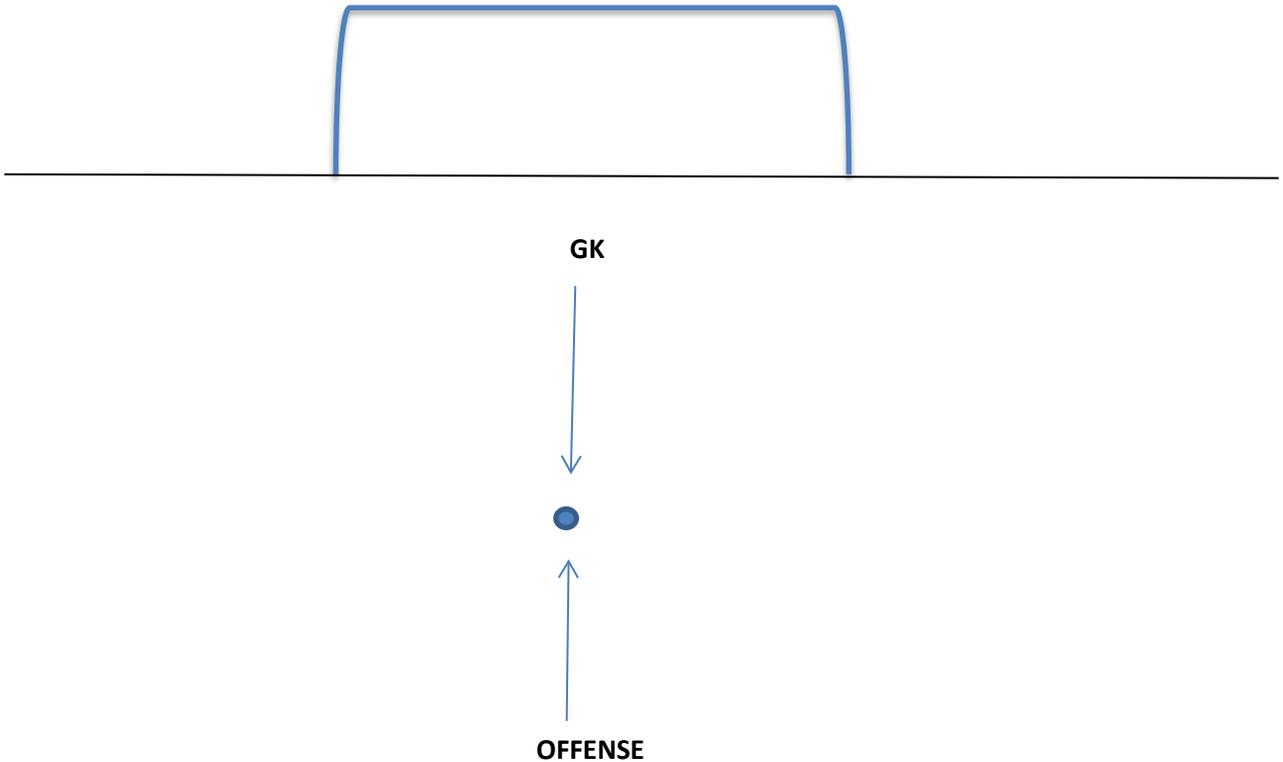
Set up 4 cones. Two should be 15' apart for the side to side motion. Two cones set up 20-25' apart for the roll and throws. Goalies start off center from each other 20-25' apart and roll the ball back and forth and work up in height. GK1 rolls ball to open spot. GK2 rolls their ball to open spot and then moves over to get GK1's ball. GK1 picks up GK2's ball. Balls start on the ground and move up in height as they continue.



Goalies should be working on their footwork, concentrating on the side to side motion when moving from one cone to another. Goalies should also concentrate on the proper catching techniques for each level of height that the ball is served.

"KEEPER"

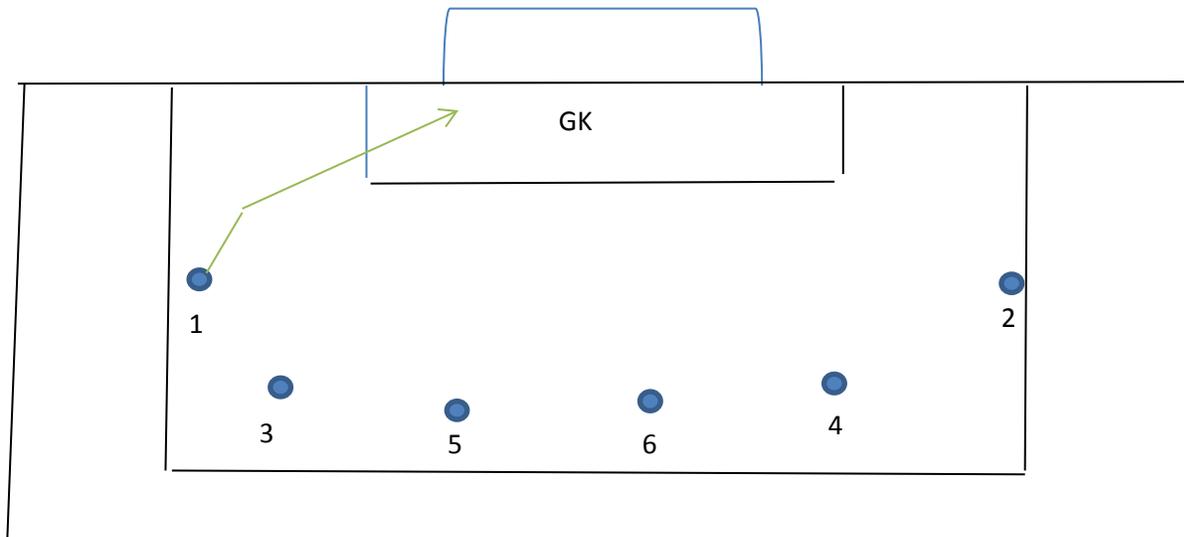
Set up two cones 40' apart with a ball in the middle, Goalie and offensive player run to the ball at the same time. Goalie slides onto the ball. Offensive player **does not** contact ball. Offensive player only provides "game time pressure situation". **Goalie must yell "Keeper"**



Drill can be changed up by having the ball tossed in the air at different heights. This will get goalies used to pressure from offensive players at different heights. Make sure that the goalie is using their voice. A loud yell from a keeper can make an offensive player back off.

RANDOM FIRE

Set up between 6-10 balls across outer edge of penalty box. Multiple players can shoot on goal or just a couple. Shooter should pick corners of goal to make goalkeeper work on cutting off the angle. Goalkeeper needs to adjust and set quickly and adjust to the next shooter quickly

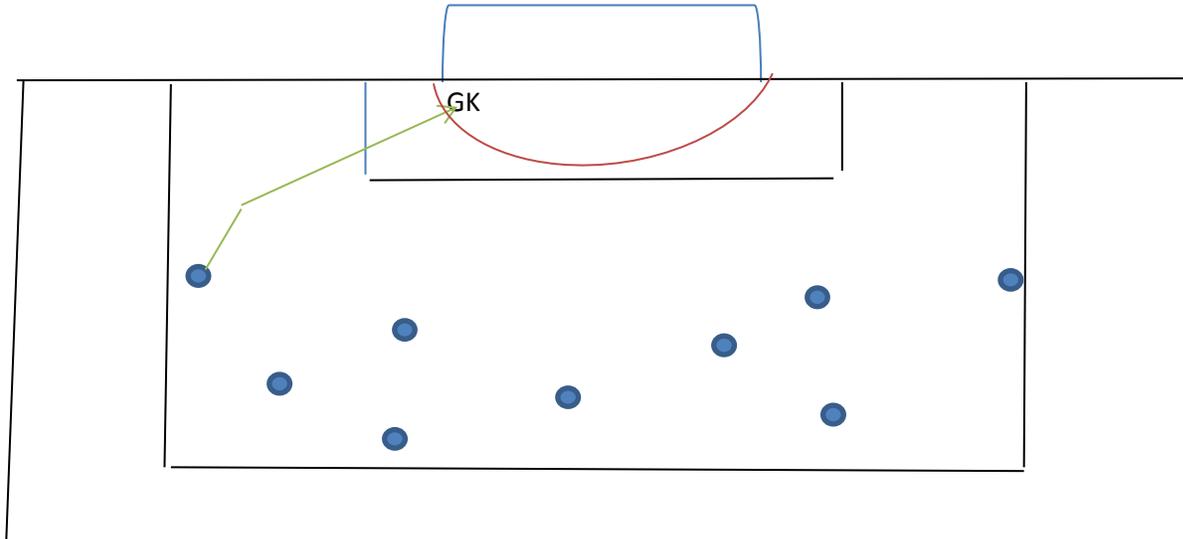


Make sure goalies are not crossing their feet, make sure they set their feet with weight on balls of their feet. Make sure they have good angles on the ball and that the ball is between them and the goal.

Variation of this drill is to just pick one spot on the field and shoot several shots on goal as quick as possible.

GOALIE ARC DRILL 1

Scatter 10-12 balls in the penalty box area. Coach or other player shoots on goal moving from one ball to another and shooting as quickly as possible. Goalkeeper should side step shuffle along the goalkeepers arc. The arc is an imaginary line that goes from 2-6 yards from the goal. After making save, goalie needs to quickly reset for next shot.

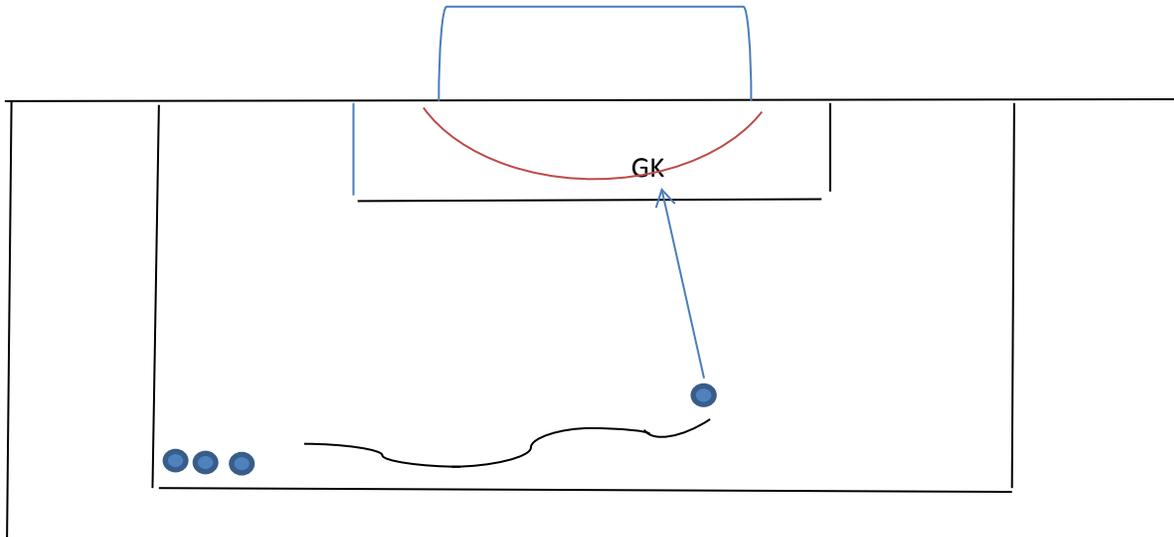


The goalie should keep their body between the ball and the goal. Keeper should never be on the goal line unless absolutely necessary. They should stay at minimum 1 yard in front of the goal line. GK needs to side step shuffle along arc. When the keeper looks at one goal post and the other it should look as if the angle distance is the same.

Vary the drill by having two shooters instead of one.

GOALIE ARC DRILL 2

Have 2-3 players with a large supply of balls dribble across the top of the penalty area. As player moves across field, goalkeeper must move along the goalie arc while keeping their body squared to the shooter. Player can shoot at any time at their own decision. Keeper should make the save and quickly get set for the next shooter.



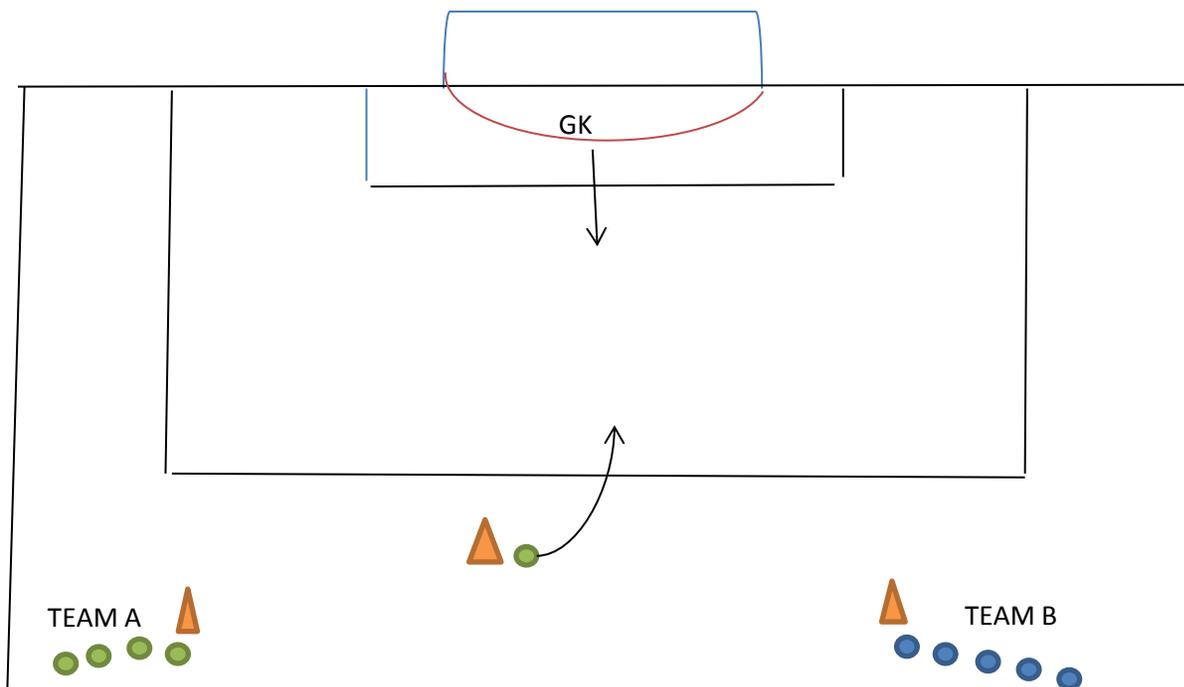
Goalkeeper should side step shuffle feet quickly along arc without crossing feet.

Have keeper work on calling "KEEPER" and returning the ball by rolling or throwing the ball back to the line.

BREAKAWAY DRILL

The Game

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



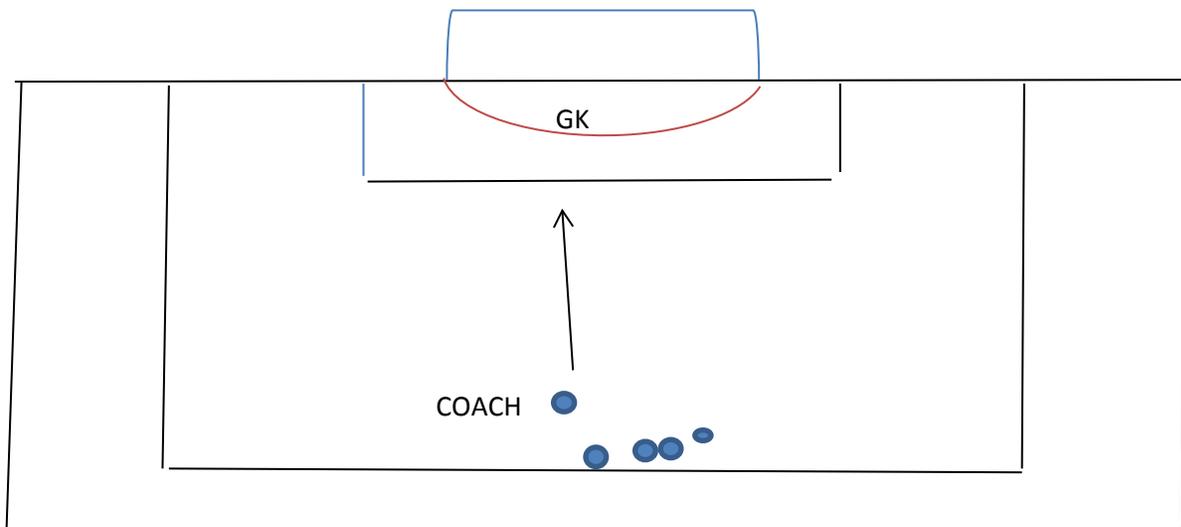
Coaching Points

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

SHOT STOPPER

Organization

1. Coach stands 5 - 7 yards away with ball in hand
2. Coach simulates shots by rolling ball to the side, lobbing over the head, throwing the ball downwards to replicate downwards header, but always gives the keeper a chance to make the save.
- 3 If keeper misses the ball or pushes it away, coach immediately picks up another ball while keeper is recovering.
4. When save is made, keeper must first throw the ball back to the coach, before doing anything else. Keeper uses the momentum of the throw to aid in the recovery back to the alert and alive position.
5. Give rest periods when fatigue sets in.



Coaching Points

Throwing the ball back from the side diving position, while pumping back with the upper knee, brings the correct recovery position, forcing proper side diving technique and positioning of hands. This artificial condition has the effect of conditioning the keeper to adopt the open, side diving position when making a save.

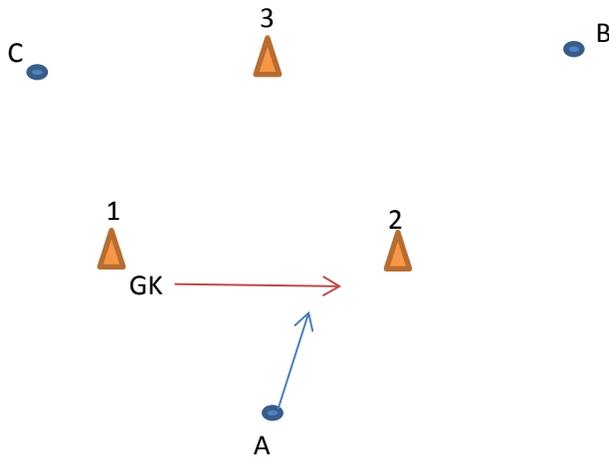
Look for these improper diving positions:

1. Swinging both knees around in front.
2. Dives backwards.
3. Belly flops.

DIVING SPEED DRILL

The Game

1. Set up triangular goal with cones 12 feet apart
2. Players A, B & C each have a ball
3. Keeper starts at 1
4. Player A rolls ball towards 2 (No emphasis on scoring!), keeper dives and stops ball, returning it to player A as quickly as possible and then gets into position at 2 .
5. Player B then rolls the ball to cone 3, etc.
6. Switch keepers at 90 seconds or when fatigue sets in.

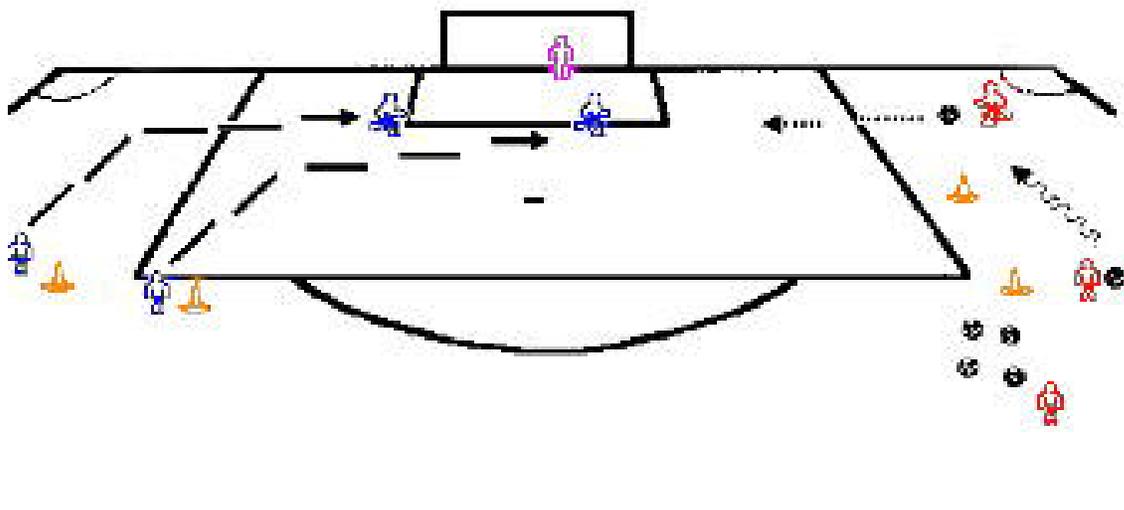


Change directions after goalie has gone one direction 2-3 times.
Look for proper diving technique

CROSSES

Organization

1. Split field players into three groups as shown. Alternate places after each sequence.
2. Wide players dribble around forward cone and cross the ball.
3. Twin strikers move off their cones and decide who will attack which space (near or far post).
4. Strikers try to score, keepers attempt to cut off cross or save shot.
5. Can progress by adding defender(s) and more attackers.



Coaching Points

Attacking

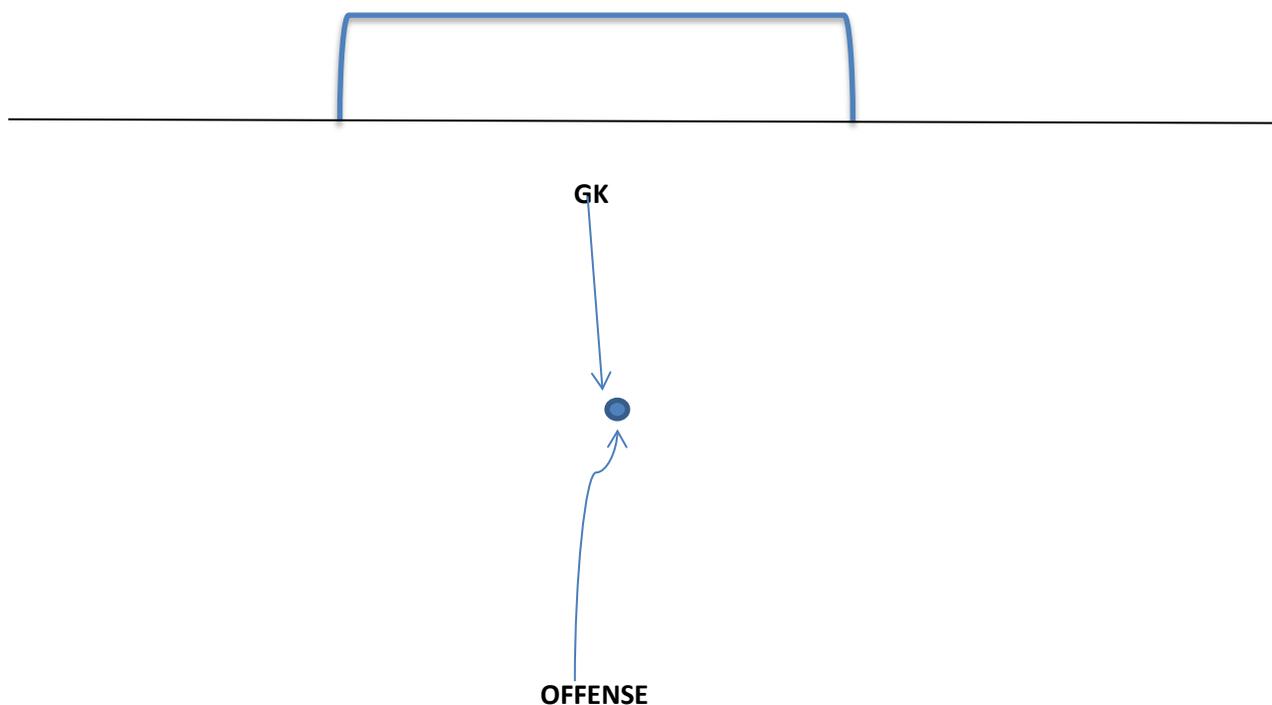
1. Encourage good quality crosses into the near and far post areas.
2. Crosses to near post should be low and driven
3. Crosses to the far post need to be bent away or chipped over the keeper's head.

Keeper

1. Early decision making. Keeper "goes" if a play on the ball can be made. "Stays on line" if can not get the cross.
2. Yells "KEEPER!" if coming out to get the ball.
3. Must position on the near post to start in order not to get beaten by a shot from the crosser.

KEEPER vs OFFENSE

Keeper should be 2 yards off of the goal line. Offensive player SLOWLY dribbles in, keeper makes a slow challenge. When offensive player makes a cut or mistake, keeper dives at the players feet to gain control of the ball. Goalie should come out in the "Gorilla" position.

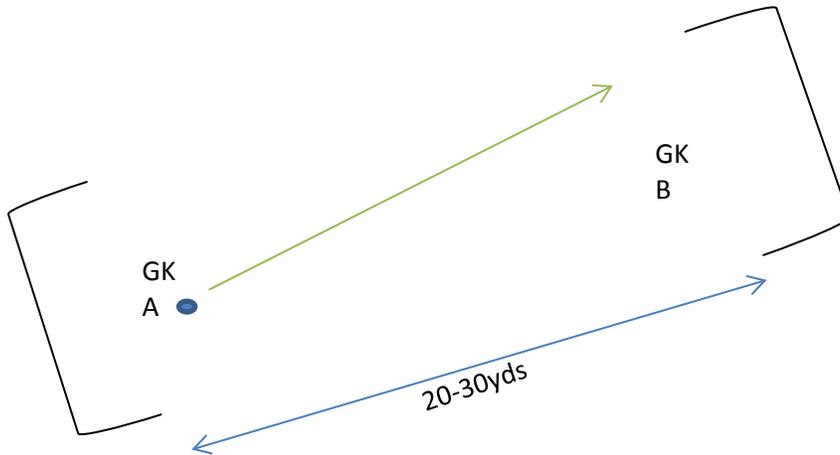


Only increase speed once the goalie is comfortable with making the diving challenge.

BUBBA'S KEEPER TOSS GAME

The Game

Keeper A tries to throw ball into B's net and vice versa. First keeper to score wins.



Coaching Points

1. Proper technique and throwing skills, developing arm strength.
2. Accuracy of throws will improve.
3. Heavy psychological factor because the 2 keepers compete solely against one another.
4. High work rate for keepers because this match can last a while with talented keepers.
5. Emphasize positioning.

Progression

Give each keeper a ball. Add attackers who may only head balls into net.