

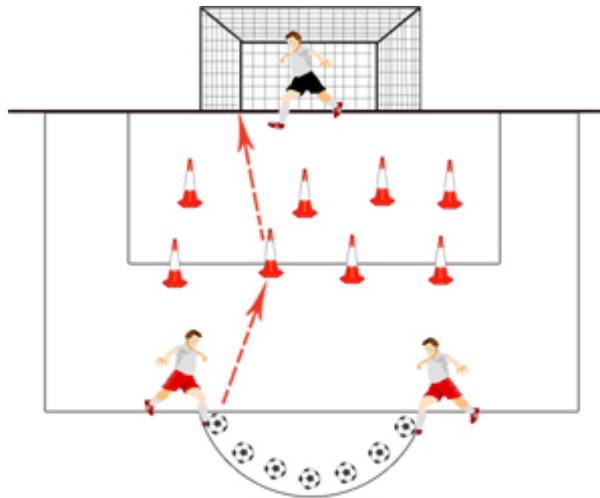
Drill 1 – Goalkeeping – Cone Deflection

Aim: To improve Goalkeeping techniques

Suitable for: U7's and upwards

Equipment: Marked area, cones and balls

Organisation: Play is set up as in diagram using one goal, one GK, two servers, 10 balls and cones randomly placed in or around the 6yd box. The aim of the drill is for the servers (midfielders or forwards) to shoot at the goal along the ground trying to hit a cone on the way, this will obviously deflect the ball in a different direction. Players shoot alternatively from either side giving the keeper time to set themselves in between each shot.



Progressions:

- Increase tempo of shots
- Increase / decrease distances between servers, cones and GK.

Coaching Points

- Keeper to be on toes all the time
- Anticipation & awareness
- Agility & flexibility
- Stance - bend the knees to lower the body, head and shoulders up straight. The legs are now loaded like springs for quicker reaction to low or high shots
- Decision making regarding the positioning of the hands / arms. Elbows tucked in with hands up or hand low.

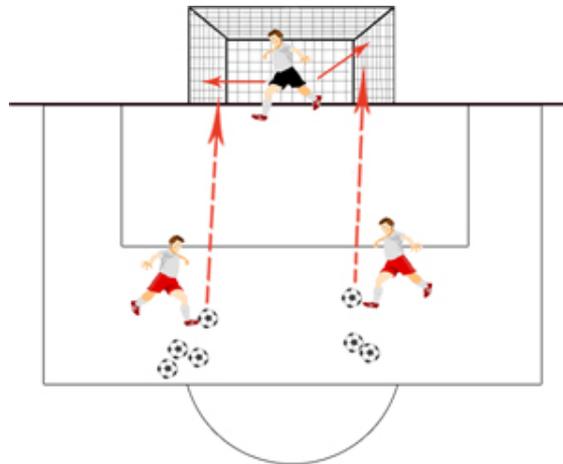
Drill 2 – Goalkeeping – Way Shooting

Aim: To improve Goalkeeping techniques

Suitable for: U9's and upwards

Equipment: Marked area, cones and balls

Organization: Play is set up as in diagram using one goal, one GK, two servers, 10 balls. The aim of the drill is for the servers (players or coach) to shoot / volley / throw at the goal in 2 different directions. One server hits the ball low to the goalkeeper's right and the other server then aims high to the goalkeepers left. The timing of the shots is important, Yes we do want to work the keeper but we do not want to make it impossible for them not to save the ball.



]Progressions:

- Increase / decrease tempo of shots
- Disguise the shot so the first one could be high or low or to the left or right.
- Increase / decrease distances between servers and GK.

Coaching Points

- Keeper to be on toes all the time
- Anticipation & awareness
- Footwork - agility & flexibility
- Stance - bend the knees to lower the body, head and shoulders up straight. The legs are now loaded like springs for quicker reaction to low or high shots.
- Decision making regarding the positioning of the hands / arms. Elbows tucked in with hands up or hand low.

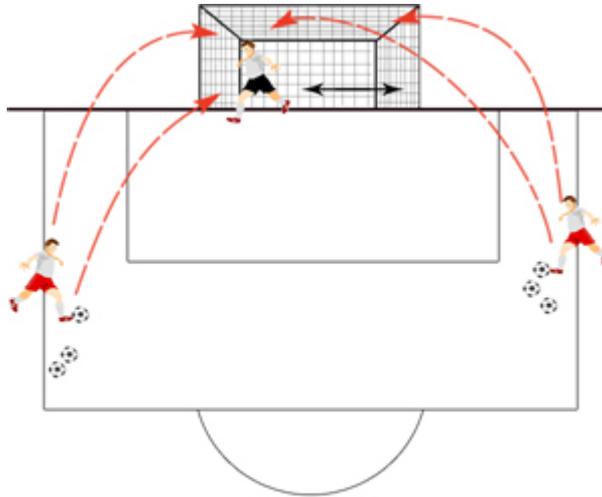
Drill 3 – Goalkeeping – Footwork

Aim: To improve Goalkeeping techniques

Suitable for: U9's and upwards

Equipment: Marked area, cones and balls

Organization: Play is set up using one goal, one GK, two servers, 10 balls. The aim of the drill is for the servers to shoot / volley / throw at the goal in 2 different directions. Server 1 is shown aiming towards the near post both high and low. Server 2 is shown aiming high to the near post but also high to the far post. The timing of the shots is important, as the aim is to work the goalkeeper, but not to make it impossible for them to save the ball.



Progressions:

- Increase / decrease tempo of shots
- Disguise the shot so the keeper has to make quick decisions.
- Increase the distance between servers and GK to wider areas.

Coaching Points

- Communication, keep talking to the defenders and other players around the last 3rd of the pitch (KEEPER'S BALL !!!) Even at training it is good practice to shout loud for the ball
- Keeper to be on toes all the time
- Anticipation & awareness
- Footwork - agility & flexibility
- Stance - bend the knees to lower the body, head and shoulders up straight. The legs are now loaded like springs for quicker reaction to low or high shots

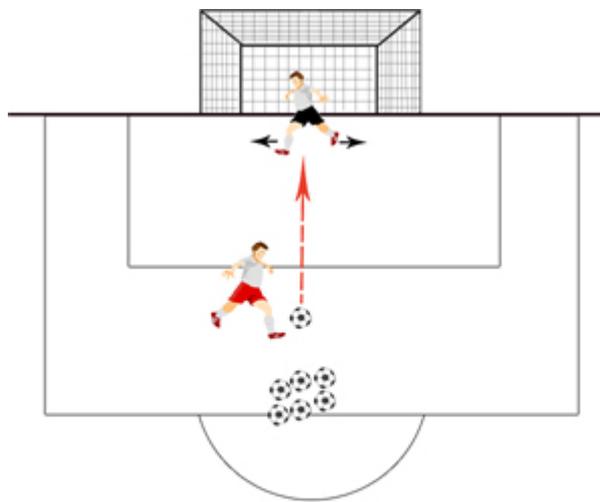
Drill 4 – Goalkeeping – Chest Catch

Aim: To improve Goalkeeping techniques

Suitable for: U7's and upwards

Equipment: Marked area and balls

Organization: Play is set up as in diagram using one goal, one GK, one server, 10 balls. The aim of the drill is for the server (player or coach) to half volley shots straight at the keeper chest. The chest catch is needed when the shot is right at the keeper, as the ball arrives, the keeper should surround it with his arms, elbows close together to trap it against the chest.



Progressions:

- Increase / decrease tempo of shots
- Increase the distance between servers and GK.

Coaching Points

- Keeper to be on toes all the time
- Anticipation & awareness
- Footwork - agility & flexibility
- Stance - bend the knees to lower the body, head and shoulders up straight. as the ball arrives, the keeper should surround it with his arms, elbows close together to trap it against the chest

Drill 5 – Goalkeeping – “W” Catch

Aim: To improve Goalkeeping techniques

Suitable for: U7's and upwards

Equipment: Marked area and balls

Organization: Play is set up as in diagram using one goal, one GK, one server, 10 balls. The aim of the drill is for the server (player or coach) to half volley / throw the ball above the keeper's head. The 'W' catch is used by the goalkeeper when the ball is high or going over the head of the GK. It is important to lock the wrists getting the body in line with the flight of the ball as quickly as possible using good footwork.



Progressions:

- Increase / decrease tempo of shots
- Increase the distance between servers and GK.
- Change angles

Coaching Points

- Keeper to be on toes all the time
- Anticipation & awareness
- Footwork - agility & flexibility
- Stance - bend the knees to lower the body, head and shoulders up straight. as the ball arrives, lock the wrists getting the body in line with the flight of the ball as quickly as possible

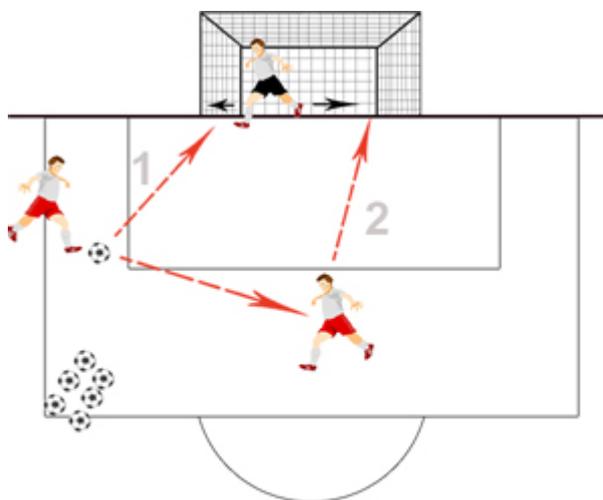
Drill 6 – Goalkeeping – Anticipation

Aim: To improve Goalkeeping techniques

Suitable for: U9's and upwards

Equipment: Marked area and balls

Organization: Play is set up as in diagram using one goal, one GK, one server, one forward and 10 balls. The aim of the drill is for the server (player or coach) to either shoot towards the near post, high or low, alternatively the server can pass the ball to the forward for a 1st time shot. The emphasis is on the GK's decision making, anticipating where the ball is going, and quick feet, keeping the body square and if possible behind the ball.



Progressions:

- Increase / decrease tempo of shots
- Increase the distance between server, the forward and GK.
- Change angles of server and forward

Coaching Points

- Keeper to be on toes all the time
- Anticipation & awareness
- Footwork - agility & flexibility
- Stance - bend the knees to lower the body, head and shoulders up straight.
- GK's body to be relaxed at all times to aid quick movement

Drill 7 – Goalkeeping – Catching Crosses

Aim: To improve Goalkeeping techniques

Suitable for: U11's and upwards

Equipment: Marked area, cones and balls

Organization: Play is set up as in diagram using one goal, one GK, one server, one wide player and 10 balls. The aim of the drill is for the server (player or coach) to cross the ball from a wide area or corner in to the cones area around the 6yd box. The emphasis is on the GK's decision making, anticipating the flight and speed of the ball to come and catch the ball at its highest point. When the GK has collected the ball they must move towards the edge of the box and throw the ball towards the wide player simulating a fast break attack.



Progressions:

- Alternate sides so crosses come in from both the left and right wide positions.
- Change angles of server
- Wide player can cross balls in to coned area.
- Drive crosses
- Loft crosses

Coaching Points

- Keeper to be on toes all the time
- Communication, keep talking to the defenders and other players around the last 3rd of the pitch (KEEPER'S BALL !!!) Even at training it is good practice to shout loud for the ball
- Anticipation & awareness
- Footwork - agility & flexibility

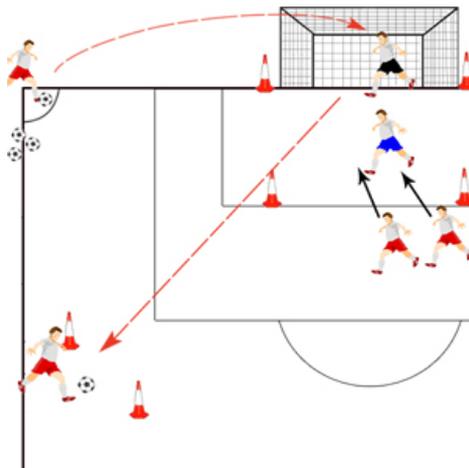
Drill 8 – Goalkeeping – Catching Crosses 2

Aim: To improve Goalkeeping techniques

Suitable for: U11's and upwards

Equipment: Marked area, cones and balls

Organization: Play is set up as in diagram using one goal, one GK, one server, one wide player, one defender, two forwards and 10 balls. The aim of the drill is for the server (player or coach) to cross the ball from a wide area or corner in to the cones area around the 6yd box. The 2 forwards and the defender are allowed to compete for the ball. The emphasis is on the GK's decision making, anticipating the flight and speed of the ball to come and catch the ball at its highest point. If the GK collects the ball they must move towards the edge of the box and throw the ball towards the wide play simulating a fast break attack.



Progressions:

- Alternate sides so crosses come in from both the left and right wide positions.
- Change angles of server
- Wide player can cross balls in to coned area.
- Drive crosses
- Loft crosses

Coaching Points

- Keeper to be on toes all the time
- Communication, keep talking to the defenders and other players around the last 3rd of the pitch (KEEPER'S BALL !!!) Even at training it is good practice to shout loud for the ball
- Anticipation & awareness

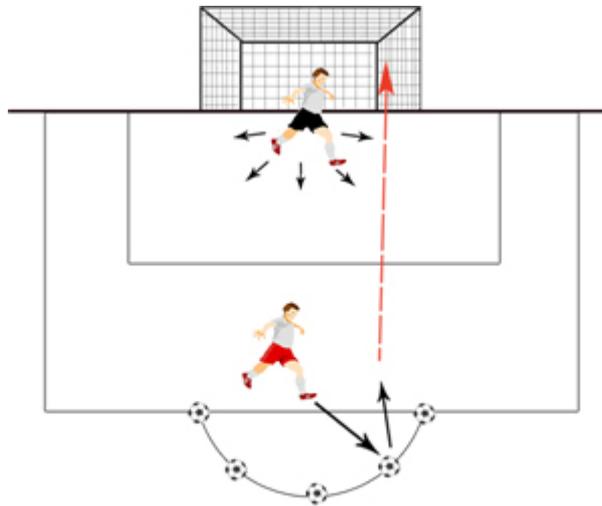
Drill 9 – Goalkeeping – Decision Making

Aim: To improve Goalkeeping techniques

Suitable for: U8's and upwards

Equipment: Marked area, cones and balls

Organization: Play is set up as in diagram using one goal, one GK, one forward and 5 balls. 1 striker works and has five attempts to score. Starting points as shown in diagram. The players come and collect a ball, turn and shoots. As soon as the player shoots they must sprint to pick up another ball. The aim of the drill is for the goalkeeper to quickly decide on angles, positioning and which technique he is going to use to save the ball, chest save, 'W', low dive and if they are going to catch the ball or parry it in to a safe area.



Progressions:

- Ask the forward to mix their shooting technique. Low drives, chip, curl etc.
- The forward must try and round the keeper 1 on 1.

Coaching Points

- Keeper to be on toes all the time
- Anticipation & awareness
- Footwork - agility & flexibility
- Starting position
- Saving technique

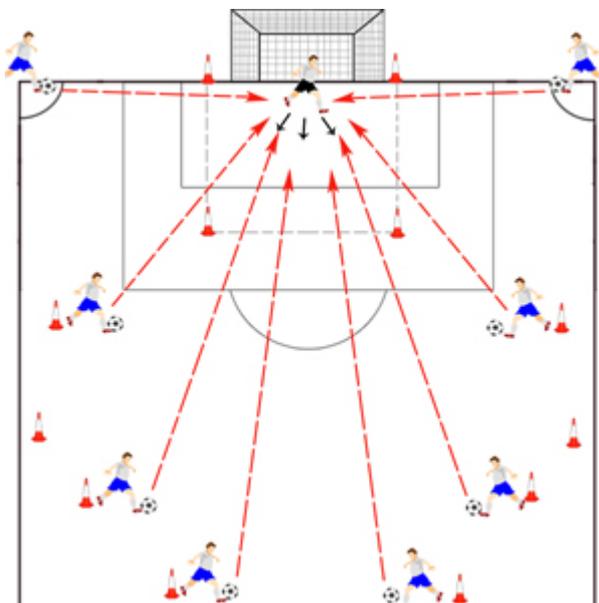
Drill 10 – Goalkeeping – Catching & Throwing

Aim: To improve Goalkeeping techniques

Suitable for: U10's and upwards

Equipment: Marked area, cones and balls

Organization: Play is set up as in diagram using one goal, one GK, 8 players with one ball each. In order starting left to right the serving player hits a lofted cross in to the marked zone in the penalty area. The GK must come with confidence and catch the ball at its highest point. To get the best possible jump, the goalkeeper should jump off one leg and lift the knee. If the GK collects the ball they must move towards the edge of the box and throw the ball towards the cones, simulating a fast break attack.



Progressions:

- Randomly number the servers so the GK does not know which direction the next cross is coming from.
- Place a forward in the marked area to try and get on the end of the crosses

Coaching Points

- Keeper to be on toes all the time
- The goalkeeper should jump off one leg and lift the knee
- Anticipation & awareness
- Footwork - agility & flexibility
- Starting position
- Timing