

GOALKEEPER TRAINING - EASY BUT EFFECTIVE DRILLS

TRAINING YOUR GOALKEEPER

THE WARM-UP - How to warm up and prepare Keepers before the game.

Things a Parent/Coach can do - Warming Up the GGs Way:

- warm up and stretch: try to include dynamic stretching
- Simple 1 touch passing starting on the goal line and working up to the 18yd box
- Drop kicks/Volleys to the keeper first at chest level, then variations (e.g. Rolls, bouncing balls, high balls) -no diving at this point
- Diving
 - Bum on the ground - 10 balls mid-air, 10 balls rolled
 - 6 Dives from feet (ball mid-air)- throw approximately 1 arm width away from the child, if they catch this easily then throw a little further
- Crossed balls in from 20-45 degree angles from left and right sides
- Shots from the 18yd line (depends on age of keeper)
 - Start with easy shots directly at the keeper -high balls, low balls then once comfortable, challenge the keeper - "shoot to score"
 - NOTE: If you have 2 keepers, you can combine 5 and 6 and do cross, shot, cross, shot. This teaches the keeper to adapt and change their position.

Finish with the keeper practicing some goal kicks and dropkicks to a target standing out on the field (accuracy is important).

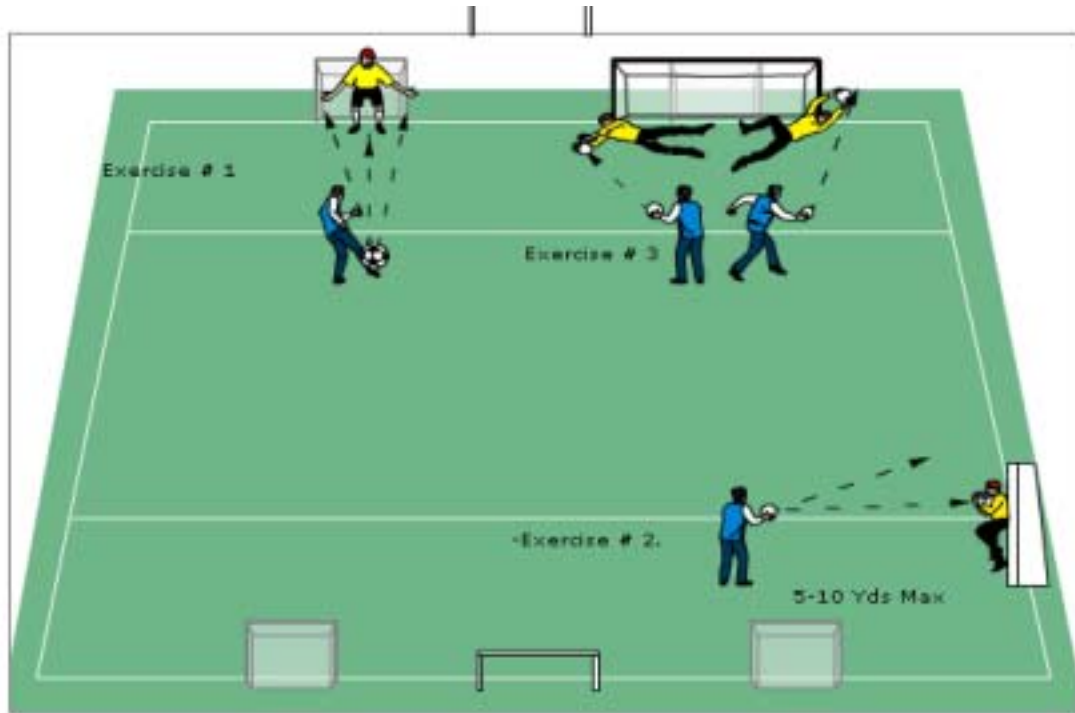
Encourage and motivate your Goalkeeper throughout this warm up to get them psyched up for the game - especially when they make a great save. Also make sure you give them some challenging shots - they shouldn't be able to save everything, they need a good warm-up.

The following are a series of drills/activities that are easy but effective that an assistant coach or parent could perform without a lot of keeper knowledge..

WARMUP & STRETCH - Include Dynamic (Bouncing type movements) Stretches

- **Use a trainer (assistant coach/parent) to work with the keeper doing keeper drills and training and to warm up the keeper 30 minutes prior to all games.**

EXERCISES/DRILLS:



1. One (1) touch passing (2 touches if needed depending on caliber of players)

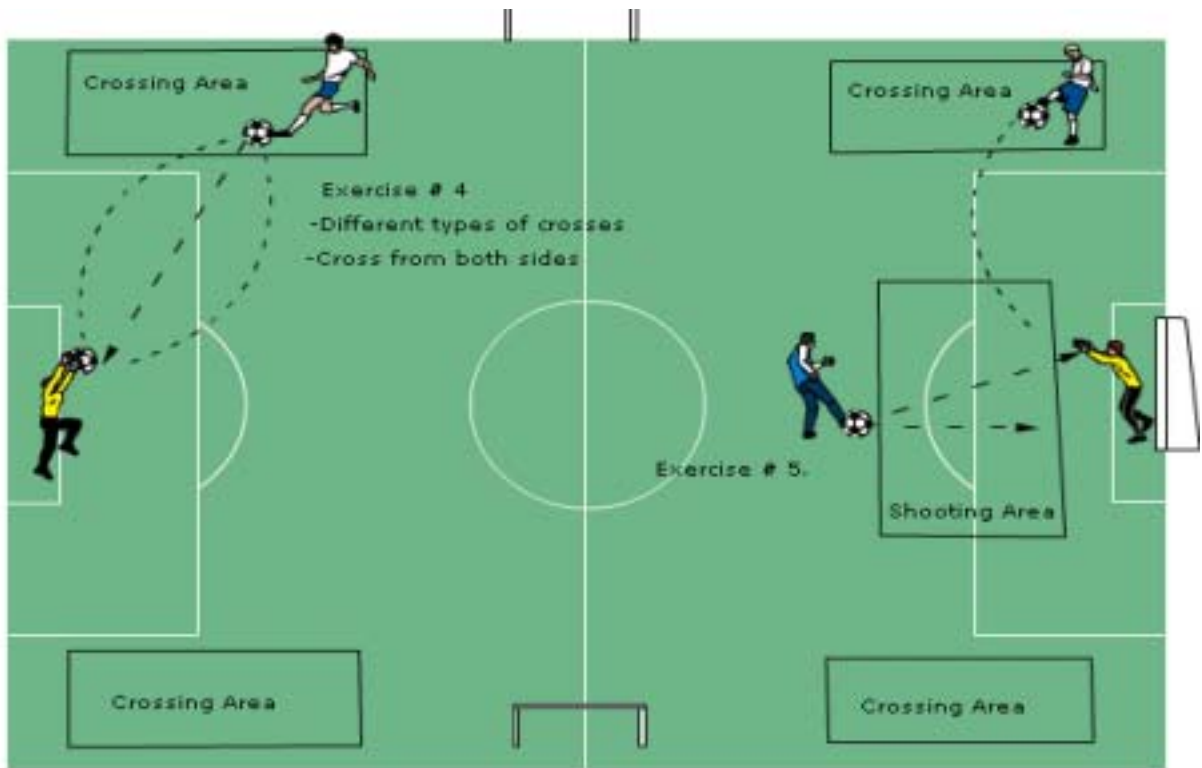
- Start at top of 6 yd box
- First few passes at the keeper and then pass top each side. Progress to random side passing.
- Slowly move back towards while passing as keeper now comes off their line to make the save

2. Drop-Kicks/Volleys To Keeper

- With keeper in the ready position, the trainer throws or volleys the ball to the keeper who either throws/dropkick/volleys the ball back to the trainer.
- Emphasis on accuracy by the keeper

3. Diving

- 10 mid air throws (5L/5R)
- 10 rolled balls (5L/5R)
- Throw to the outstretched distance of the keepers arm
- Keeper must dive "Forward" at 45 degrees – not backwards



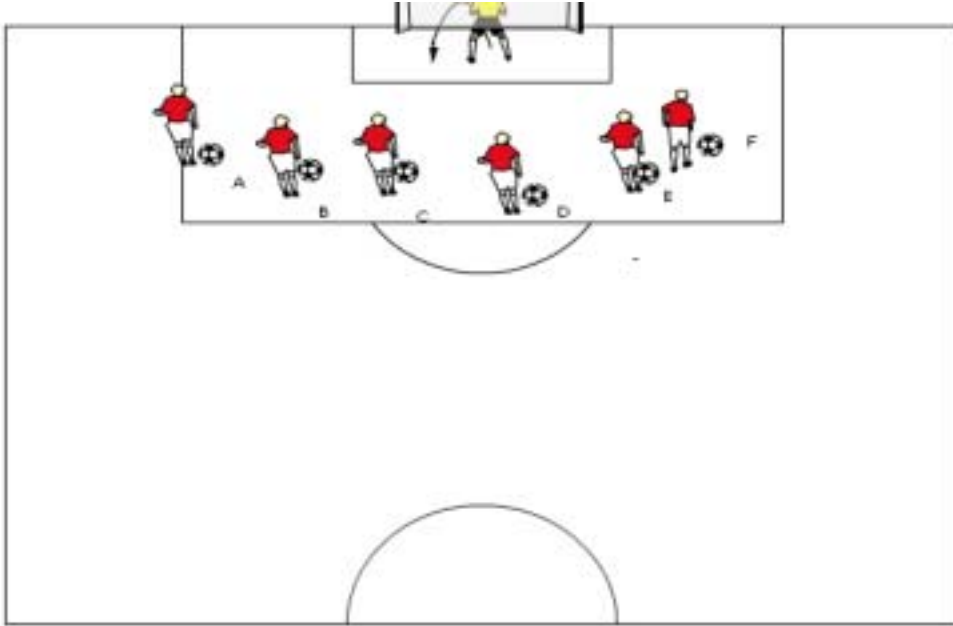
4. Crosses

- Keeper must jump to take the ball at the highest point possible

5. Shooting (Combining 4 & 5)

- Give the keeper time to throw the ball back (accuracy) and to get set for the next play (this is not a fitness activity)

ANGLES



Set-up

- Have the keeper facing backwards with eyes closed.
- Shooters line up in a semi-circle with a ball each..

Sequence

- Trainer chooses a shooter (a-f) ball. The keeper knows who is shooting.
- Say a trigger word (e.g. apple) and keeper turns around, adjusts for a quick shot

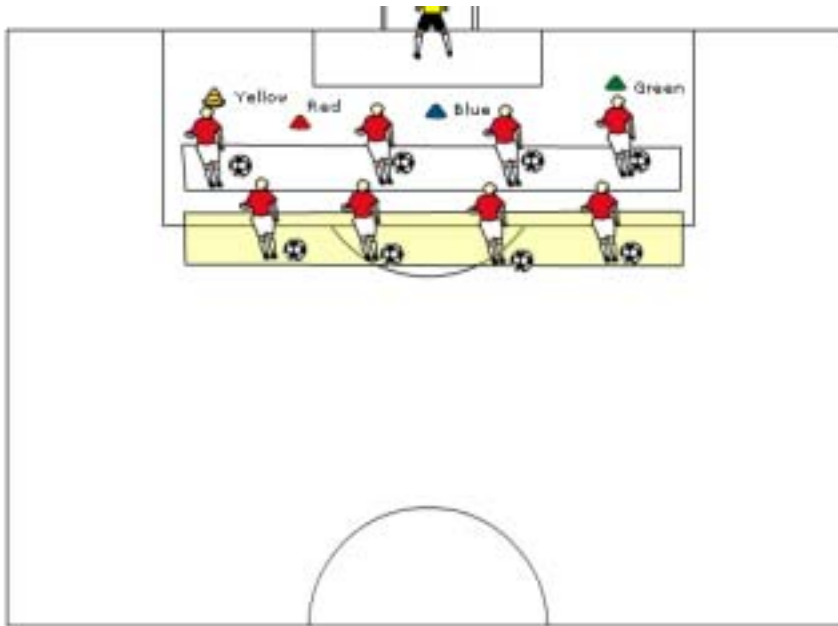
Variation

- With 6 balls, 1 at each cone and a minimum of 2 servers, call out the number of a ball (1-6) and keeper faces shots from that angle

Coaching Focus

- If you see that the keeper is not positioned correctly, switch positions with the keeper and have the keeper position you

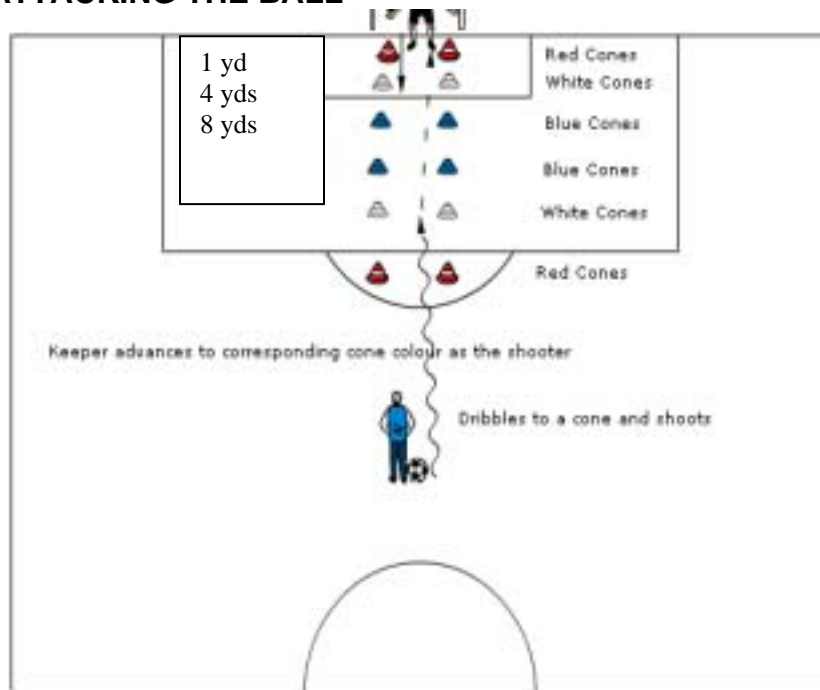
PERIMETER SHOOTING



Set-up

- Drop 4 different coloured pinnies or cones as shown (this can be done for reaction saves or longer shots)
 1. Reaction Saves – Kneel Down:
 - a. With 2-3 balls available, call a colour and the keeper touches that pinnie/cone and then must dive/react top save a ball
 - b. Do 10 and rest
 - c. Repeat 2-3 times
 2. Longer Shots
 - a. Same as above but this time the shot comes from 14-20 yds
- This can be done with more than one keeper by rotating through

ATTACKING THE BALL



Setup

- As shown

Sequence

- Trainer starts outside of 18 yd box and dribbles to one of the 3 sets of red, white or blue cones/markers to shoot
- As shooter moves closer to shoot GK should also move forward to the corresponding colour cone/marker

TIPPING & PUNCHING

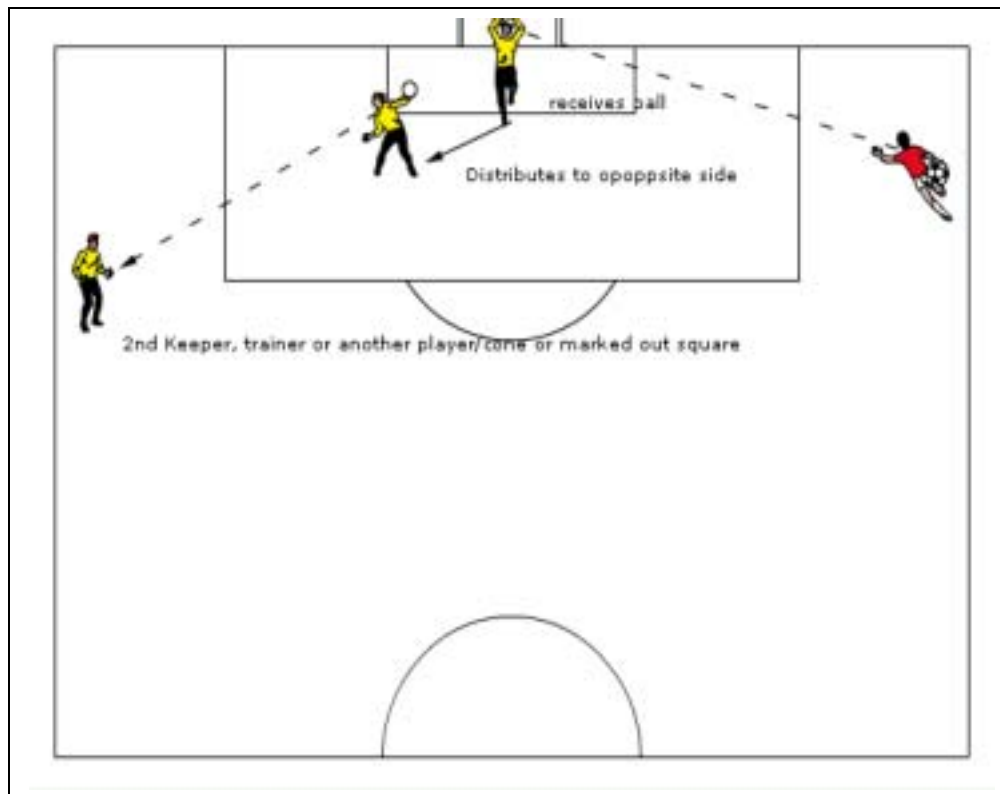


1. GK runs out to trainer, touches the ball and the backpedals . and tips the thrown ball over the net
2. Once keepers are comfortable the trainer can move to a 45 degree angle position while the GK starts at the centre of the goal

SHOOTING DRILL (No Diagram)

- Variety of shots from the team from around the 18yd box. Distance will vary with age and ability of GK

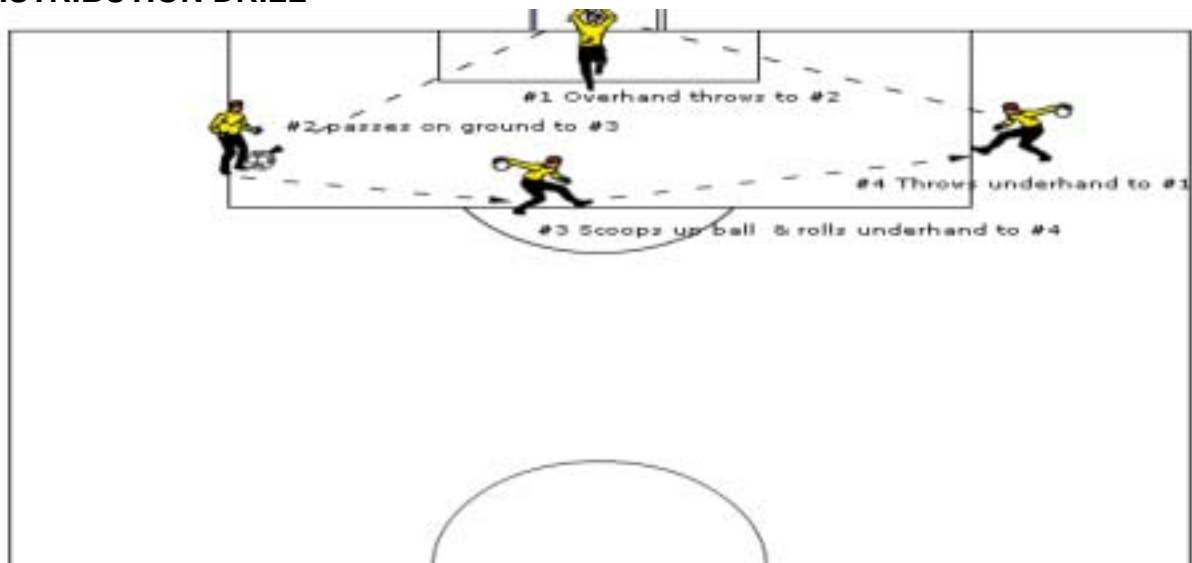
CROSSING & DISTRIBUTION



SEQUENCE

1. Ball is crossed to GK who catches and throws a 2nd keeper or trainer positioned on the opposite side
2. Distances will vary with age and abilities of the players
3. Switch sides

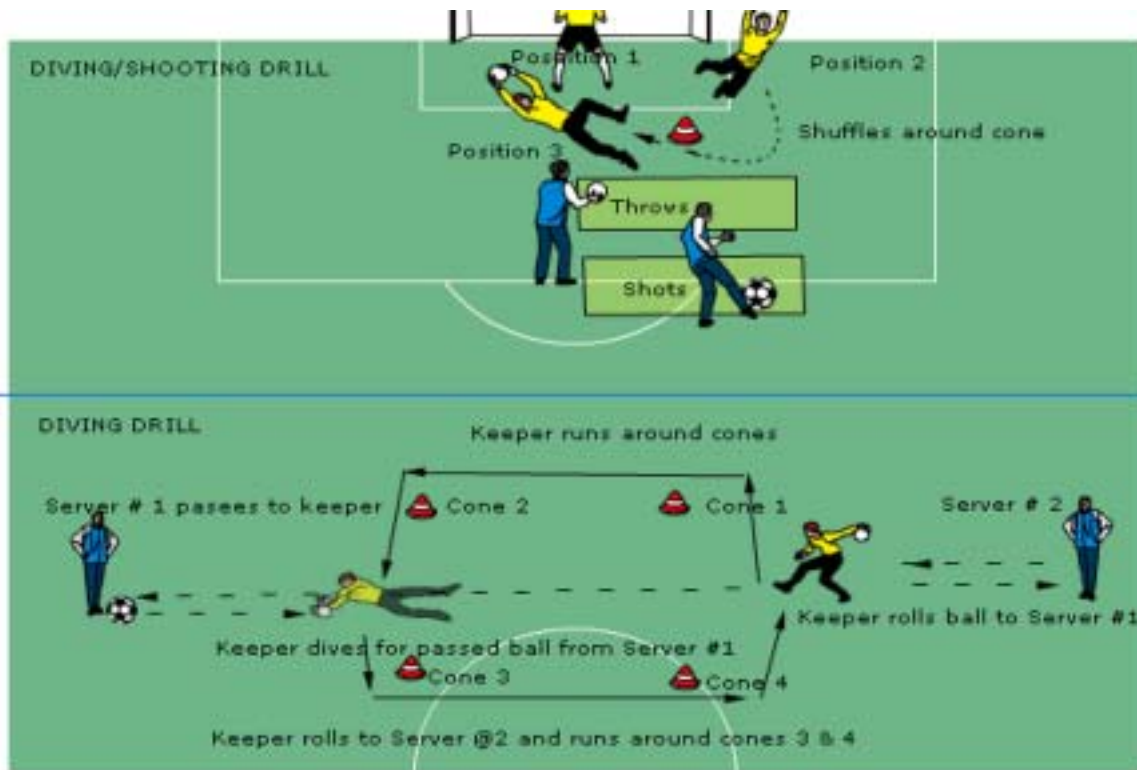
DISTRIBUTION DRILL



SEQUENCE

- GK1 receives high ball from GK4 and throws underhand to feet of GK2
- GK2 receives ball using feet only and passes on the ground to GK3
- GK3 scoops up ball and rolls underhand to GK4
- GK4 flicks the ball up to hands and underhand throws a high ball to GK1
- GKs follow their ball and switch positions

DIVING & SHOOTING



DIVING DRILL

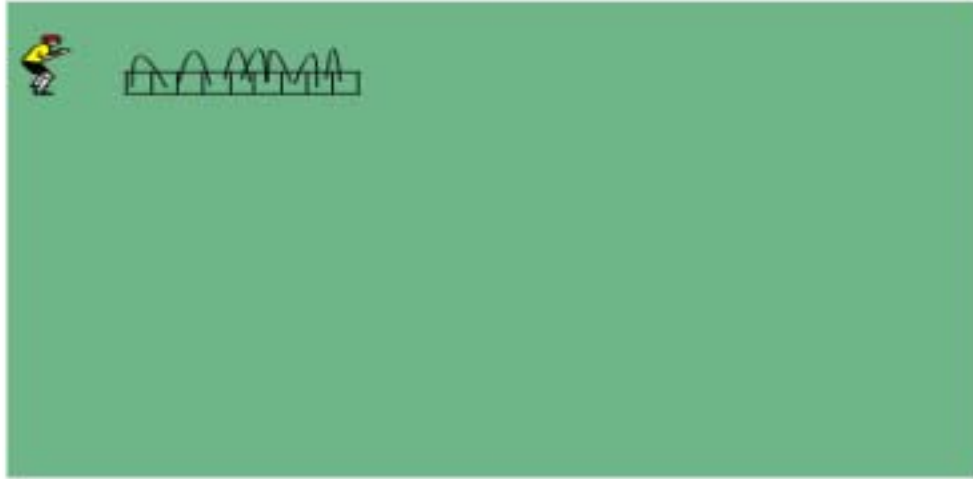
- GK rolls ball to Server #1 and runs around two cones (cones 1 & 2)
- After rounding cone 2 Server #1 passes in a firm ball so that the GK must dive for it
- GK collects the ball and rolls it to Server #2
- GK runs around cones 3 & 4 and after rounding cone 4, Server #2 passes a firm ball so that the GK must dive for it. The GK collects the ball and rolls to Server #1 and starts the drill again
- Rotate GKs after a set number of circuits (e.g. 6 times)

DIVING/SHOOTING DRILL

- GK starts facing backwards and on the command jumps to touch the crossbar
- Upon landing GK still facing backwards makes a dive to one side
- GK then turns and shuffles around the cone
- After rounding the cone the trainer throws a ball so that the GK must dive for it
- Progress to shots from further out
- Can mix up shots and throws as throws are usually more accurate

LADDER WORK

- Improves footwork which is very important
- GG keepers use this at the start of every practice
- Cones may be used placed 1 foot apart instead of ladders. Use 15 - 25 cones



SEQUENCE

- 1 foot in between each cone
- 2 feet between each cone
- Facing right/left 2 feet in between each cone
- Shuffle between cones
- 2 feet in, 2 feet out
- Skip 1 space
- Jumps turning 180 degrees each time with a soft landing
- Right/left foot hops
- 2 forward, 1 back

COACHING FOCUS

1. Look for power
2. Use of arms – pumping action