





### Footwork Drills:

- **Footwork to cones** (20 min)  
Players in pairs, each pair with two flat cones. Place cones 6 paces apart. Players face each other across an imaginary line between the two cones; one player is the leader, the other is the follower. Leader uses good footwork and attempts to touch just outside either of the cones before the follower can touch just inside; if they are successful, they get a point. After a set length of time (30 sec for younger players, 60 sec for older), rest, and then switch leader and follower. Winner has the most points after the two rounds. Rotate winners so players get different match-ups.  
 Keep shoulders square. Do not stretch for the cones -- keepers should use quick footwork to get all the way behind the cone. Use the crossover step to accelerate away from the follower. This is an exhausting drill, so allow a good amount of time between rounds for rest.
- **Warm Up Hands** (5 min)  
Now we get the goalkeeper's hands involved. Again in pairs, with a ball, players simply shuffle back and forth over about 10-15 yards tossing the ball back and forth. Simple throws for the first couple of minutes, then have the players intentionally throw the ball just off to the side of the other keeper.  
 Don't allow poor hand position on catches. Adjust shuffle steps so the body is behind the ball; even if the keeper has to reach for the ball, they should quickly use the feet to get the body behind it.


### Positioning Drills:

- **Color-Coded Shots** (20 min)  
Place four differently-colored cones, pinnies or other objects in an arc around the goal, about 16-18 yards away from the goal. At least one should be at an acute angle close to the goal line. At each cone, there is a shooter and several balls. Keeper starts at one goalpost. The coach calls a color. The keeper must quickly find that color object, get in good position along the arc, and make the save. Coach calls next color, and so on until the keeper has faced four shots. Then rotate keepers. First time through, have the shooters evaluate the keeper's position and help adjust them if they are not properly positioned. The second time through, the color call and the shot come immediately after the previous save. If the shooter thinks the keeper is out of position, they should try to take advantage of it.  
 Make sure the keepers check the posts as they move to be sure of their positioning. Keepers need to be off the goal line and outside the near post, along their arc. Footwork comes into play here too; the keeper should try to be in proper position *before* the shot is taken, if possible. Don't hesitate to "freeze" the keeper after a shot and correct their position if necessary.
- **Follow the Bouncing Ball** (15 min)  
This is similar to Color-Coded Shots, except now the keeper must track a moving ball. Put 3-4 players in a similar arc around the penalty area, and one keeper in the net. There is one ball. Players pass the ball around the arc; the keeper must use footwork and positioning to track the ball. At any point after 3-4 passes, a player may elect to take a shot, particularly if they feel the keeper is out of position. Each keeper saves three or four shots, then rotates out.  
 Similar coaching points to the previous exercise. The field players should try to quickly move the ball side-to-side to try to get the goalkeeper out of position.

### Catching Drills:


#### **One-Handed Catches** (10 min)

One handed catching is a good way to reinforce using the arms to cushion the ball. In pairs, players toss the ball back and forth using just one hand to catch and throw. Throws should be about head high, catches made with fingers pointing up. Work the weak hand as well as the strong hand, then have them throw to either hand. Move the keepers apart until it is not always easy to make a clean catch, then challenge them to see how many consecutive one-handed catches they can make.

 Again, this should be a very quiet activity. The arm should be extended and the elbow should bend to take the pace off the shot. Make sure they don't forget to keep their feet moving to adjust body position if necessary.


#### **Triangle Goal Game** (20 min)

This introduces more movement into the session and we add balls served off the ground. Place three cones or [coaching sticks](#) in an equilateral triangle with sides about 6 yards long. 10 yards from each side of the triangle is a server with balls; one keeper is in the triangle. The keeper moves out beyond the cones or sticks to face the first server, who strikes the ball at the keeper. The keeper then quickly moves to the next side of the triangle and saves a shot there, etc. You can do this as a timed activity (who can make the most saves in two minutes) or a counted activity (most saves per a fixed number of shots faced).

 The keeper needs to move quickly from one "goal" to the next, finding good position and being ready to face the shot as soon as possible. Ask servers to vary their shots -- on the ground, low or high (but not over the keeper's head). Don't let the fact that the keeper is moving keep them from using proper hand position and getting their body behind the ball.

#### **Standing, Volley Serves** (10 min)


Now stand the keeper up and make more straight-on saves off a volleyed serve. Make the serves harder as you go.

 Don't let the keepers step backwards to take pace off the ball. They must, if anything, step forwards, and let their arms do the cushioning.

### Diving drills:

#### **Sit/Kneel/Squat/Stand** (15 min)


Keepers in pairs, one is the server. Other keeper is sitting about 5 yards away, legs out in front of them with knees slightly bent. Server rolls a ball to the side of the keeper; keeper has to go over onto their side with proper diving position to make the save, then give the ball back to the server who serves it to the opposite side. Each keeper takes 3-4 serves to each side, then switch places. Then the keeper moves to a kneeling position. Again, server rolls 3-4 balls to each side and keeper goes over to make the saves. Next, keeper goes to a squatting position. This time, add a small "step" (here just a small movement of the foot) towards the ball before going over to field the rolling ball. Finally, make 3-4 saves to each side from a standing (low, knees bent) position. Then, do the whole sit/kneel/squat/stand progression again, this time with the server softly tossing the ball in the air at about keeper's shoulder height for sitting/kneeling/squatting and about waist height for standing.

 All this really should take only 10 minutes unless you are working with young or inexperienced keepers who need lots of correction. A series of 3-4 serves on each side to one keeper should only take 20-25 seconds if they are working hard. Make sure the keepers go forward to the ball, even when sitting and kneeling. When squatting and standing, make sure they step towards the ball. This is a key -- don't let them get away with no step! And it should be a *step*, not a fall onto one knee. Make sure they finish in good position, on their side square to the ball, ball (and arms) out in front and top leg up for protection. Make sure they reach out to the ball, so the elbows stay out and don't get caught under the body when they land. Finally, make sure they finish with their body square to and behind the ball, not on top of or rolling over it.

### Breakaway Drills:

#### **1vK in Lanes** (15 min)

Use cones to mark lanes 6 yards wide and about 25 yards long. Attacker starts at one end with a ball; keeper starts at the other end. The attacker has 15 seconds to try to dribble over the far end line; the keeper must prevent the attacker from reaching the end line by holding them up for 15 seconds or forcing them out of bounds over the side of the lane. The keeper may use their hands and must stay on their feet. If the goalkeeper can get the ball with their hands, they may knock it back a few yards but cannot pick up the ball or knock it out of bounds.

 Use good close-down technique and close quickly; the sooner the keeper closes the attacker the less further the attacker has to go. Quick side-to-side footwork is needed to stay in front of the attacker, specifically using the fast crossover step if the ball carrier starts to get around the corner. The keeper needs to stay in a low crouch with hands near the ground, and must maintain this position

