

PHASE 1



ACTIVITY & ORGANIZATION

- Two sided saves-keepers in groups of 3
- Two cones 6 yds apart and one keeper stands in the middle and the other two are 8 yds away each side of cones "goal" with balls.
- Keeper faces one player who shoots a ball at keeper who makes the save.
- While keeper is making the save the other shooter is moving their ball to a new position and then shoots.
- After the save, keeper must turn, get in good position and save the shot from the second shooter.
- Each keeper makes 5 successful saves and rotate.

KEY COACHING POINTS

- Encourage shooters shooters to serve balls from all angles.
- Keepers should check posts real quick to get in proper position.
- At narrow angels keeper's should be outside their near post.
- Keeper's should move off of the goal line to make the save
- High intensity and end on a positive note
- Players should hold each other accountable

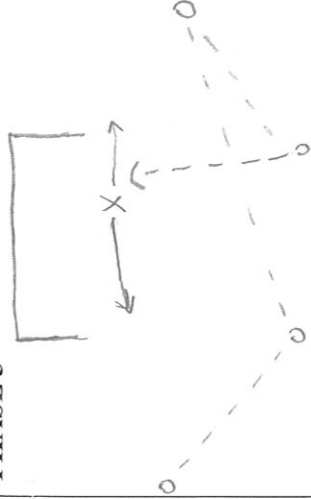
PHASE 2



- Place 4 differently colored cones, pinnies in an arc around the goal 16-18 yds away from goal with at least one close to goal line.
- At each cone there is a shooter and several balls and keeper starts on one goalpost.
- Coach calls a color and the keeper must quickly find that color object get in good position along the arc and make the save.
- Coach calls next color until keeper has saves all 4 shots and rotate.
- 1st time through have shooters evaluate keeper's position and help adjust them.
- 2nd time through have color call and shot come immediately after the previous save.

- Keeper's should check posts as they move to be sure of their positioning. Keeper's need to be off of the goal line and outside the near post along their arc.
- Footwork comes into play here too: Keeper should try to be in correct position before the shot is taken.
- Freeze the keeper before the shot if positioning is incorrect.
- If keeper is out of position shooter should take advantage of it
- End on a positive note

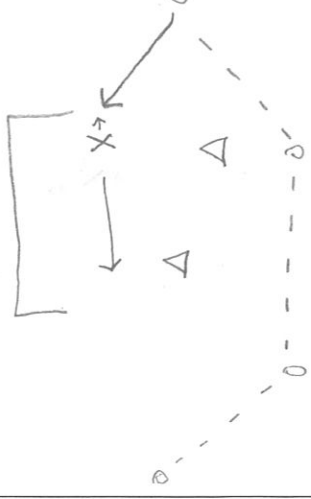
PHASE 3



- 3-4 players in an arc around the penalty area and one moving ball and keeper in net
- 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 3-4 shots and rotates.

• Similar coaching points as above

PHASE 4: THE GAME



- Take the following drill above and know add defense
- Defense must pressure the ball but not tackle it away or intercept it.
- This adds match related condition to the exercise.

• Similar coaching points as above

Topic: GK: Positioning ✓/✓ 3
Age Group: U11-U18 Boys and Girls
Date: