

1. Practicing the Basics:

- Training Bounce - toes stay on the ground, heels move slightly up and down, feet inside shoulder width apart, ready to move at any second.
Never flat footed.
Not big bounce.
- Set Position - hands out and up in front of body, knees bent, weight forward, ready to receive the ball.
- Set Position (Steal Ground) - set position, but take a quick step forward to cut down the shooters angle.

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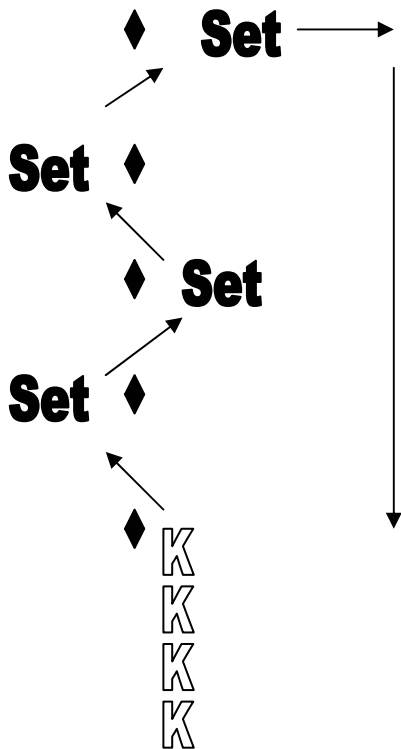
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Coach

- Three keepers after stretching 2 yards apart in training bounce.
- Coach steps up to strike ball.
- Keepers eyes watch coaches foot.
- When foot comes into contact to strike ball keepers move into set position.
- Coach can strike ball at one of keepers every other time to keep them prepared at all times.

2. Diagonal Shuffle:



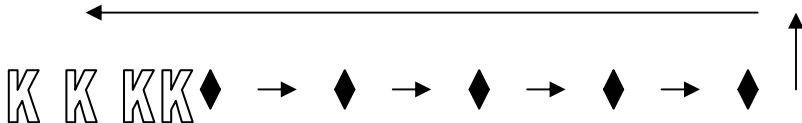
- 3 to 4 keepers in a line with 5 cones set 1-2 yds apart.
- Keepers facing forward.
- First keeper diagonal shuffles with feet together through first 2 cones.
- Once through cones stops briefly in set position.
- Moves diagonally back through 2nd and 3rd cones – set position. Continue to end.
- Once finished backpedal to end of line.
- For balance feet should be shoulder width apart and hands should be up in set position and down when shuffling. (Up-down-up-down-etc)
- Keepers should work on technique first and speed will develop.

The diagram illustrates the Set Cover problem. At the bottom, a large set **A** is shown. Above it, several smaller sets are represented by the word **Set**. Some of these sets are connected by arrows, indicating a sequence or relationship. The diagram shows how a collection of sets can cover a larger set **A**.

- 3 to 4 keepers in line.
- Keepers facing letter A in diagram.
- From first set position side shuffle to LEFT and set, back and set LEFT and set, forward and set, etc. until end.
- Once complete crossover to the RIGHT back into line.
- Trail foot always comes across in front of lead foot.
- Reverse drill and move through cones to RIGHT, crossing over back into line to LEFT.

4. Footwork over Cones:

Backpedal



- 3 or 4 keepers in a line. (cones 1 to 2 yds apart.) (♦ - cones)
- a. Jump over cones with 2 feet pulling knees to chest every jump.
- b. Jump over cones with one foot - LEFT foot only knees to chest.
- c. Jump over cones with one foot - RIGHT foot only knees to chest.
- d. Jump over cones with one foot – Alternate Right – LEFT every step knees to chest.
- e. Jump over cones with 2 feet – 2 cones forward-1 cone backwards, 2 cones forward-1 cone backwards, etc
- When cone line is complete, keepers should move to side and backpedal to end of line.
- Wait until the keeper in front of you as finished forward motion before next keeper goes.

5. Coaching Basic Keeper Catches:

A. Scooping Ball Up at Pace:



- 4 – 6 keepers in two lines facing each other 10 – 20 yds apart. (1 ball)
- Keeper with ball rolls ball to keeper facing him.
- Receiving keeper runs on to ball scooping it up on the run and stepping to the side before running into the serving keeper. Serving keeper is to run straight at receiving keeper and continue a run straight to other line.
- Keepers are to bend knees slightly, feet shoulder width apart, and hands a couple of inches in front of feet, scoop ball, and step to the side.
- Make it a game. Serving keeper maintains straight run but tries to tag receiving keeper on way past.
- Every time serving keeper tags another keeper they get a point.
- Every time receiving keeper avoids a tag they get a point.
- Drill should be fast and continuous.

B. Collecting Ground Balls (Keeper Stationary):

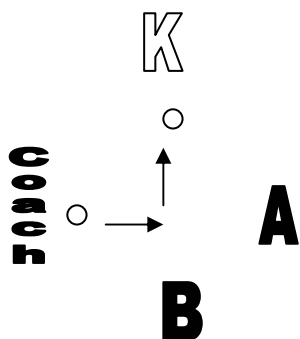


- Even # of keepers paired up, 10 yds apart with one ball per pair.
- Keeper with ball rolls ball on ground to other keeper.
- Receiving keepers should bend knees slightly, feet shoulder width apart, and hands a couple of inches in front of feet with fingers pointing toward ground.

- Allow the ball to hits hands, bend elbows and bring ball up and to the chest.
- Make it a game. If ball hits toes, gets past keeper, or is bobbled, serving keepers gets one point.
- Have the keepers work each other hard once they get technique down.

C. Basket Catch:

- technique – set hands (waist level) fingers down, ball caught in wrist and rolled into belly. With arms and hands parallel to one another **bend over** and allow ball to roll up tracks (arms) into basket.
- Drill – coach beside keeper and slightly in front of keeper turned at 90° angle.
- Keeper in training bounce, coach slaps ball to symbolize shooter striking ball, keeper gets in set position, then coach carries ball with pace into keepers waist. Keeper hands the ball back, Again, Again, etc. Do 10-20 repetitions in a row, then switch keepers.
- Coach facing the letter A and keeper facing the letter B in diagram.
- Arrows show ball movement to keeper.



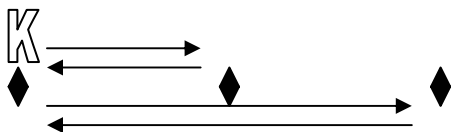
D. Contour Catching:



- Get kids used to holding ball, stiff thumbs touching at tips, wrap hands around the ball.
- Don't let hands give when keepers are catching ball.
- Drill –
- Keeper on knees 5-10 yards from the coach with ball. Hands to sides.
- Coach serves ball with throw.
- Keeper gets hands behind ball in contour position, catches ball, holds the ball to exhibit control, then throws ball back to coach.
- Keepers eyes should follow ball from coach all the way to their hands.

- Have another keeper watch eyes to make sure that they are following ball.
- Works balls to keepers chest to start, then move to sides and over head.
- Keeper may have to fall down on side if ball is too far to the side. Hands still should be in the contour position.
- When technique improves coaches can drop kick and volley balls to keeper.

6. 3 Cone Drill:



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Coach

- Keeper starts by touching first cone.
- Move to middle cone – back to first cone – move to second cone – move back to first cone – complete it again a second time. Next keeper goes.
- Keeper uses crossover shuffle (shuffle with feet coming together in short distance – crossover with trail foot in front of lead foot over long distance).
- Keeper should be looking forward at coach the entire time.
- Once all keepers complete 3-5 runs one direction switch to the other side and run through it again.
- Now incorporate the ball.
- Keeper will receive four shots each time they go.
- 2 each at the middle cone and 2 each at the last cone.
- Keepers must get into the set position when they reach the cone watching the coach strike the ball to prepare at the correct time.
- Once keepers get comfortable with the drill you can make the keepers dive to the side to save ball each time.

7. Shooting Readiness:

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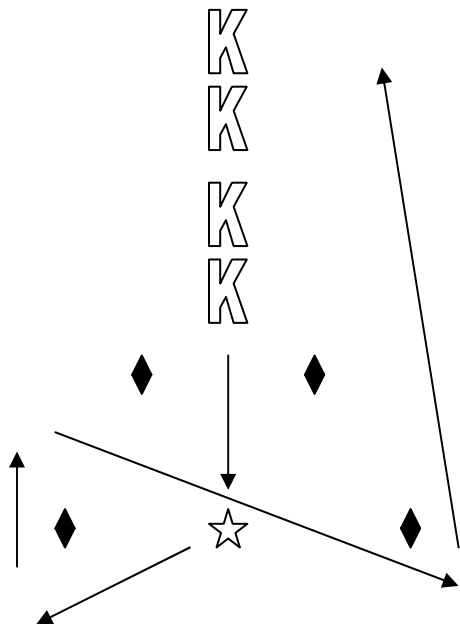
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Coach

- 3 keepers, a server, and 2 balls.
- Keepers in training bounce.
- Coach strikes first ball at one of the keepers.
- All three keepers get in set position.
- One keeper makes save and holds ball to exhibit control.
- Coach strikes second ball at one of the other keepers who both move to set position.
- First keepers rolls first ball back to coach.
- Continue play until keepers begin to get tired.
- Give them a brief rest period and go again.
- Once coach and keepers get used to the drill go faster.
- Determine distance and pace of shot based on age and experience.
- Have extra balls waiting behind coach so drill is continuous.

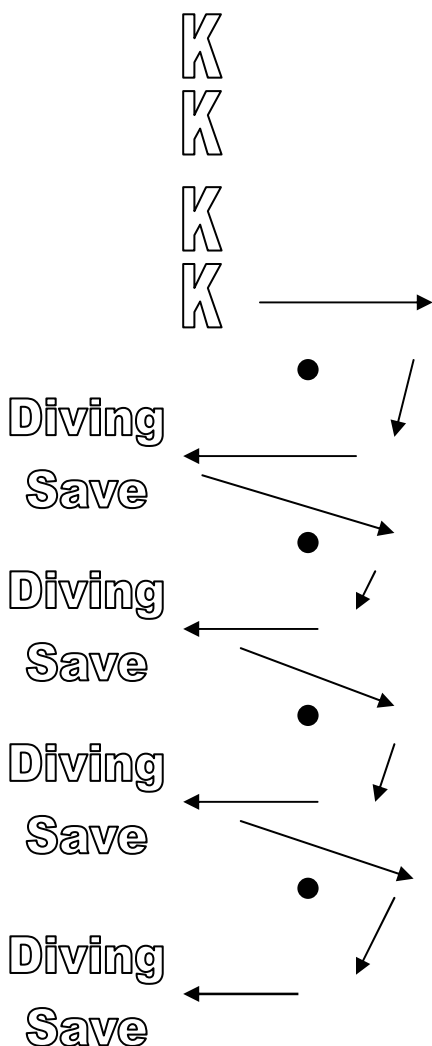
8. Figure Eight & Fighting Through Traffic to Make the Save:



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Coach

- 4 to 6 keepers lined up.
- Start with footwork only so keepers get used to motion of drill.
- When first keeper comes out to ☆ position, they begin figure eight, facing forward looking at coach the entire time.
- Second keeper starts run when first keeper moves from ☆ position.
- Once figure eight is complete, backpedal to the end of the line and run through it again.
- Once keepers are comfortable with runs add a shot.
- Keeper comes out to ☆ getting in set position and stealing ground to cut down shooting angle.
- Coach strikes ball so that save is made at ☆ . (10 to 20 yds away)
- After shot is saved, roll ball back to coach and move through figure eight.
- Second keeper steps forward as first starts figure eight. Second keeper must fight through the screen to make save.
- Second keeper rolls ball back to coach and starts figure eight.
- Third keeper moves forward to set position stealing ground.
- Continue through until keepers are tired.
- Give them a break and go again.

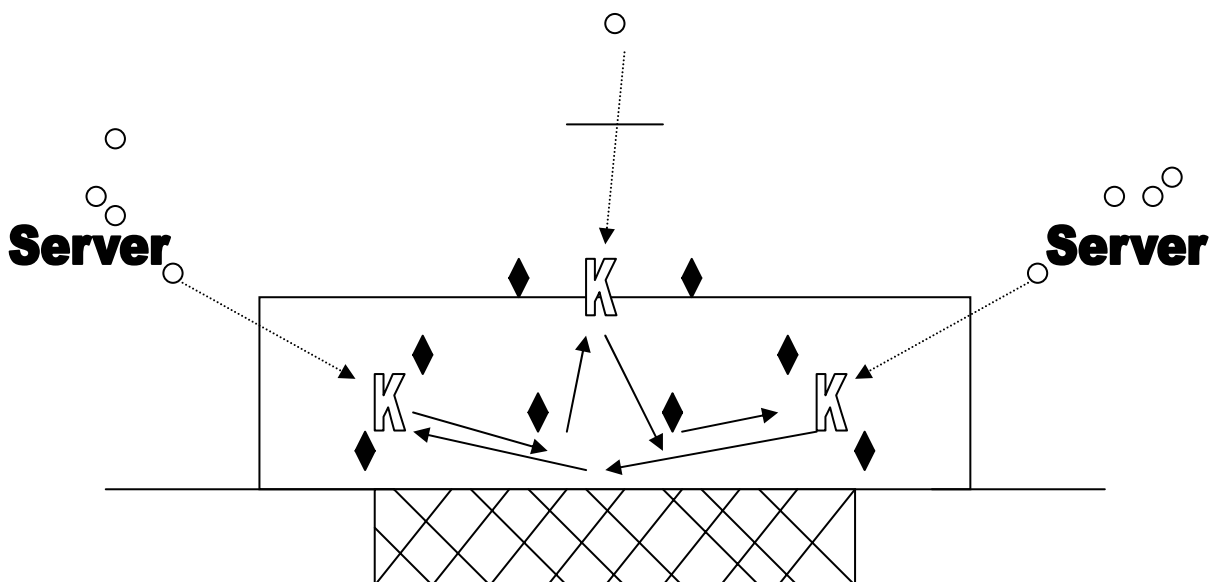
9. Diving Saves Using Coaches Sticks:



- 4 to 5 keepers in a line.
- Use old corner flag poles without flags for coaching sticks (●).
- Keeper moves around first coaching stick using footwork falling to RIGHT making save using basket catch.
- Coach strikes ball when keeper is in line with sticks making keeper make a diving save to the RIGHT.
- Gets up after first save, moves around second coaching stick using footwork falling to RIGHT making save using basket catch.
- Continue through all 4 coaching sticks before backpedaling to the back of the line.
- Each keeper should go through 3-5 times before moving to the LEFT side.

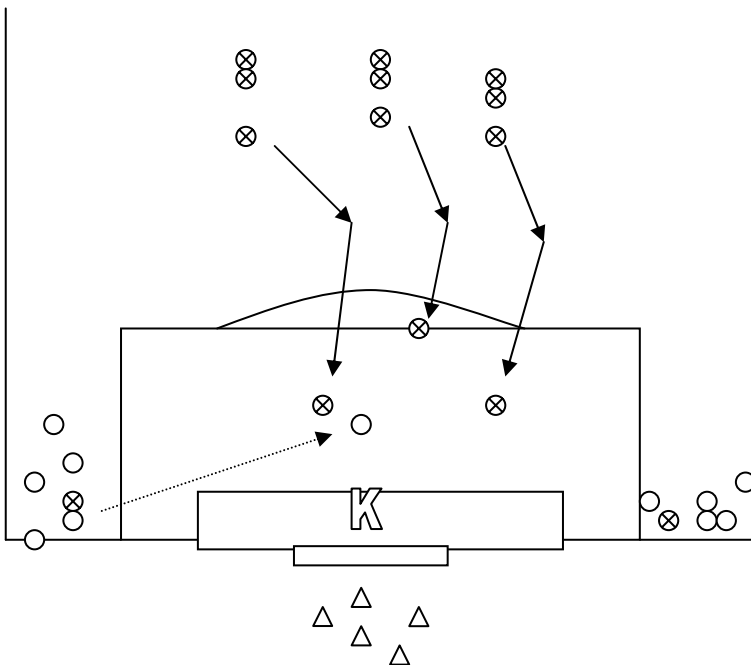
10. Proper Positioning in the Goal:

Server



- This drill works 3 keepers at the same time using 3 servers to shoot balls on the goal.
- It forces the keepers to use proper footwork to come across the goal to cut down a shooter's angle from different shooting positions.
- Set up 8 cones (◆). 6 will form mini-goals and 2 will be used for the keepers to run around so that they understand the proper way to get in position as quickly as possible.
- Start with one keeper in each mini-goal in training bounce position and 3 servers in the positions diagramed above.
- Play begins when all 3 servers strike balls at keepers in mini-goals.
- As servers, your job is to make the keeper work, but you are not trying to score, yet!
- Keepers drop to set position, make the save, roll the ball back out to the server and move to the next position.
- As the keepers arrive at the next mini-goal the server is getting ready to strike the ball.
- When all 3 keepers arrive to the mini-goals and position themselves in the training bounce, all 3 servers again take shots.
- Continue exercise until keepers are tired. Give them a break and then go the opposite direction.
- Once the keepers get used to the drill, make it a game.
- Give 3 points for each goal (between mini-goal cones and in the back of the net) and give keepers 1 point for every save.
- When you get to this point it helps to have 3 to six extra players. 3 to count score (1 at each goal) and 3 to shag balls so a keeper does not get hurt and the drill is continuous.
- Set up a number, ie. 21. The first team (servers or keepers) to 21 wins.

11. Keeper Positioning from Flank Service:



- Keeper starts at near post as if striker has reached the endline and is getting ready to cross.
- Server sends ball to near post run at PK OR 18 run OR far post run at PK.
- Keeper must shuffle and cross over to get in position.
- Have keepers work on getting into position with one striker (⊗) attacking them first and getting in a set position before the shot.
- After keepers get more comfortable with their role, add two or more runs and one or more defenders (Δ).
- Keepers job is to yell one of 3 things to defenders; Keeper, Away, or Out.
- Make it a game.
- Give keepers and defenders 1 point for every save.
- Give attackers 3 points for every goal and 1 point for every shot on net.