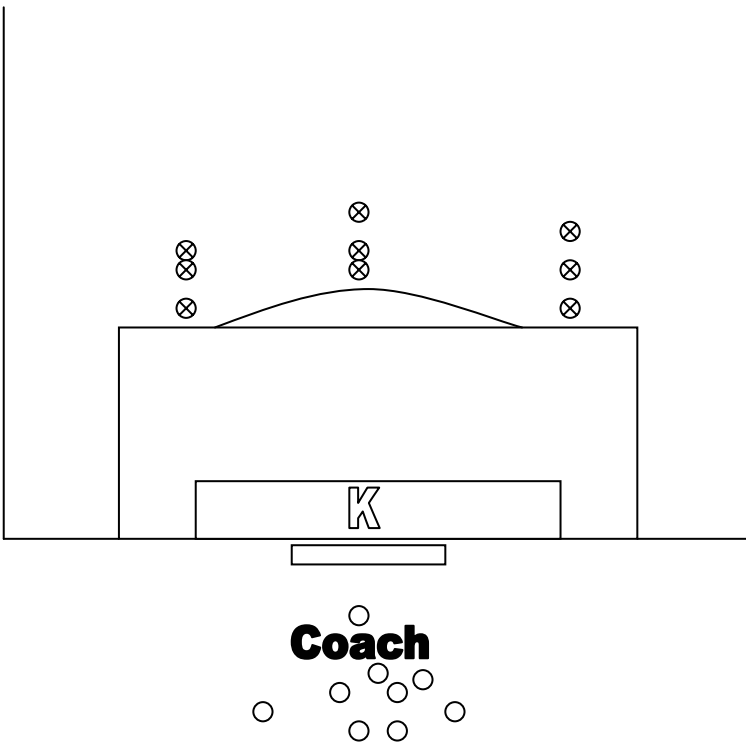


1. Shooting and Goalkeeping Reaction Time:



- This drill is set up to work both strikers and goalkeepers.
- It helps build quick control inside the box for strikers and improves reaction time for keepers.
- Set up 3 striker lines just outside the 18.
- Goalkeeper kneels down facing the back of the net inside the 6.
- The coach tosses the ball to a striker line then blows a whistle signaling the keeper to turn around.
- The shooter must settle the ball and then shoot quickly to simulate pressure inside the 18 in a game.
- Only allow one touch shots after the keepers have shown their ability to turn quickly and get set to reduce the chance of injuries.
- Variations may include sending a defender to attack the striker as the whistle is blown or adding a second striker.