



# Goal Keeping

## Activity 1: Receiving a rolling ball

Setup: Pair off the players.

Each pair has 1 ball.

The players stand 10' apart from their partner facing each other.

Focus of Activity: Work on the basic form of receiving the ball.

Activity: The partners will roll the ball back and forth. The players should be on the balls of their feet. When the ball approaches the receiving player should have their legs shoulders width part, knees bent, pinky fingers together and thumbs out. The receiving player should be leaning forward slightly and scoop the ball up in front of them and bring the ball up to their chest with their arms wrapped around the ball. When the player scoops the ball their fingers should just barely scrape the ground.

Partners should roll the ball back and forth for 5 minutes.

Additional ideas to increase the difficulty:

Instead of rolling the ball, have the players pass it to each other with their feet.

You then can add a little movement by not kicking the ball directly at their partner.

Note: It is important that a keeper learns to move in front of the ball and not relying on catching the ball on the side of their body. They should work on moving their feet to get in front of the ball to keep themselves between the ball and the goal.

You can also introduce a low bouncing ball.

## Activity 2: Receiving a low ball

Setup: Pair off the players.

Each pair has 1 ball.

The players stand 10' apart from their partner facing each other.

Focus of Activity: Work on the basic form of receiving the ball.

Activity: The partners will toss the ball back and forth about knee high. The players should be on the balls of their feet. When the ball approaches the receiving player should have their legs shoulders width part, knees bent, pinky fingers together and thumbs out. The receiving player should be leaning forward slightly and should use a basket catch with their arms with the ball up in front of them and bring the ball up to their chest with their arms wrapped around the ball.

Partners should toss the ball back and forth for 5 minutes.

Additional ideas to increase the difficulty:



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Instead of tossing the ball, have the players pass it to each other in the air with their feet.

Instead of tossing the ball, have the players use knee high bounces.

You then can add a little movement by tossing the ball directly at their partner.

Note: It is important that a keeper learns to move in front of the ball and not relying on catching the ball on the side of their body. They should work on moving their feet to get in front of the ball to keep themselves between the ball and the goal.

### Activity 3: Receiving a high ball

Setup: Pair off the players.

Each pair has 1 ball.

The players stand 10' apart from their partner facing each other.

Focus of Activity: Work on the basic form of receiving the ball.

Activity: The partners will toss the ball back and forth. The players should be on the balls of their feet. When the ball approaches the receiving player should have their legs shoulders width part, knees bent, their index finger tips should almost touch as should the tips of their thumbs (forms a triangle). The receiving player should be leaning forward slightly and catch the ball in with their hands and bring the ball up to their chest with their arms wrapped around the ball.

Partners should toss the ball back and forth for 5 minutes.

#### Additional ideas to increase the difficulty:

Instead of tossing the ball, have the players pass it to each other in the air with their feet.

You then can add a little movement by not kicking the ball directly at their partner.

Note: It is important that a keeper learns to move in front of the ball and not relying on catching the ball on the side of their body. They should work on moving their feet to get in front of the ball to keep themselves between the ball and the goal.

You can also introduce a high bouncing ball.

### Activity 4: Blocking a high ball

Setup: Pair off the players.

Each pair has 1 ball.

The players stand 10' apart from their partner facing each other.

Focus of Activity: Work on the basic form of blocking the ball.



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**Activity:** The partners will toss the ball back and forth. The ball should be tossed above their partner's head a little too high for them to catch. The players should be on the balls of their feet. When the ball approaches the receiving player should have their legs shoulders width part, knees bent, their hands should be balled into fists. Their hands should be together with the backs of the finger tips touching. The receiving player should be leaning forward slightly and knocking the ball up in the air behind them. The goal of this drill is teach the players how to tip the out of reach balls over the top of the goals.

Partners should toss the ball back and forth for 5 minutes.

Additional ideas to increase the difficulty:

Instead of tossing the ball, have the players pass it to each other in the air with their feet.

You then can add a little movement by not kicking the ball directly at their partner.

Note: It is important that a keeper learns to move in front of the ball and not relying on catching the ball on the side of their body. They should work on moving their feet to get in front of the ball to keep themselves between the ball and the goal.

You can also introduce a high bouncing ball.

### **Activity 5: Chasing the ball**

**Setup:** Pair off the players.

Each pair has 1 ball.

The players stand 10' apart from their partner facing each other.

**Focus of Activity:** Work on the basic form of receiving the ball.

**Activity:** The partners will roll the ball back and forth. The ball should be rolled to either side of their partner requiring them to chase after a "loose" ball on the ground. The players should be on the balls of their feet. When the ball is loose the receiving player needs to chase after and fall on the ball. They should the hold the ball to their chest with their arms covering the ball.

Partners should roll the ball back and forth for 5 minutes.

Additional ideas to increase the difficulty:

Instead of tossing the ball, have the players pass it to each other in the air with their feet.

You can also introduce a bouncing ball.

### **Activity 6: Punting the ball into the net.**

**Setup:** Each player has a ball.

A goal or rebounding net.



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Focus of Activity: Work on punting the ball.

Activity: Players take turns standing directly in front of the goal kicking the ball into the net. The player should drop the ball with both hands and kick the ball into the net before it hits the ground. The net allows the player to kick the ball as hard as they can and not worry about having to chase it down.

Additional ideas to increase the difficulty:

You can set a condition that players have to kick the ball with their less dominant foot.

You can require that the players allow the ball to bounce once before they kick it.

## Activity 7: Punting the ball down field

Setup: Pair off the players.

Each pair has 1 ball.

The players stand far apart from their partner facing each other (the distance varies by the strength of the players and how far they can kick).

It is best to match players of similar kicking abilities.

Focus of Activity: Work on punting the ball.

Activity: The partners punt the ball back and forth. The goal is to work on accuracy and power. The receiving player should also try to work on catching the ball in the air or on a bounce. They should at least get in front of the ball and prevent it from getting by them.

Partners should punt the ball back and forth for 5 minutes.

Additional ideas to increase the difficulty:

Require the receiving player to catch the ball in the air.

Make a game out of it:

See how many times in 2 times they can punt the ball to their partners without making the partner move to catch the ball.

See how many times the player can catch the ball and punt it away in less than 5 seconds. 3 seconds. 2 seconds.



# **Goal Keeping**

## **Goal Keeper Training**

Match Related

### **Activity 1: Receiving a passed ball**

Setup: You will need at least four players several balls and a goal.

One player is the keeper and stands in front of the goal the other three form a line about 18' away from the goal.

Focus of Activity: Work on the basic form of receiving the ball.

Activity: The players take turns passing the ball to the keeper. The keeper stops the ball and tosses it back to the player that passed the ball. The goal is no to score but to pass the ball directly to the keeper. (This is training for the keeper not finishing practice)

Switch positions after 2 minutes.

Additional ideas to increase the difficulty:

You then can add a little movement by not kicking the ball directly at the keeper.

Note: It is important that a keeper learns to move in front of the ball and not relying on catching the ball on the side of their body. They should work on moving their feet to get in front of the ball to keep themselves between the ball and the goal.

You can also introduce harder kicked passes both on the ground and in the air once the keeper is comfortable.

### **Activity 2: Receiving a passed ball 2**

Setup: You will need at least four players several balls and a goal.

One player is the keeper and stands in front of the goal, one stands to the side of the goal and has a pile of balls, the other two form a line about 18' away from the goal.

Focus of Activity: Work on the basic form of receiving the ball.

Activity: The player next to the goal passes a ball to one of the players at the 18' line. That player receives the pass and passes the ball to the keeper. The keeper stops the ball and tosses it back to the player on the side of the goal. The goal is no to score but to pass the ball directly to the keeper. (This is training for the keeper not finishing practice)

Switch positions after 2 minutes.



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Additional ideas to increase the difficulty:

You then can add a little movement by not kicking the ball directly at the keeper.

Note: It is important that a keeper learns to move in front of the ball and not relying on catching the ball on the side of their body. They should work on moving their feet to get in front of the ball to keep themselves between the ball and the goal.

You can also introduce harder kicked passes both on the ground and in the air once the keeper is comfortable.

## Activity 3: Defending the goal 1v0

Setup: You will need at least four players several balls and a goal.

One player is the keeper and stands in front of the goal, one stands to the side of the goal and has a pile of balls, the other two form a line about 18' away from the goal.

Focus of Activity: Work on the basic form of receiving the ball.

Activity: The player next to the goal passes a ball to one of the players at the 18' line. That player receives the pass and tries to score on the keeper. The keeper stops the ball and tosses it back to the player on the side of the goal.

Switch positions after 2 minutes.

Make it a game: See how many times the keeper can stop the ball in a certain number of kicks.

## Activity 4: Defending the goal 1v1

Setup: You will need at least four players several balls and a goal.

One player is the keeper and stands in front of the goal, one stands to the side of the goal and has a pile of balls, and the other two stand around 18' away from the goal.

Focus of Activity: Work on the basic form of receiving the ball.

Activity: The player next to the goal passes a ball to one of the players at the 18' line. That player receives the pass and tries to score on the keeper. The player that passes the ball works as a defender to stop the offensive player from scoring. The keeper stops the ball and tosses it back to the player on the side of the goal.

Switch positions after 2 minutes.

Make it a game: See how many times the keeper can stop the ball in a certain number of kicks. You could also set a time limit. How many goals can you stop in 2 minutes?



## Goal Keeping

### Activity 5: Defending the goal 2v1

Setup: You will need at least four players several balls and a goal.

One player is the keeper and stands in front of the goal, one stands to the side of the goal and has a pile of balls, the other two stand around 18' away from the goal.

Focus of Activity: Work on the basic form of receiving the ball.

Activity: The player next to the goal passes a ball to one of the players at the 18' line. That player receives the pass and both players at the 18' yard line work together to score on the keeper. The player that passes the ball works as a defender to stop the offensive players from scoring. The keeper stops the ball and tosses it back to the player on the side of the goal.

Switch positions after 2 minutes.

Make it a game: See how many times the keeper can stop the ball in a certain number of kicks. You could also set a time limit. How many goals can you stop in 2 minutes?

### Activity 6: Punting for points

Setup: Pair off the players.

Each pair has 1 ball.

The players stand far apart from their partner facing each other (the distance varies by the strength of the players and how far they can kick).

It is best to match players of similar kicking abilities.

Place cone goals for the players to defend 4 cones for each goal. 10' by 10'

Focus of Activity: Work on punting the ball.

Activity: The partners punt the ball back and forth. Each player has a cone goal that the other is trying to score in. If the ball touches the ground inside the goal the opposing player gets a point.

First player to 5 points wins.

Additional ideas to increase the difficulty:

Only award a point if the ball lands in the goal. Bounces or rolls into the goal do not count.

Make the goals further away or smaller.