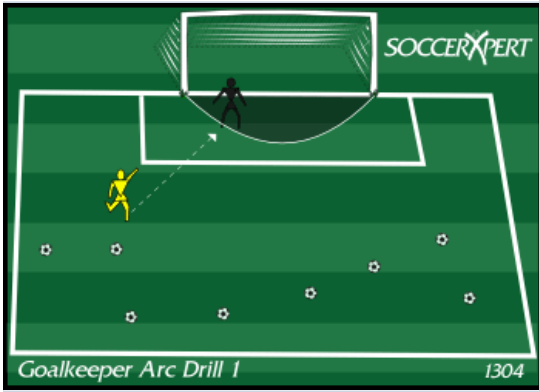




Drill Quick Glance

Age: 9+	Field: PENALTY AREA
Players: 1-2	Time: 10 mins.
Difficulty: EASY	Focus: GOALKEEPER
Keeper: YES	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Full-Size Goal

Goalkeeper - Arc Drill 1

Objective:
This soccer goalkeeper drill focuses on the keeper's proper footwork, stance, and movement along the goalkeeper arc.

Setup

1. Place the keeper in a full-size goal.
2. With cones or pennies, create the keeper arch for the keeper's visibility.
3. Scatter 10 to 12 soccer balls within the penalty area.

Instructions

1. The server should move quickly from ball to ball and shoot the ball on target.
2. Instruct the goalkeeper to shuffle along the goalkeeper's arc, an arc 2-6 yards from the goal, and stay positioned between the ball and the goal along the arc.
3. After saving the shot, the keeper should reset and prepare for the next shot.

Coaching Points

- The goalkeeper should keep their body positioned between the ball and the goal
- The keeper should never get caught on the goal line - they should stay 2-6 yards from the goal at all times
- The keeper should shuffle along the arc while not crossing their feet
- The goalkeeper should move quickly
- The keeper should have good hands when catching the shot.

Variations

- Alternate between 2 servers alternating between each shot. This will challenge the keeper to move quickly from side to side along the arc to cut off the shooting angle.