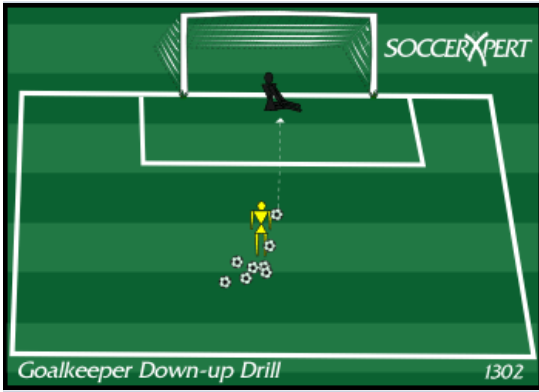




Drill Quick Glance

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

Equipment

Soccer Balls | Full-Size Goal

Goalkeeper - Down Up Drill

Objective:
This goalkeeper drill focuses on helping the goalkeeper get up quickly from the ground and get set for a shot.

Setup

1. Have the goalkeeper sits in the center of a full-size goal about 3-5 yards from the goal line.
2. The coach/server should stand about 8-10 yards from the keeper with a supply of balls.

Instructions

1. On the coach's command, the keeper should quickly stand, set their feet, get into the ready position to catch the ball.
2. The coach tosses the ball towards an area of the goal.
3. The keeper catches the ball and immediately returns the ball to the coach.
4. The keeper returns to the seated position.
5. Repeat this for 1 to 1 1/2 minutes.

Coaching Points

- Make sure the goalkeeper gets off the ground quickly.
- Make sure the keeper is aware of their position and location in front of the goal.
- The keeper should get set and ready themselves for the shot quickly.

Variations

N/A