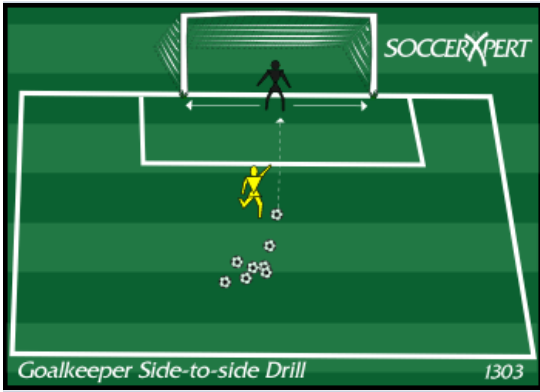




Drill Quick Glance

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

Equipment

Soccer Balls | Full-Size Goal

Goalkeeper - Side-to-Side

Objective:
This goalkeeper soccer drill focuses on the goalkeeper's side shuffle (side-to-side) movement and quickly getting up from the ground recovering from a dive.

Setup

1. Place the keeper in a full-size goal.
2. The coach should be about 8 yards from the goal line with a supply of soccer balls.
3. Start with the goalkeeper shuffling side to side from post to post in the goal along the goal line.

Instructions

1. Have the goalkeeper shuffle side to side, touching each of the goalposts.
2. The keeper should drop to the ground in a push-up position on the coach's command and quickly jump back to the ready position.
3. The coach then tosses a ball to the goalkeeper, who catches the ball returns it to the coach.
4. Repeat for approximately 1 minute, then rest.

Coaching Points

- The keeper should shuffle quickly without crossing feet
- The keeper should get up quickly, get feet set and get ready for a shot
- The keeper should stay on their toes, leaning forward slightly to react to throw quickly.

Variations

- Instead of tossing the ball, knock a ball into the goalkeeper.