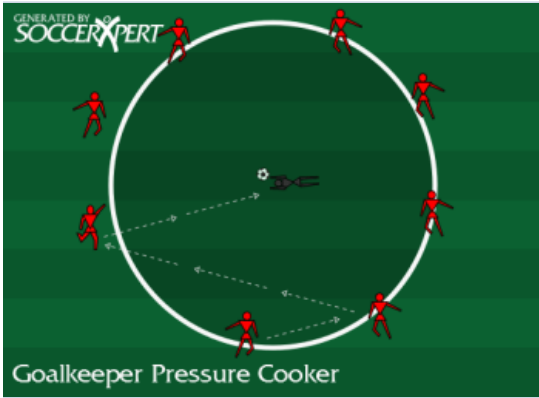




Drill Quick Glance

Age: 9+	Field: 20X20
Players: 8+	Time: 15 mins.
Difficulty: MEDIUM	Focus: GOALKEEPER
Keeper: YES	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Soccer Balls

Goalkeeper Pressure Cooker Drill

Objective:
This soccer drill is a great goal keeper warm-up drill. It will give your keeper a great workout while working on passing and shooting with accuracy.

Setup

1. Set up 6-10 players in a circle around the center circle.
2. Have the keeper stay inside the circle and give one of the attackers around the circle a ball.

Instructions

1. Players around the circle must keep the ball moving with one-touch passes.
2. At any time a player can shoot at the goalkeeper.
3. The goalkeeper must continually anticipate a shot and react quickly.
4. After fielding a shot, the goalkeeper returns the ball to one of the players around the center circle.

Coaching Points

- Focus your attention on the keeper and their work ethic.
- Their feet must be constantly moving them in position to stop every possible shot.
- The keeper must react quickly to EVERY ball that is playable by the keeper.

Variations

- While warming up the keeper, instruct the players to pass balls in rather than taking shots.