

Topic = Individual Goalkeeping Activities  
 Coach = Rob Parker, Goalkeeper Coach. Troy NY

**Set-up:** 5 cones staggered and placed about 5 yards apart from each other. Two balls are placed 3-4 yards in front and 2-3 yards to the side of each of the outside cones.

**Exercise:** Goalkeeper starts outside the first cone. Keeper quickly moves through the staggered cones to the other side of the grid.

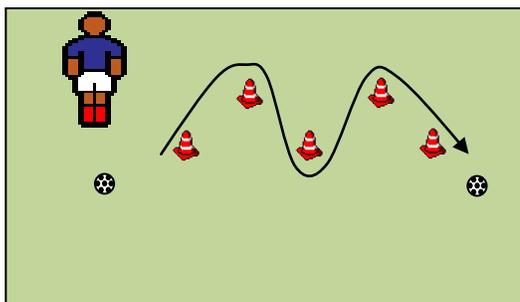
Once the keeper gets to the other side they step towards the ball and receiving the ball and carrying it through their step. Keeper places the ball back and repeats the exercise to the other side.

**Variations:**

Alternate the pattern through the cones

Vary the collection techniques eg. front smother, collapse dive

Add a server to volley the ball instead of receiving it stationary



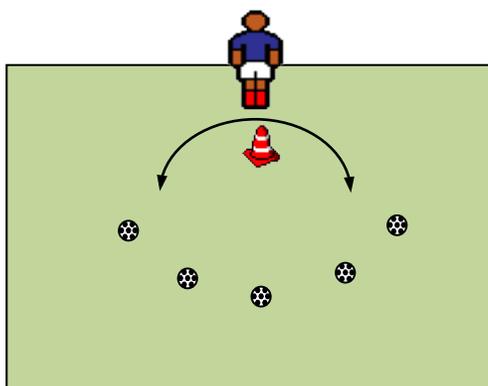
**Set-up:** 5 balls in an arc around a cone that is stationed in the middle.

**Exercises:** Goalkeeper starts behind the cone. They move towards one of the cones, collects the ball, replaces it and quickly backpeddles to and around the central cone repeating the exercise attacking a on the opposite. Drill is repeated until all the balls have been played.

**Variations:**

Add various diving techniques to collect the balls eg. front smother, collapse dive

Add a server to move to the ball that is being played and tap the ball at the keeper as the keeper approaches the ball like a breakaway situation.





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**Set-up:** Rebounder, wall or some other type of barrier is placed in the center of the workspace.

**Exercise:** Goalkeeper can start with the ball in their hands or on the ground. Goalkeeper volleys the ball at the barrier and collects the ball. Additional exercises can include: Volley ball, touch feet and collect ball, Volley touch hips and collect, volley touch head and collect, Keeper seated and tosses ball at barrier and catches it, advance to seated toss, get to feet to collect, Keeper plays ball at barrier sidesteps to touch either cone and back to center to collect ball

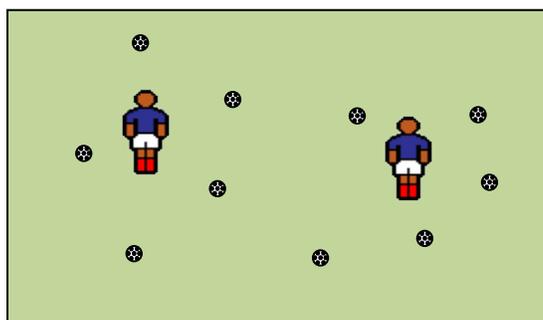


**Exercise:** 2 Keepers in a 30x20 yard area. Multiple balls spread around the area. Keepers dive on the ball as if they were making a save and quickly get up and dive on another ball. Work for 30 seconds then alternate with other goalkeepers.

**Coaching Points:**

Stretch arms to collect ball

Once ball is collected, scoop into body quickly to protect the ball.



**Exercise:** P1 starts the drill by picking up a ball, sprinting to cone 1 and leaving the ball before returning to the start. As P1 picks up the next ball and runs to cone 2, P2 is also working to collect the balls starting at cone 1. P1 completes these by leaving a ball at cone 3 and returning to the start.

Patterns of Footwork: sprints, Back peddle, side steps, crossover steps

