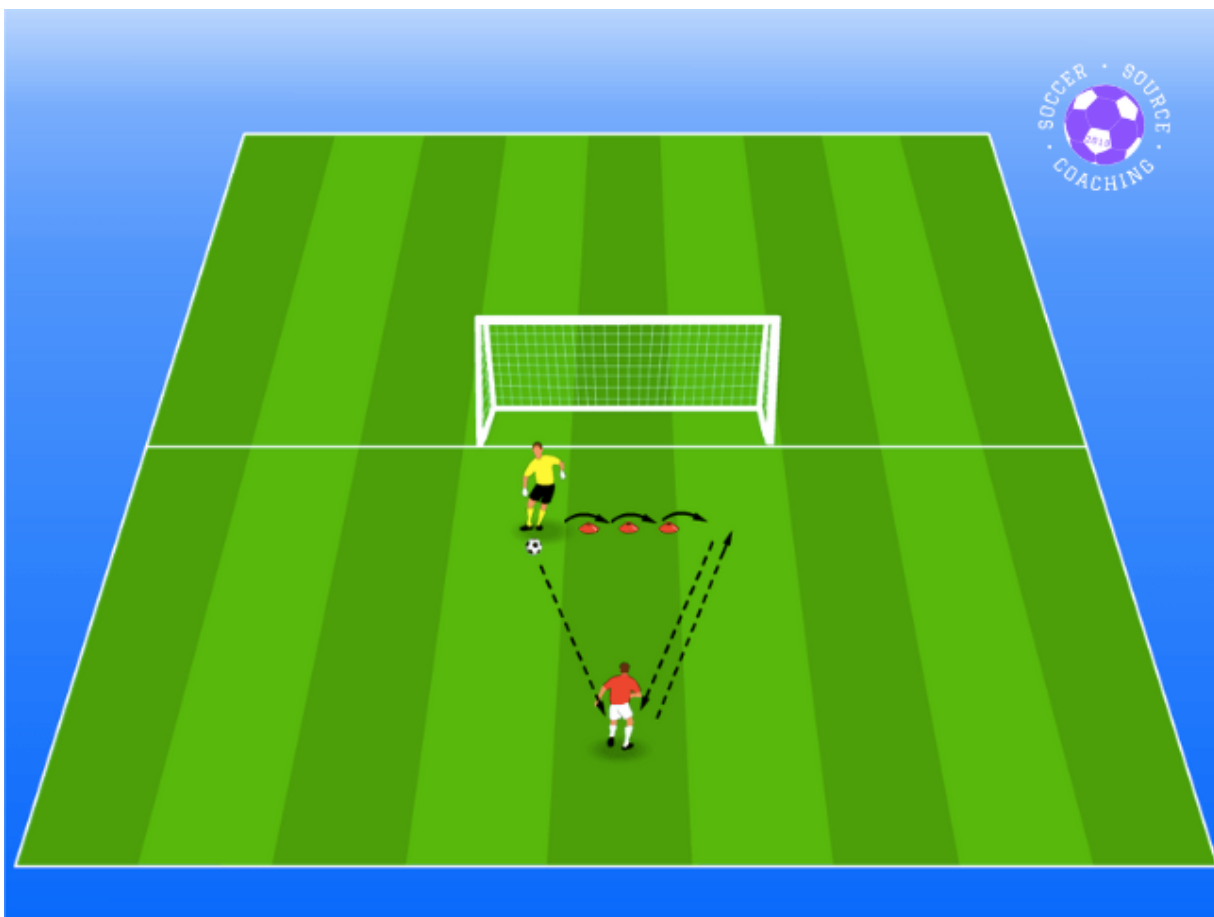


1 Touch passing drill for goalkeepers



How it works

Lay your 4 cones out in a line with half a yard gap between each one.

The coach will start with the ball 7 yards back from the cones.

The goalkeeper can start on whichever side of the line of cones they would like.

They must sidestep through the cones and once they get to an end the coach will roll the ball to them for them to play a first-time pass back.

This drill will work first time passing for both feet.

A round will be complete once 10 passes have been completed (5 on each foot).

Coaching points

- Use the inside of your foot to make the passes
- Light sharp steps over cones
- Use your arms to help drive your legs

Questions

- What part of the foot should you use to pass the ball?
- What steps do you need to help get over the cones quicker?
- How can your arms help?

Purpose

The purpose of this drill is to work on a goalkeeper's footwork for first-time passing

Set up

- 1 soccer ball
- 4 cones

Beginner