

Ball collection keeper drill



How it works

Place 1 cone in the center and 2 cones on either side of the center cone that is roughly the goalkeeper's arm's length.

The keeper will start sitting on the center cone with the 6 soccer balls on one cone.

The goalkeeper must move all the soccer balls, one at a time from 1 cone to the other and back again as quickly as possible.

Coaching points

- Use your legs to help you rotate from side-to-side quicker
- Use your arms to lead your body
- Have one hand on top of the ball and the other behind the ball, when the ball is in contact with the ground (note that the hands will have to change position when picking the ball up and placing it).

Questions

- What part of the body can you use to help rotate your body quicker?
- What body part should be leading your body?
- Where should your hands be placed when picking up/ placing the ball back down?

Purpose

The purpose of this soccer drill is to improve the goalkeeper's core strength in match-relevant movement

Set up

- 6 soccer balls
- 3 cones

Beginner