



Goalkeeper counter-attacking drill

How it works

The first goalkeeper will cross the ball for the other goalkeeper to catch.

Once the ball has been caught the goalkeeper must throw, kick or roll the ball into any of the 4 pug goals in front of them. The defenders are allowed to try and block the ball from going into the pug goals.

If a goalkeeper scores in under 5 seconds from when they caught the ball they will get 3 points, and if they score after 5 seconds they will get 1 point.

After 5 soccer balls have been played the goalkeepers will swap roles.

Coaching points

- As soon as the ball is caught scan the area to see where the defenders are in relation to the pug goals
- The quicker you can throw/kick/roll the ball into the pug goal the less time you give the defenders to organize
- Throwing and rolling are more accurate but less powerful as where kicking is more powerful but less accurate

Questions

- What should you be doing as soon as the ball is caught?
- What happens if you take your time trying to score a pug goal?
- Which technique is more powerful or more accurate?

Purpose

The purpose of the drill is to help the goalkeeper of the team start counterattacks

Set up

- 1 goal
- 4 pug goals
- 4 players (2 goalkeepers and 2 defenders)
- 15 x 10-yard area
- 5 soccer balls

Advanced

