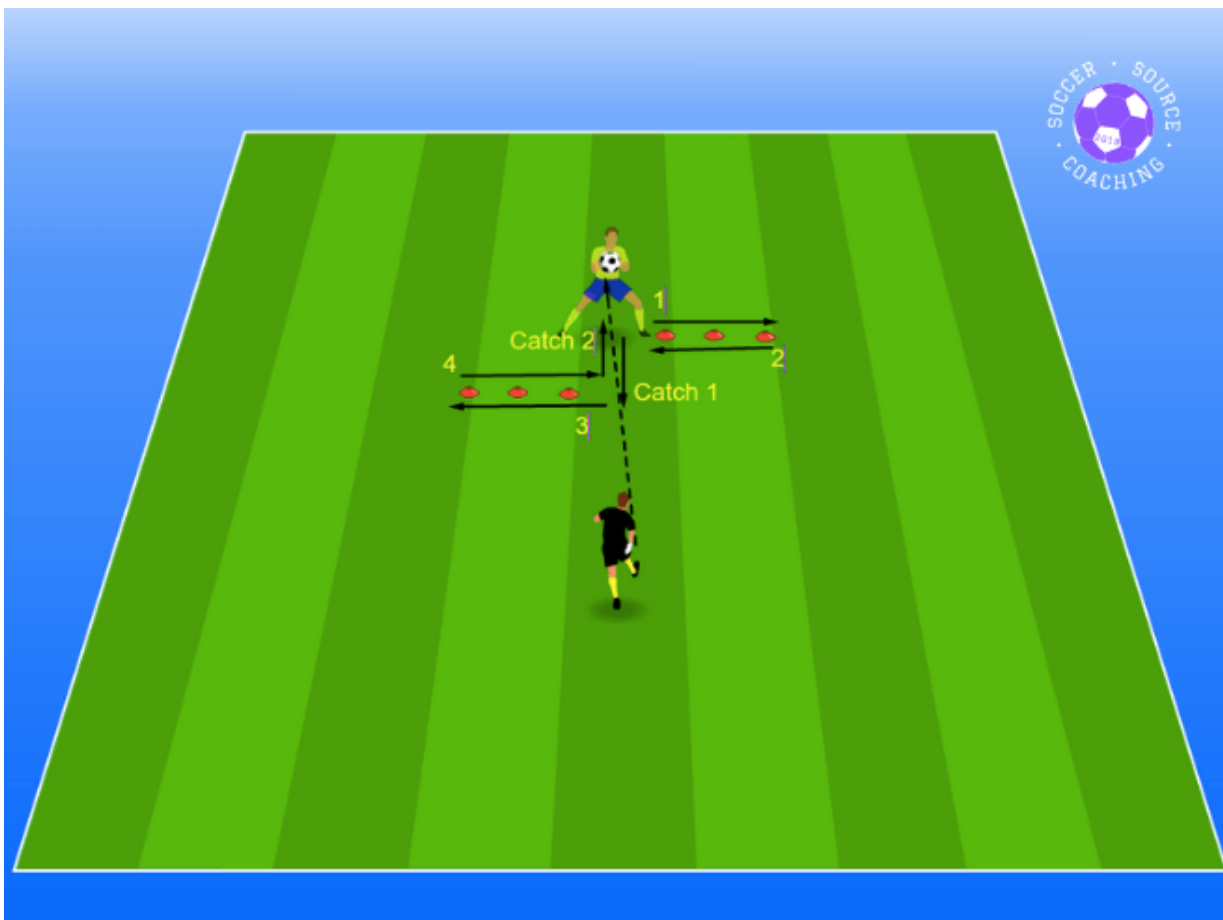


Quick feet and catch



How it works

The goalkeeper will start the drill by side-stepping through the cones to his left and then back to the middle.

They will then take a step forward so they are in line with the second line of cones and catch a firm shot from the player on the penalty spot and throw it back

The goalkeeper will repeat the process for the second line of cones and take a step back to catch the ball and throw it back to the player on the penalty spot.

Coaching points

- Focus on quick, sharp steps through the cones
- Remain on your toes so you can react quickly
- Head should stay up and look forward

Purpose

The purpose of this soccer drill is to improve the goalkeeper's footwork and hand-eye coordination

Set up

- 6 cones
- 1 soccer ball

Beginner

Questions

- What is the most effective way to move through the cones?
- How can you ensure that you react quickly to catch the shot?
- Where should your head be looking?