

Shot-stopping repetition drill



How it works

The keeper starts in their goal roughly 1 yard in front of the goal on their knees.

The coach starts with the ball and throws the ball to the goalkeeper's left, forcing the goalkeeper to dive from their knees and catch it.

This is repeated but the ball is thrown to their right. The coach then takes a firm shot down to the keeper's left and then the right.

Finally, the coach throws the ball up in the air for the keeper to get off the ground and catch.

Coaching points

- Quickly react after making the save and get set to save the next shot
- Lead with your hands when diving
- Explode with a power step to help you cover more ground when diving

Questions

- After you have made a save what should you be thinking next?
- What needs to show your body when you are diving?
- How can you cover more ground quicker when diving?

Purpose

The purpose of this drill is to help goalkeepers react quicker to shots that are taken in quick succession

Set up

- 5 soccer balls
- 1 goal
- 1 cone

Advanced