# GOALKEEPING:

* Discuss rules: hands or feet, penalty box, punting/throwing ball to teammate

# Practice w/partner:

On knees: roll back and forth, scoop to catch

Roll to side

Bounce + catch

Stand, roll ball and kneel to catch it (no open legs)

Drop kick or throw to partner

# PUNT AND RETRIEVE DRILL

Have the keeper drop kick the ball out as far as he can, and then have another player sprint out, retrieve the ball and dribble back to take a shot.

# INCH WORM DRILL

The keeper sits on his heels and the coach throws the ball just in his reach where he has to do a short dive for it. Keep going in the same direction, with the keeper getting back on his heels each time, then reverse direction.

SURPRISE!!! DRILL

The goalie turns and faces the goal. The coach or other player stands at about the 18 with a ball. The person with the ball then says "now," or some other type of call, right before they kick or throw the ball at the goal. Upon hearing the call, the keeper turns around and attempts to stop the shot not knowing where it is coming from.

If a keeper does well with this then have them listen for the sound of the shot; with this version, it's usually best to shoot closer to the keeper.

RAPID FIRE DRILL (2 games going – 2 keepers, 2-3 players each side=4)

On the center line place 2 tall cones about 4 feet apart to mark the goal. Divide all players but the goalie into two teams. Each team stands on opposite sides of the goal with balls and goalie in middle acting as goalie for both sides. . The goalie receives a shot from one side then turns to receive a shot from the opposite side. The drill continues until all the shots have been taken.