



MEN'S EGO BREAKER DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Goalie

Drill Style: Skills, Warm-Up

Field Location: Wall

Field Position: Goalie

Time Needed: 5 Min

Skill Level: Advanced

OBJECTIVE:

Develop goalie reactions to shots from unknown locations.

DRILL DESCRIPTION:

The goal is set up 3-5 yards off of a solid wall, which will allow a rebound back towards the goal. A coach shoots at the wall from behind the goal and the goalie must react and make the save.

SKILLS PRACTICED:

- Stepping to the Ball
 - Hand/Eye Coordination
 - Consistent Positioning
 - Tracking the Ball
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VARIATIONS:

Shoot so that the ball will bounce at goalie. "Rapid Fire", meaning a quick succession of shots. Goalies may or may not be permitted to see the shooter behind the goal. Shoot from multiple locations.

DRILL DIAGRAM:

