



WOMEN'S GOALKEEPER REACTION DRILL

DRILL SPECS:

Drill Theme: Goalie Play
Field Location: Attack Zone
Time Needed: 5 Min

Drill Style: Warm-Up, Conditioning
Field Position: Goalie
Skill Level: Basic

OBJECTIVE:

This drill concentrates on the goalkeeper getting set quickly and continuously stepping forward to make the save.

DRILL DESCRIPTION:

The coach stands about 4 to 6 meters away from the goal and shoots. Immediately after the shot is taken, whether the goalie saves it or not, the goalie sprints to the 8 meter, then back-peddles to the goal circle. Once the goalie is getting closer to the goal circle, she must get set in good positioning quickly. Just as the keeper gets to the goal circle, the coach shoots again and the drill repeats until desired. Using 2 goalies is recommended to provide for breaks and critique.

SKILLS PRACTICED:

- Goalie Play
 - Good Positioning
 - Footwork
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VARIATIONS:

Change where the goalie has to run to, such as the 12-meter or different hash marks along the 8-meter.

DRILL DIAGRAM:

