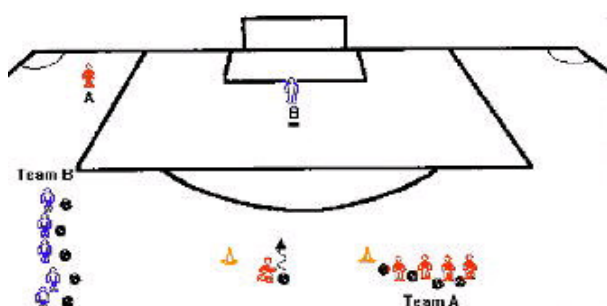


## Goal Keeping

1. Drill 1 - each child will stand opposite a partner, with one ball for each pair of players. The first player will roll the ball to the second, and that player will practice scooping the ball and bringing it into the body. Then player 2 will roll the ball to player 1. As they get the hang of it, players can throw the ball more to the side, bounce it, throw harder, etc.

2. Drill 2 - same as drill one, except each player will be on their knees and we will practice diving to save the ball using a pendulum roll. The key is to roll on the side of the body on the rib cage, and not on the front or the back. The arm closest to the ground should be extended so the player doesn't land on the elbow.

3. Learning the Ropes - For this drill you will need at least 60, and preferably about 100 yds. of rope. Tie each end of the rope to a goal post and pull the middle of the rope out (hopefully) past the 18 yd line until you have a taut triangle. With a goalkeeper in goal, show the team how the triangle defines the possible shooting area. Have the goalkeeper start on the goal line, and then move out, staying along the dividing line of the triangle. Show how moving out of goal cuts down the shooting space. Move the top of the triangle to different shooting spots to show the different angles available to shooters. Have different players stand in goal so they can see the angles.



J4. Breakaways - Team A is shooting on team B's goalkeeper, starting from the line that is 40 yards away from the goal. Players go in one at a time and only get one shot each time. As soon as the shot is taken, the next player may go. Players must retrieve their own ball. Each team gets 90 seconds to take as many shots as they can. The amount of goals scored is recorded and compared to the other team's score. Teams switch after 90 seconds.

### Coaching Points

Keepers must determine how far they can come out without giving up a "chip" over their head.

Keepers should stay on their feet, making themselves as "big" as possible, for as long as possible.

Dive, slide, for the ball, hands first, only when sure of getting the ball.

Dive immediately after the attacker's touch on the ball.

Keepers must also work on guiding the ball over the crossbar.

When dribbling, if the keeper stays in the net, slot ball low, just out of reach of the keeper's feet.

If the keeper come out of the goal, look to unbalance the keeper, then dribble around and shoot.

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