

DRILL 01: THREE CONE DRILL



Goal of the drill: Quick thinking and movement to get to where the ball is coming from.

Instructions:

1. Set up three cones in front of the goal, a couple feet behind the goal box.
2. Goalie starts in the center of the goal with a partner at the penalty spot to feed balls.
3. Have your partner yell out a cone. Run to the designated cone, then return to center and assume ready stance and catch the ball.

DRILL 02: SINGLE CONE DRILL



Goal of the drill: Simulates a situation where you need to change direction quickly. This happens in the game when you think a ball is coming from head-on, then quickly switches to a shot from a different angle.

Instructions:

1. Set a cone in the center on the goal box line.
2. Goalie starts in the center of the goal with a partner at the corner of the penalty box.
3. From the center of the goal, run toward the cone, imagining a player is there.
4. Round the cone and come out to face the angle where the ball is being shot from and catch the ball.

DRILL 03: BOUNCE REACTION DRILL



Goal of the drill: The ball can bounce in any direction during a game. This drill helps a goalie react to the unpredictable nature of a ball bouncing off the ground from a header or an air ball.

Instructions:

1. Set up two cones to guide where the bounce will happen. This drill can also be done without cones.
2. A partner will be a yard behind the goal box to throw the ball. The goalie starts facing the side of the goal.
3. Partner says "go" and the goalie runs to the cones as the partner throws the ball into the ground, aiming for the area between the cones. To throw the goalie off, the partner can also choose to toss the ball in the air.
4. Goalie reacts to the movement of the ball and catches it.

DRILL 04: LOW DIVING DRILL



Goal of the drill: To practice a crucial goalie skill of diving low to catch a ball.

Instructions:

1. The training partner sets up at the penalty spot to kick a ball to one side of the goal.
2. Goalie dives low to catch the ball in the direction it's coming.
3. Alternate sides to mix up the direction of the dives—you want to be prepared for any scenario.

DRILL 05: 180° TURN DRILL



Goal of the drill: Goalies need to be able to react quickly to a ball coming out of nowhere. This drill helps train the goalie's deflective reflex.

Instructions:

1. Goalie faces the side of the goal.
2. The training partner sets up near the penalty spot and kicks a ball to the left or right corner of the goal.
3. As soon as the partner kicks the ball, they'll yell "go". The goalie turns and reacts to the ball to catch it.