



Dimensions: One goal with a ball placed on the 18 yard line. Place a number of cones 1 foot in front of the other leading towards the penalty spot. At the end of the row of cones place two soccer balls on cones just shorter than arms length apart

How to: The goalkeeper is being tested on their footwork, body position, ability to make themselves big in a 1v1 scenario and their agility/shot stopping ability. The keeper performs a fast footwork exercise between the cones and then gets low and spreads their arms to make themselves a big target, to emphasise making themselves big they must knock both balls off their cones, this signals the shot from the 18 yard box. The keeper must attempt to save the resulting shot.

Coaching Points: keep your balance moving through the cones, remember to focus on technique over speed initially, when getting into position to make the save bend your knees and keep your weight even to be ready to move in any direction. Put your arms out wide with your hands out facing to make your frame big and increase your chances of making a save, stay on your feet for as long as possible before the shot is taken.

Progressions: Bonus “rebound shot” once the keeper has made the initial save

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