

GOALIE STEP, SET, AND CLEAR DRILL

Emphasis:

Goalie warm-up for clearing on a fly

Time Allotment:

5 mins

Number of Participants:

1-2 goalies

Equipment:

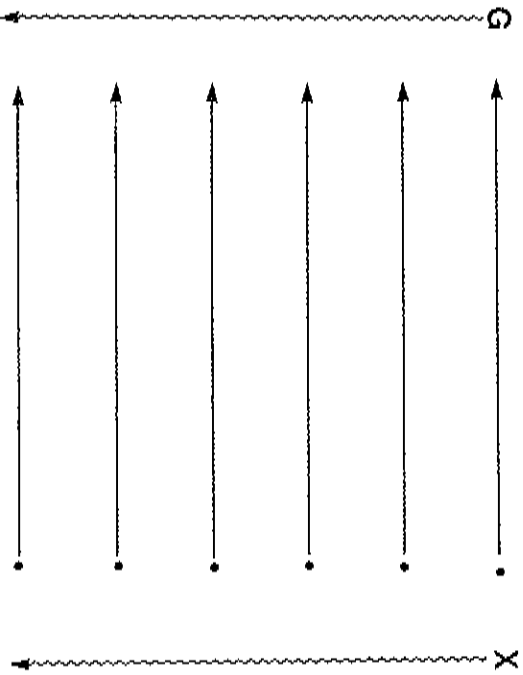
6 balls

Formation:

Organization:

Goalie starts 5 yds away from the line of 6 balls.
X quickly low flicks each ball onto the goalie's pads as she reads-
justs her position and clears on a fly.

Modification:



GOALIE SPEED DRIBBLING DRILL

Emphasis:

Warm-up for goalies to handle the ball on their kickers with control

Time Allotment:

5 mins

Number of Participants:

1-4 goalies/station

Equipment:

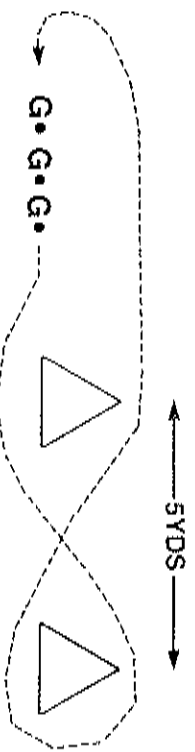
1 ball/goalie and 2 cones

Formation:

Organization:

Individually, each goalie dribbles the ball with her feet in and around the cones, forming a figure 8. Goalies should be encouraged to go as quickly as possible around the cones.

Modification:



GOALIE REPOSITIONING AND CLEARING DRILL

Emphasis:

Positioning, clear on a fly or aerial stop and clear

Time Allotment:

10 mins

Number of Participants:

2 players and 1 goalie

Equipment:

Minimum 10 balls

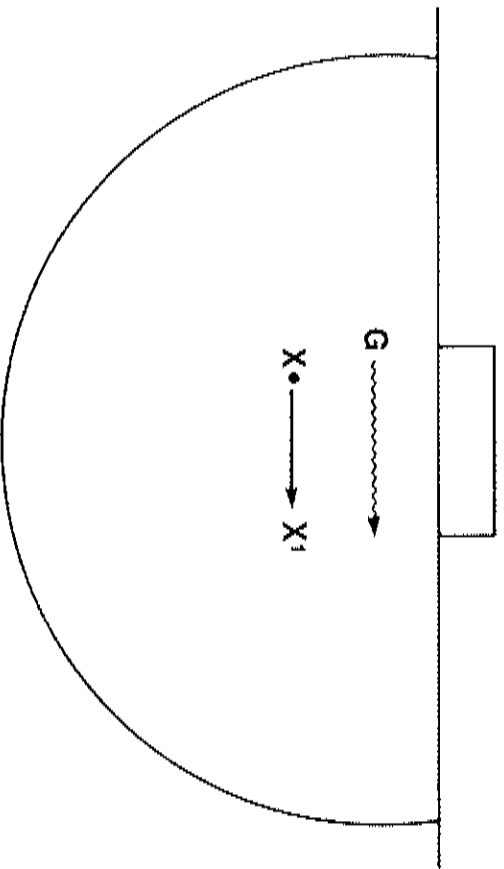
Formation:

Organization:

X's position themselves just inside the penalty stroke mark and about 5 yds apart.
X's pass ball back and forth to one another, trying to get the goalie out of position.
The goalie repositions with each pass.
Whenever they wish, any X may flick low or high into goal.
G clears ball out of circle.
After 5 shots, allow goalie to rest.

Modification:

To make more competitive, give goalie a point for each save, and 1 point to the X's if they score. They lose 1 point if shot goes wide of goal.



FOOTWORK AND POSITIONING DRILL

Emphasis:

Footwork and Basic Positioning

Time Allotment:

5 mins

Number of Participants:

1-2 goalies/station

Equipment:

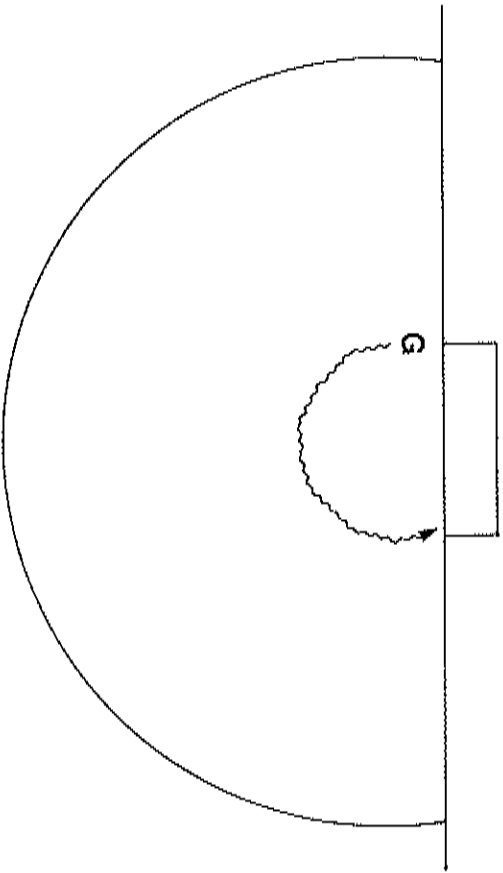
None

Formation:

Organization:

Goalie takes sliding steps as she moves from left to right, and back in front of the goal.
Coach checks out her body positioning and technique.

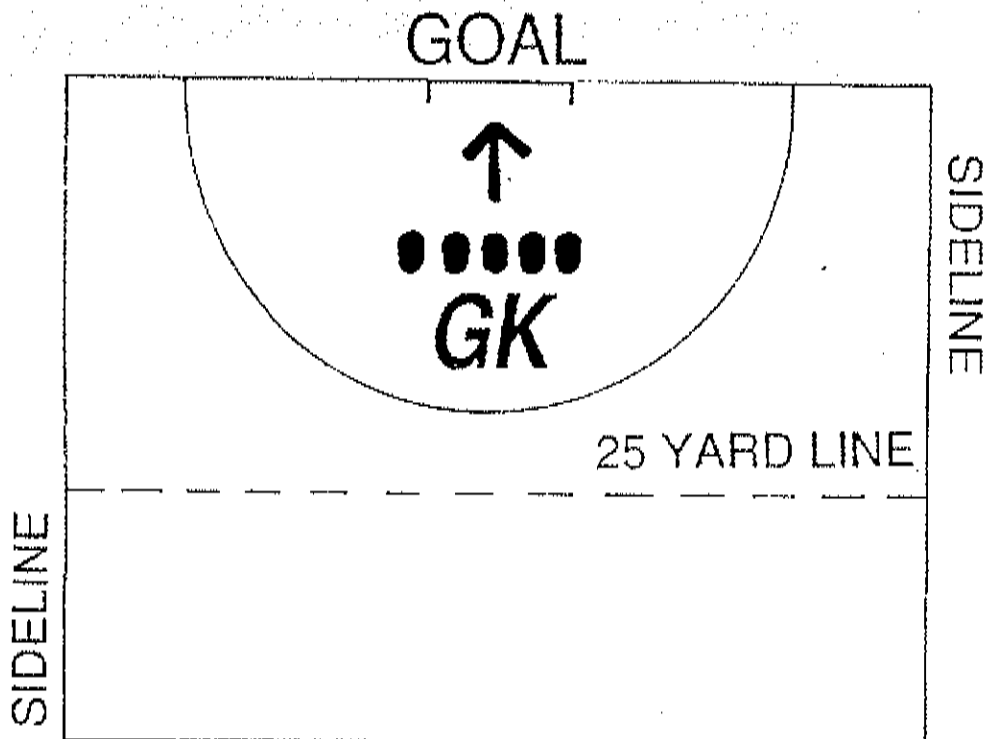
Modification:



4. AIM: *Pushing with power and accuracy.*

Five balls are placed in a line about 8 metres from the goal. Starting from the left of the line of balls the GK pushes each ball into the goal. GK must use both hands, spread wide apart on the stick and keep their body low to the ground when pushing the ball.

DIAGRAM

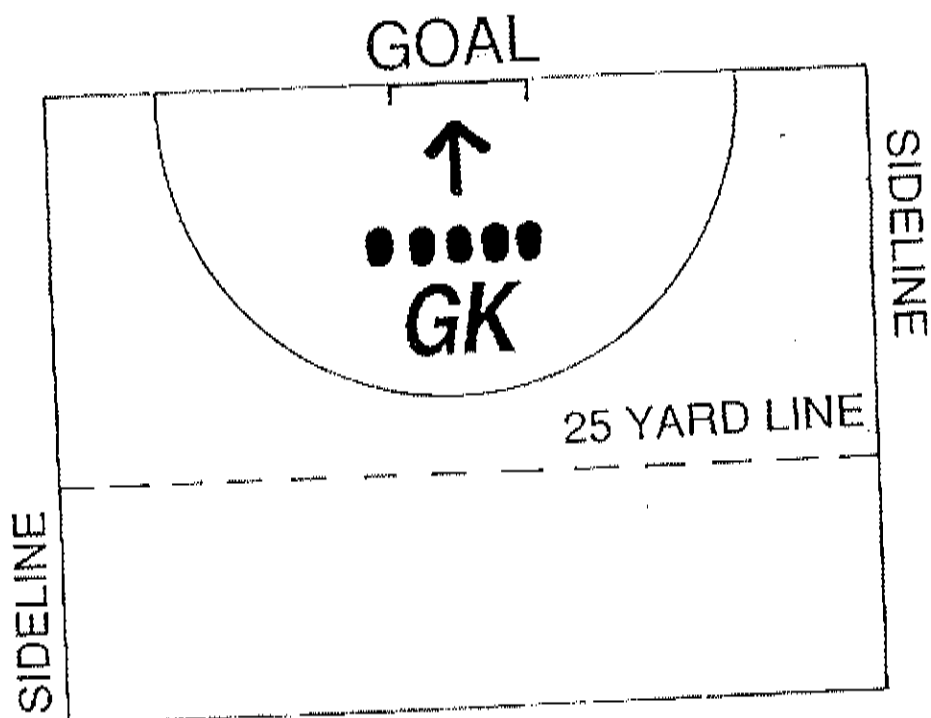


WARM - UP DRILLS cont.

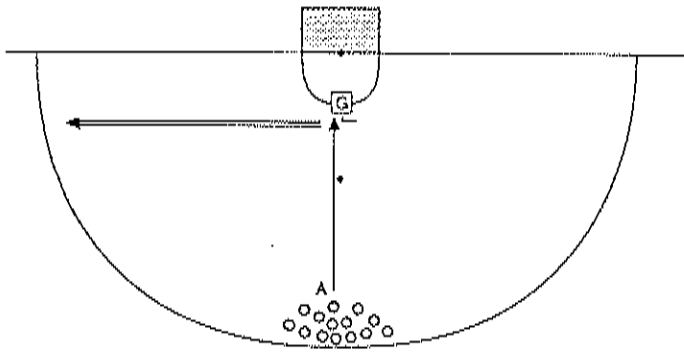
3. AIM: *Initiating balance and foot coordination to improve kicking.*

Five balls are placed in a line about 8 metres from the goal. Starting from the left of the line of balls the GK uses his / her right foot to kick each ball into the goal. The goalkeeper should kick 'forcefully' through the ball rather than tentatively 'jab' his / her foot at it. Repeat this warm - up drill with the GK kicking balls with the left foot.

DIAGRAM



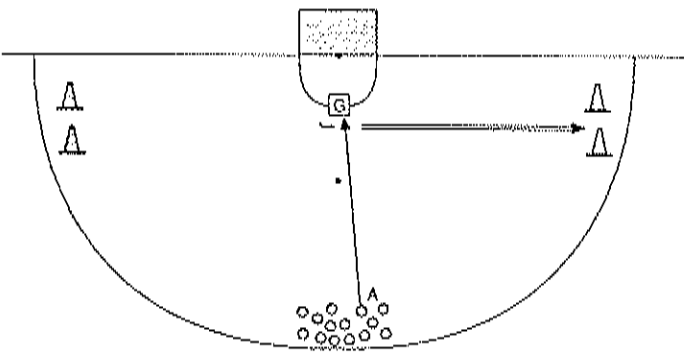
Drills



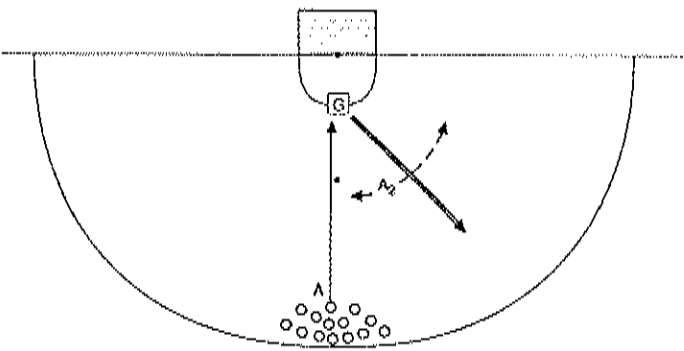
slow pace in to the goalkeeper, who gets used to the cross-over action. Make sure at this stage you are concentrating on quality, not quantity training. Do not be too concerned with the rebound placement. Just get the goalkeeper used to the jab action and the point of contact. Make sure her body-weight is being transferred as she is coming into kick - her head should be directly over the ball.

1. Although the ball does not have to be hit directly at the goalkeeper, the cross-over jab-kick is best performed if the ball is in close proximity to her and she does not have to make any great movement to be in line with the shot. The wide shots require the straight-line jab-kick, or the lunge save.

Begin with the balls on top of the circle. Simply hit the ball at a



2. Begin to get the goalkeeper to concentrate on her rebound. Start to hit the balls a little firmer. This will also promote a stronger resulting rebound. If you like you can place markers out for the goalkeeper to direct her rebound through.



3. Place a rebounder in close to the goalkeeper so that she realizes she has to direct the ball by using either the straight-line jab-kick, or the cross-over jab-kick. Move the rebounder around, letting her have a shot at goal if she intercepts the goalkeeper's clearance.