



VHS Soccer
Summer Training
Packet For Goalkeepers

Glossary of Goalkeeper Drills

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“I couldn’t have been a great goalkeeper without power, agility, and quickness.” – Hope Solo

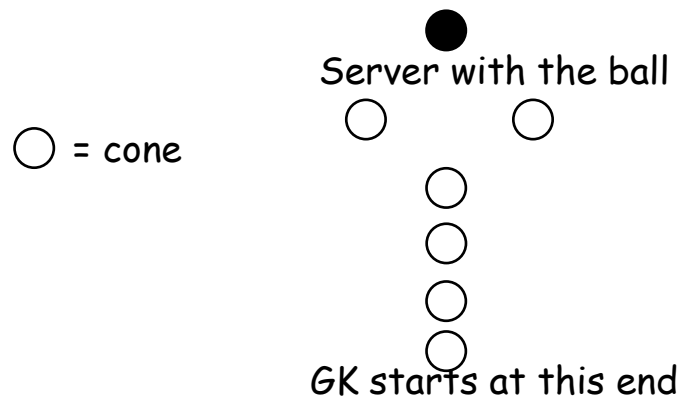
“As a goalkeeper, you need to be good at organizing the people in front of you and motivating them. You need to see what’s going on and react to the threats—just like a good manager in a business.” –Peter Shilton

“Spend at least some of your training time, and other parts of your day, concentrating on what you are doing in training and visualizing your success.” – Grete Waitz

“I am building a fire and, every day I train, I add more fuel. At just the right moment, I light the match.” –Mia Hamm

Footwork

Footwork Drill #1:



Cone Footwork: Goalkeeper does footwork through the lined up cones and receives varying services to the feet and hands. For each round, do three to one side and three to the other. Every footwork set should be done quickly, but in a controlled way. Get set each time before receiving a service. Rule of Thumb: Set when the strikers foot plants and the other starts to leave the ground. 1st round- shuffle diagonally through the cones, set, and receive service at the feet for a two touch pass back (you should touch away from the defender and pass back cleanly and with pace to the server's foot). 2nd round- side step (alternate the way you face) over the cones, set, and receive service at the feet for a one touch pass back (your pass back needs to be controlled and accurate). 3rd round- icky shuffle (two in one out) through the cones quickly, set, and receive a hard, ground service to scoop up (avoid going to your knees; you should have one foot forward and one back when you are scooping —right foot forward on the right side and left foot forward on the left side (this is a great time to practice forward dives as well; you should also be stepping through the service). 4th round- forward and back (the worm) through the cones, set, and receive a hard service, in the air, anywhere from your waist down (catching with an upside down w, elbows together, and bringing it in). 5th round- one legged, quick hops through the cones, set, and receive a paced service to your stomach area (catching with an upside down w, elbows together, and bringing it in). 6th round- two forward, one back hops quickly through the cones, set, and receive a paced service to the hands (catching with a right side up w, soft hands, like catching an egg). 7th round- shuffle diagonally through the cones again, set, and receive a high ball (3 to the left and 3 to the right; you want to start on the opposite side, so that you end up approaching the correct cone; remember to shoot your knee up for protection and for momentum and to catch the ball at its highest point; your right knee should go up on the right side and your left on the left side).

Footwork Drill #2:

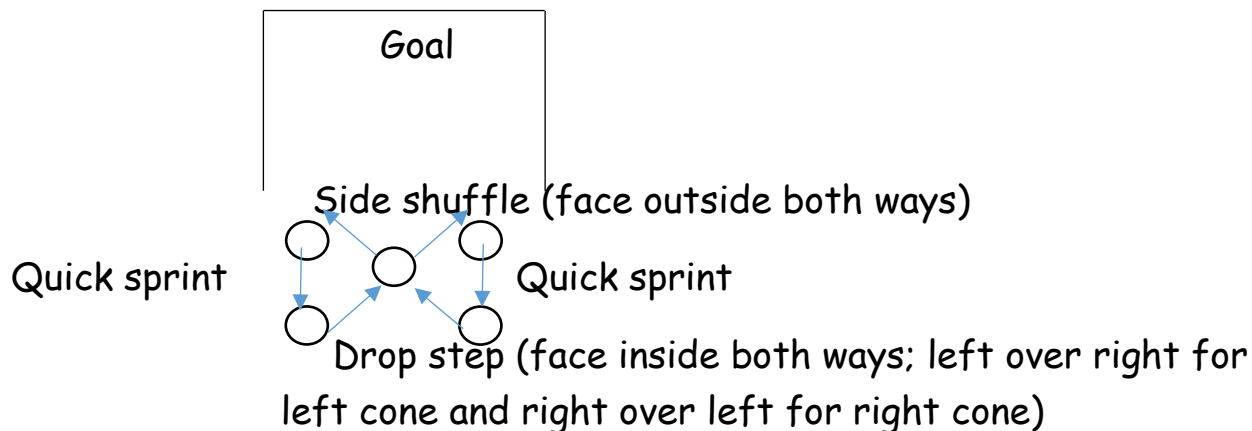
GK is set in the middle of the cones



● Server with the ball (holding it out/alternating to the right or left side)

Quick First Step: Goalkeeper is set in the middle of the cones. The server holds a ball up, either on the left or the right side. The goalkeeper will take a quick first step to whichever side and put his/her body behind the ball and his/her hands behind the ball (in a w) as though he/she has just made a clean save. Go as quickly as possible for 45 seconds to 1 minute. Switch or take a 45 seconds to 1 minute break and go again. Here is a video to demonstrate: <https://www.youtube.com/watch?v=XC2hZh5XpwE&noredirect=1>. Do five rounds of this.

Footwork Drill #3:



● Server with the ball

Triangle Footwork: Goalkeeper starts in the center of her goal. Then, she starts on the closest left cone. She completes the quick sprint, sets her feet at the top cone, receives a service (volley or on the ground), drop steps (receives a high ball at the center cone), and then quickly and controlled side shuffles back. This same series will be completed on the right side. Alternate sides and complete 6 reps on each side. The idea is to complete this drill in a quick, but controlled manner. If goalkeepers do not have a server with a ball, then they may complete the drill without the services, simply using the footwork listed. Goalkeepers should always have their body and eyes open to the field. The only time legs should cross over each other is during the drop step.

Diving

Low Diving Drill #1:

● Server with the ball in his/her hands

○ Goalkeeper

Collapse Diving Drill: Goalkeeper stands in front of the server (about 1 or 2 yards apart). The server holds a ball either to the left or right side and the goalkeeper will set, take a first step, and collapse dive towards the ball (taking it out of the servers hand and making sure to use proper diving technique; using the ground as a 3rd hand; do not fall like a tree; be controlled and allow the hands to go first to the ground). The goalkeeper should be moving forward, because of the diagonal, forward first step to the ball. This step allows for power and extension. Goalkeepers should complete at least six dives per side. Once goalkeepers have completed these reps—collapse diving and taking the ball out of the servers extended hands—then they should do the same amount but with a service from the servers feet. This ground service should be paced and on the ground to the side of the goalkeeper. Servers should wait for the goalkeeper to set each time, before playing the ball. Remember to dive forward, not flat or backwards.

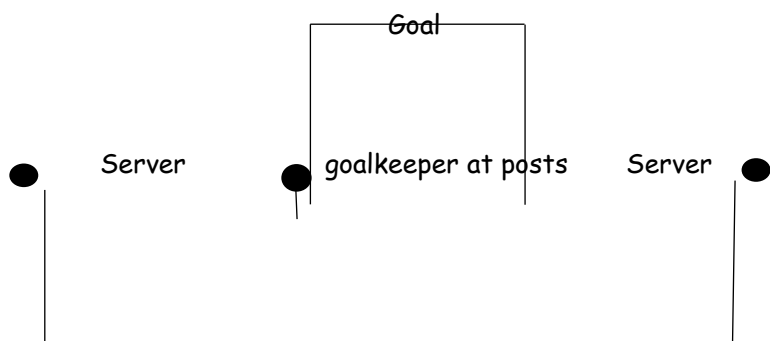
Low and Explosive Diving Drill #2:

● Server with the ball in his/her hands

○ Goalkeeper

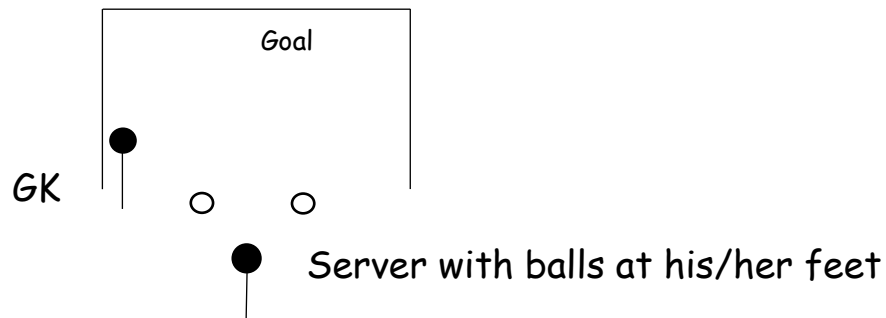
3 and 3: Goalkeepers start 2-3 yards across from the server. The server will throw three services to the right side. The first service should be closer to the goalkeeper and in the air. The second service should be further from the goalkeeper, but close enough that the goalkeeper can still make a solid catch. The third service should be the furthest of the three from the goalkeeper and should require the goalkeeper to really plant and extend (maybe to get a touch on the ball). This process repeats with the right side. Goalkeepers should still be moving a little forward each service, as they set, take a step diagonally forward to plant, and dive. Remember to dive forward, not flat or backwards.

Low and Explosive Diving Drill #3:



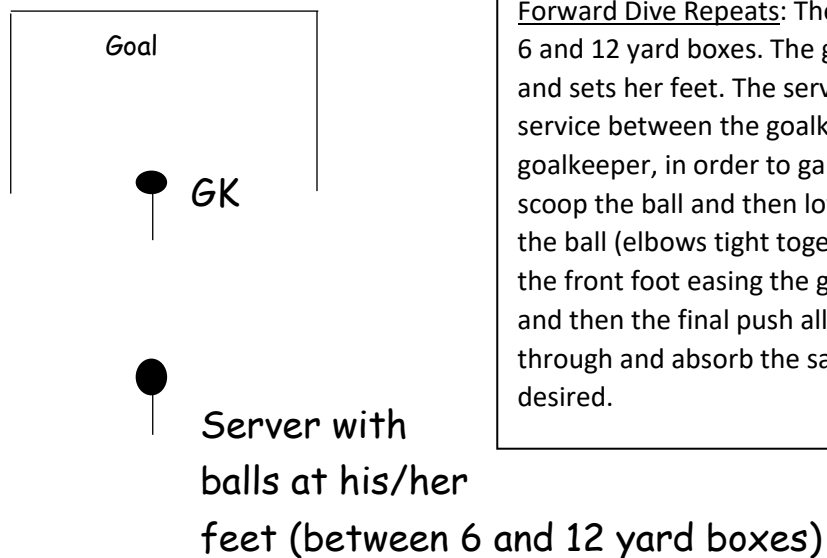
Diving Warm-up: This is a great drill to complete after diving drills 1-2. A goalkeeper stands at the post and receives three ground balls to dive to and then three air balls to dive to. Servers are at the end line, six yards away from the goalkeepers/the goal. Goalkeepers should always return to their near posts and set as the server lifts his/her foot back to strike the service. Goalkeepers should aim to cleanly catch these dives, shooting both hands to the ball for clean and full contact. This is repeated on both sides of the goal. After six on each side, switch or rest. Repeat as desired.

Low and Explosive Diving Drill #4:



"I win": Place two cones in the center of the goal, about 2-3 yards away from each other. A server has a pile of balls at the top of the six yard box. Goalkeepers will quickly shuffle to the left cone and then set their feet. A service will be given, after the set, to the left side of the goalkeeper (between the goalpost and the cone). This is repeated 4-6 times and then the same thing occurs on the right side. Services should be varied (on the ground, in the air, different paces, etc.). Goalkeepers need to keep proper diving technique. They should still be taking a step forward, they should be diving forward (not flat or backwards).

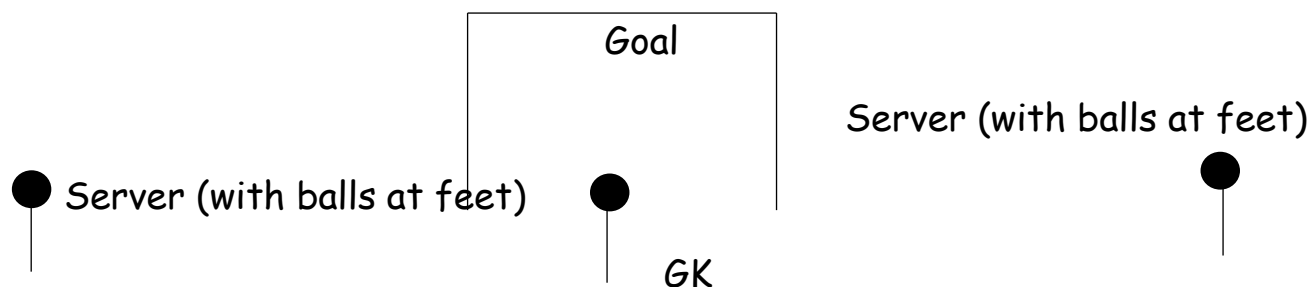
Forward Dives Drill #5:



Forward Dive Repeats: The server is centered between the 6 and 12 yard boxes. The goalkeeper steps up each time and sets her feet. The server provides a low and paced service between the goalkeeper's knees and feet. The goalkeeper, in order to gain more control on the save, will scoop the ball and then lower herself to the ground with the ball (elbows tight together, one foot behind the other, the front foot easing the goalkeeper towards the ground, and then the final push allowing the belly area to slide through and absorb the save. This drill may be repeated as desired.

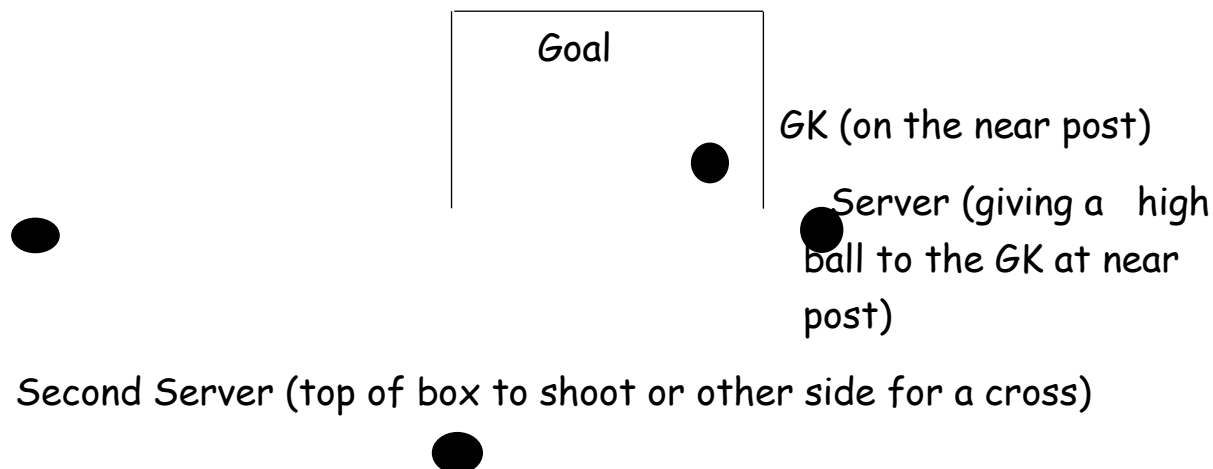
Crosses/High Balls/Back to Bar

Crosses/High Balls Drill #1:



Crossing Warm-up: There are servers outside and on both sides of the eighteen yard box. The goalkeeper is in the center of the goal, facing the corners of the eighteen yard box (depending on who is serving). The servers will alternate crossing services (one from the left side, then one from the right). Goalkeepers should have 4-6 crosses from each side. Goalkeepers should call "keeper or away" early. If goalkeepers call "keeper", then they must get to the ball. Ideally, they should catch the ball at its highest point. If both hands cannot make contact, then the goalkeepers may punch the ball outside of the box (THIS IS A LAST RESORT). If goalkeepers call "away", it is because they are not able to get to the service (it is outside the six yard box), or because the defenders are in a better position. If this is the case, then the goalkeeper needs to follow the angle of the ball and set (waiting for a shot to be returned). Goalkeepers should own their six yard box and should be able to get to any service put into the six yard box.

Crosses/High Ball Drill #2:



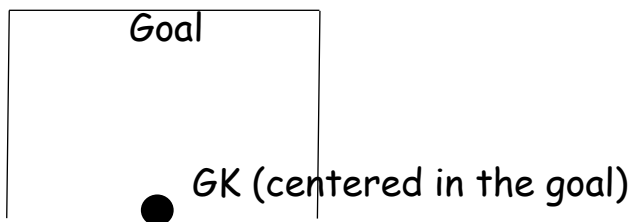
High Ball-Cross or High Ball-Shot: Goalkeepers stand at the near post. There are two servers—one at the near post and then one either at the top of the six yard box or at the other side, outside of the eighteen yard box. Goalkeepers will go up for a high ball from the first server, then they will turn a set for a shot or turn, shuffle over, and set for a cross from the other side. The servers should vary their services. Goalkeepers should be getting a nice mix of high balls, shots, and crosses. They should complete 4-6 sets per side, resting in-between.

Back to Bar Saves Drill #1:

- Server with ball in hand
- GK (on her knees)
- Server with ball in hand

Back to Bar Warm-up: This drill requires two servers or two people who are willing to throw services. The goalkeeper positions herself between the two servers (about 3-4 yards away from each). The goalkeeper turns sideways (so she is facing east or west) and she is on her knees. Services will be thrown above the goalkeeper's head (high enough that she can't catch it with both hands but low enough that she can take one hand and make a push upward and through contact with the ball). The goalkeeper should be able to push the ball up and over to the server on the other side. She should be using the closest hand to save the ball each time.

Back to Bar Save Drill #2:

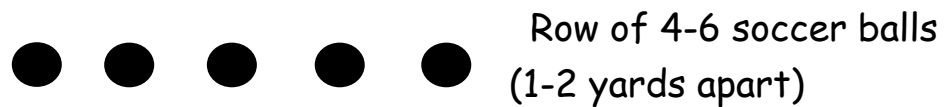


- Server (on the six yard box, centered with ball in hand)

Back to Bar Live: The server will center himself/herself with the goal and stand on the six yard line. The goalkeeper will start in the middle of the goal, run up and touch the ball in the server's hand, drop step, and make a back to bar save. The servers should be waiting until the goalkeeper has started her drop step before throwing the ball over the goalkeeper's right or left shoulder. Servers should also say "right" or "left", so that the goalkeeper knows which foot to drop. If the server says "right", then the goalkeeper should drop her left foot, drop step right over left, and make the save with her right hand. If the server says "left", then the goalkeeper should drop her right foot, drop step left over right, and make the save with her left hand. Goalkeepers should always face outside for this drill. If necessary, goalkeepers may need to dive into the goal after making a save up and over the bar. The saves should be getting over the top post or else deflecting off of it. The servers may vary their services (from the hands or from the volley). Goalkeepers should make at least four solid saves on each side.

1 vs. 1/Break-Aways

1 v. 1 Drill #1: add an offender (approaching the ball each time)



GK starts here

Quick Smothers: There are times when a goalkeeper needs to come out of her box to defend a 1 vs. 1 or a break away. Specifically, there will be times when the offensive player keeps the ball at his/her feet for a prolonged period of time. In order to take away the ball, when the offender is on the dribble, goalkeepers need to smother it. This drill helps with this situation. A goalkeeper lines up 4-6 soccer balls (1-2 yards apart) and then stands off to the side and at a slight diagonal from the first ball. One after the other the goalkeeper gets low, gives a quick first step towards the ball, and smothers each one—one after the other. The goalkeeper should not get all the way back up each time, but just half way up before going to the next one. Once technique is solid, then the goalkeeper may go quickly. The arms and elbows should be together in a smother and should be going through each ball. To make the drill more challenging have an offender kick the ball at the same time the goalkeeper is smothering it. Nothing should get through.

1 v. 1 Drill #2:



Server w/pile of soccer balls at any of the points here

Break-Away Practice: The goalkeeper is in ready position, at the center of the goal. A server will start between the 12 and 18 and will be right, left, or centered. This server will give a variety of break-away situations to the goalkeeper—dribbling in, shooting early, dribbling and then shooting, high shots, low shots, etc. The goalkeeper needs to get low and move quickly, but controlled toward the server. As soon as she sees the server lift back her foot, then the goalkeeper needs to set and react for the save. If the server does not shoot the ball, but keeps dribbling it, then the goalkeeper needs to smother the ball (like in the drill above). I like to do 3-4 reps on the left side, 3-4 on the right, and then 3-4 in the center.

1 vs. 1/ Break-Away Drill #3:

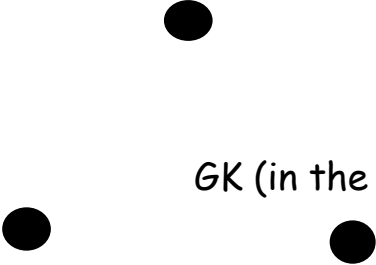
GK with a ball and plenty of space



Solitary Break-Away Practice: The goalkeeper has a ball in her hands and gives herself plenty of grass area to work in. The goalkeeper then bounces the ball to the right or left of her (anywhere from 2-4 yards out) and approaches the second ball like a break-away save. This takes some practice and a little bit of timing, but the services do not need to be perfect since no break-away save is exactly like another. On the break-away, the goalkeeper should be low to the ground, should take a step towards her own service, and should come through the ball on the save (she should be sliding through a little bit after each save). I usually go for a time period like 45 seconds to 1 minute and 30 seconds. Start short and work up to longer periods of time. This also builds endurance, while maintaining accuracy.

1 vs. 1/Break-Away Drill #4:

3 players playing keep away pass on the outside



GK (in the middle)

Break-Away Keep Away: The goalkeeper is in the middle of a triangle of players. The players on the outside are trying to pass the ball on the ground between them. Players on the outside must take a touch each time before passing it again. The goalkeeper is in the middle and is trying to get the ball from the offense. The challenge is that the goalkeeper must do so, using a break away save. The goalkeeper stays low, hands to the side, and moves quickly in break-away position (only slowing down when approaching a player on the outside, taking a step towards the player, and making the smother or break-away reaction). The triangle should not be too far apart and the goalkeeper can either stay in until she saves the ball 3-4 times or she can time herself and see how long she can go (working up to build endurance and technique).

Recommended Training Schedule

Each week, I would like you to be dedicating 3 days to goalkeeper training AND 1-2 days to playing (seeing game time in goal is essential). The idea is that these 3 days of goalkeeper training always include one of the three footwork drills and then each day works a different skill/part of the goalkeeper's game. For example, day 1 might include footwork drill #1 and all of the diving drills. Day 2 might include footwork drill #2 and all of the crossing/high ball drills. Day 3 might include footwork drill #3 and all of the 1 vs. 1/break-away drills. It is best to alternate working arms and legs (probably better not to put diving and break-aways right next to each other, but to put diving and crosses next to each other or break-aways and back to bar next to each other). Basically, prior to try outs, you should have worked all parts of your game (and the drills in this packet) multiple times. We will use many of these drills throughout the season. When I say a finishing drill, I mean that I want you to complete a drill of your choice where you are seeing a variety of shots, of services, and of shot-stopping reps that pertain to the skill you worked that day. **I expect you to come into season in goalkeeper shape, as well as in field player shape.**

Here is a sample schedule (repeat now-end of July):

Week 1:

Day 1- Footwork Drill #1, Diving Drills #1-5, and Finishing Drill (focuses on diving)

Day 2- Play Game

Day 3-Footwork Drill #2, High Ball/Cross Drills #1-2, and Finishing Drill (focuses on free kicks, high balls, and crosses)

Day 4- Play Game

Day 5- Footwork Drill #3, 1 vs. 1/Break-Away Drills #1-4, and Finishing Drill (focuses on break-aways or 1 vs. 1)

Week 2:

Day 1- Footwork Drill #1, Diving Drills #1-5, and Finishing Drill (focuses on diving)

Day 2- Play Game

Day 3-Footwork Drill #2, Back-to-Bar Drills #1-2, and Finishing Drill (focuses on back-to-bar saves)

Day 4- Play Game

Day 5- Footwork Drill #3, 1 vs. 1/Break-Away Drills #1-4, and Finishing Drill (focuses on break-aways or 1 vs. 1)

****If you are looking for ways to improve distribution, then here are some tips/suggestions. If you especially struggle with distribution, then include it more often in your training schedule. You really should be hitting some sort of distribution each week, whether it is part of your pre-game warm-up or part of your trainings.****

Goal Kicks:

-Make sure you are warmed-up first

-Start by doing shorter goal kicks into the net. Remember the following: the direction of your plant foot controls the direction of your goal kick, you should be hitting the lower part of the ball with a locked ankle as to give the service air, and you should be following through and landing on your kicking foot to give your goal kick power. I always suggest doing the same thing each time, like a free-throw shooter in basketball. Repetition, repetition, repetition.

-Build up to kicking $\frac{1}{2}$ to $\frac{3}{4}$ of the soccer field. I always have a player standing on the sides of the field (at about half) and receiving my service. You should practice with targets and you should—ideally—be getting them a service, in the air, that lands close to their feet and that is easy for them to bring down and control.

Drop Kicks/Punts:

-Make sure you are warmed-up first

-Take a basket of tennis balls and practice with these first. Again, it is about timing, making contact with the ball, following through, and accurately finding your target. I would always practice with a tennis ball because it requires more in terms of timing and in terms of making contact.

-Build up to a soccer ball and build up the distance. You can always practice with volleys, then with kicks into the net, and then with $\frac{1}{2}$ to $\frac{3}{4}$ field drop kicks.

Throws/Distribution from Hands:

-I always use this as part of my warm-up for training and for games. Remember that you are not throwing the soccer ball like a baseball. Your arm really needs to come all the way back and all the way over your shoulder—releasing once you have made the full extension and not earlier. The ball should hit the ground a few yards before your target and skip into an easy position for control. Distributions should be leading players into their next pass, dribble, etc.

-Practice first with another goalkeeper (back and forth). Then, have a person go on the outside of the 18 and practice distributing the ball just in front of that person, so he/she can take it up the field without having to chase after it, come back for it, etc.

-Barrel rolls can also be effective for a quick distribution out. Make sure the roll is paced, on the ground, and easy for the player to control/play. I always make sure that I am stepping through the roll, getting low to the ground, and coming through. This allows for control, but also for enough pace.