

Goalie Drill

This drill gives everyone a chance to practice being goalie. Set up a cone about 10 yards in front of the goalie box. Have all the players get a ball and stand behind that cone. The first player in line will start as the goalie.

Place two other cones about 3 yards inside the goalie box. The players can't shoot beyond these cones.

And another cone 10 yard out toward the sideline.

Once a player shoots the ball they become the goalie.

-When the goalie saves the ball they should run to the top corner of the **large** goalie box with the ball and throw it to their teammate.

-Have the player receiving the ball stand on the side line with their body open to the field.

Important note: if the goalie stands out of the box with the ball in their hands, that is a hand ball and the other team will get a direct free kick.

