

## Keeper Skills Games

### Warm-ups

*Get lots of touches, work on hand positioning, footwork, keeping hands and body behind the ball.*

1. Throw ball to ground, catch in “W-position”, variation: hit ball down with fist.
2. Spin ball around back, change directions – GK cups hand to hold onto ball while passing it behind the back to other hand.
3. Paired catch & throw – two GK (or 1 plus server) throw balls in air , rolling, high balls, bouncing balls.
4. 4 corners roll & receive – two GKs, each with two cones about 6’ apart. Each starts at the cone to their right. Both roll a ball simultaneously, then shuffle feet to receive other ball. Repeat rolling toward opposite cone/ Emphasize footwork, keeping eyes up
5. GK sit ups – server tosses a ball to sitting GK, in one motion GK reaches out, catches ball, does sit-up and throws ball back to server, (variation: 1-2-1 : right hand, both, left hand) – emphasize reaching fingertips toward ball
6. Paired punt kick & catch – two GKs stand about 6’ apart, alternate punting ball to each other. Emphasize catching position, kicking position (drop ball onto foot, don’t throw it up)
7. Skip-ups – GK skip forward, using arms to propel them up, try alternating which foot the push off with. Emphasize height, not distance
8. Toss-ups (progression from skip-ups), now toss a ball up (slightly in front of) each time. Emphasize reaching ball as high as they can.
9. Shots on goal (GK starts sitting or lying on stomach). Server says “up” then shoots ball. GK rolls ball back (have 5 or more balls)
10. Reaction turns (older GKs only) – GK starts facing away from Coach. Coach says “turn” then tosses or shoots ball toward GK. Reset and repeat.
11. GK tug of war – 2 GKs put both hands on one ball and try to pull ball away from other GK
12. Kneeling dives – GK kneels. Coach tosses ball slightly forward and to one side. GK “dives” to

control ball, using “3 hands method” (1 hand on top, 1 hand behind ball - NOT UNDER – and ground is “3<sup>rd</sup> hand” ), Emphasize moving forward each time.

### **Putting it into action**

1. roll-back shots on goal, rotate after each one (or after 3)
2. 3 flies up punts – multiple keepers. (variation: winning the ball counts as a catch even if not in the air).
3. keeper wars – Two GKs – each defends one goal (cones can be used). Mark ½ way line. One ball in play. Each shoots OR throws ball trying to score. Keep extra balls by each goal.
4. crosses w/ one shooter – Server crosses ball in the air, while another player is “attacker” trying to score. GK must decide whether to come out for ball or stay in goal for shot.

### **Team Training**

1. World Cup – all players create “teams” of 2 players. Coach crosses balls while ALL TEAMS try to score from crossed ball while GK tries to save all shots. Team that scores “wins” world cup, remaining teams vie for 2<sup>nd</sup> place, etc.
2. 5 v 2 becomes 5 v 1+GK – a variation on a common passing keep-away drill. 5 passers keep ball away from 1 other field player and GK. If field player or GK touches the ball, passer who made “bad pass” switches places with field player. GK stays in middle whole time.
3. only GK can score – Normal scrimmage but the only way to score is by passing to a GK (who CAN use hands anywhere on field) and then GK shoots – kicking or throwing. GK can move with ball for 6 seconds, then must release ball to a teammate. If you have 4 willing GKs, play w/ 2 in goal, 2 on field.