

Dribble and Scoop

Have the team dribble in an enclosed area. On a signal from the coach, every player leaves their ball and gets another. The keeper has to scoop the ball and clutch it to their chest.

Make sure no one kicks the keeper. Have the players just place their foot on top of the ball to “claim” it.

Do not allow diving for the ball.

Make sure the keeper is keeping on his toes, knees flexed.

A common mistake that you should look for in a keeper is slowing down to scoop the ball. The keeper should explode through the ball and after scooping veer to a side, just like they would do in a game situation with an attacker bearing down on them.

Explosive Scoop – Quick Roll Return

Have a player shoot a ground ball in to the keeper. Keeper explodes towards the ball and scoops it to his chest. He continues on and returns a roll pass to either the same player who shot it or to a third player who has gone wide.

This simulates both the explosive step towards the ball we want the keepers to employ and the quick, on the ground counter-attack which is more conducive to possession play than just punting the ball away.

It is also a good conditioning drill.