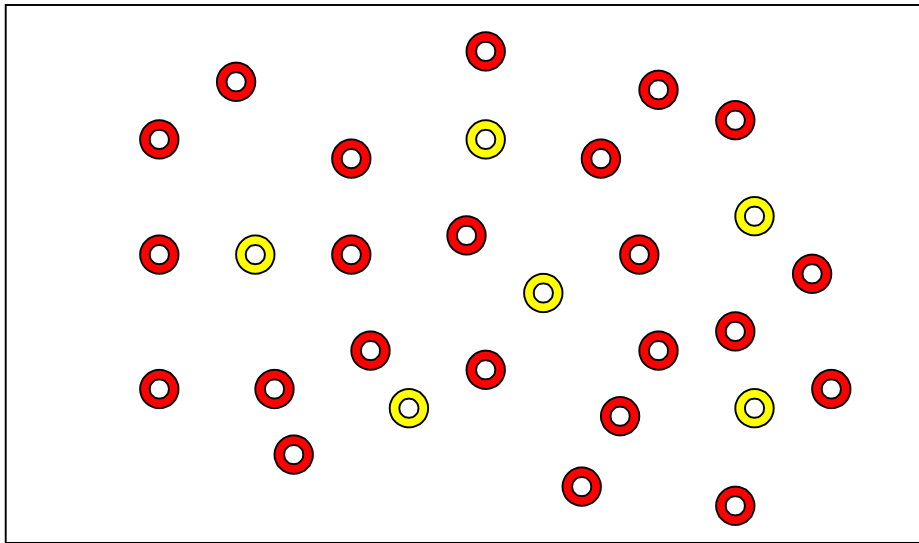


More Advanced Keeper Drills

Square of Death

The next series of exercises come from Bobby Muuss, Goalkeeping Coach at the University of Connecticut. The name of the drill is his, not ours.

Set up a grid of cones about 10 to 15 yards on a side. It helps if you have multiple color cones like a set of red and a few yellows (or vice versa).



Keepers start in a crouch, hands out for balance and on the balls of their feet. At the coaches signal they **shuffle** through the maze touching the cones with their hands. The object is to keep your head up, feet moving in **small, quick steps**, touching as many cones as you can in a 60 second span. The rest interval of this drill is a 60 second stretching period.

Coaching Points

1. Small, quick steps
2. Do not lift from the crouch position
3. Head up, explode to the next cone
4. Do not step on the cones
5. No diving

Progression of Square of Death

Concentration

- Make every third cone touch a yellow cone.
- Put the yellows on the outside and make the keeper explode to the outside every third cone.
- Have the drill end when every yellow cone in the group has been touched.

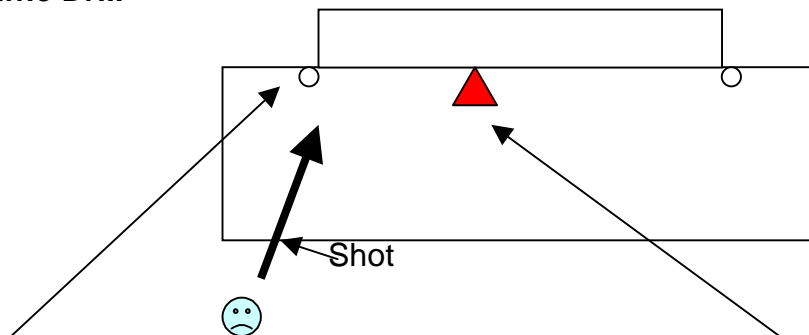
Hopping/Agility

- Have player two-foot hop over the cones and touch every third one.

Scooping

- Within the square have players scoop the ball, lay it down and then scoop another one. Have an equal number of balls and players at first and then progress to fewer and fewer balls to instill competition.
- Have the players scoop a ball, skip three others but touching 3 cones and scoop a "distant" ball.

Shuffle Drill



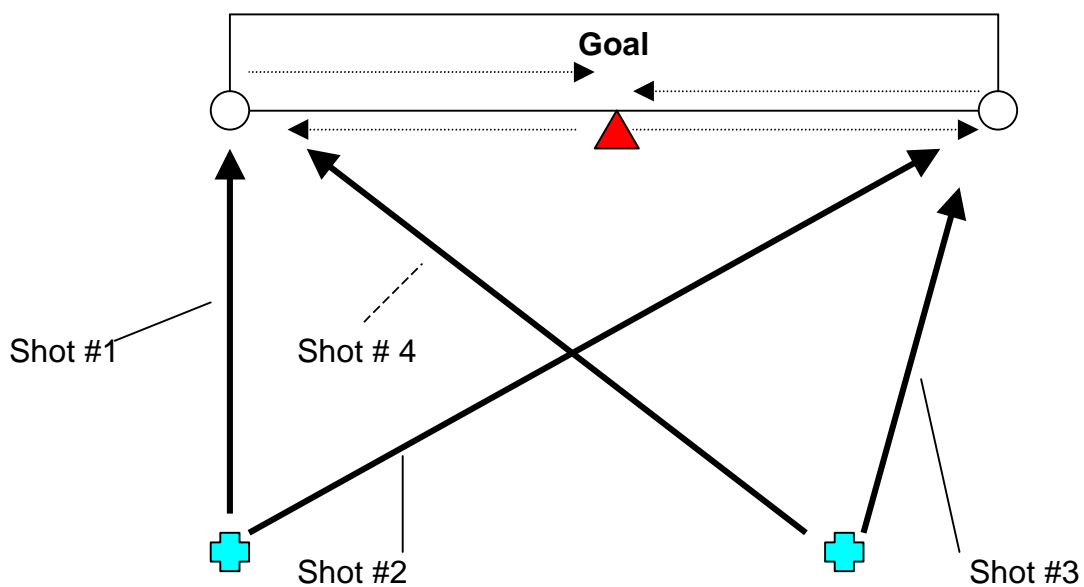
Keeper starts at near post in a properly balanced position. Keeper shuffles to first cone always keeping their body facing the shooter. Keeper touches the cone with their hand and then shuffles back to the post that they started from. Shooter delivers the ball to the keeper at the post for a save.

Keeper then distributes the ball back to the shooter and shuffles all the way to the far post and the shooter delivers the ball to the keeper there for a second save.

Coaching Points

1. Get low
2. Short quick steps
3. Maintain proper stance and balance
4. Try not to leave feet to make the save

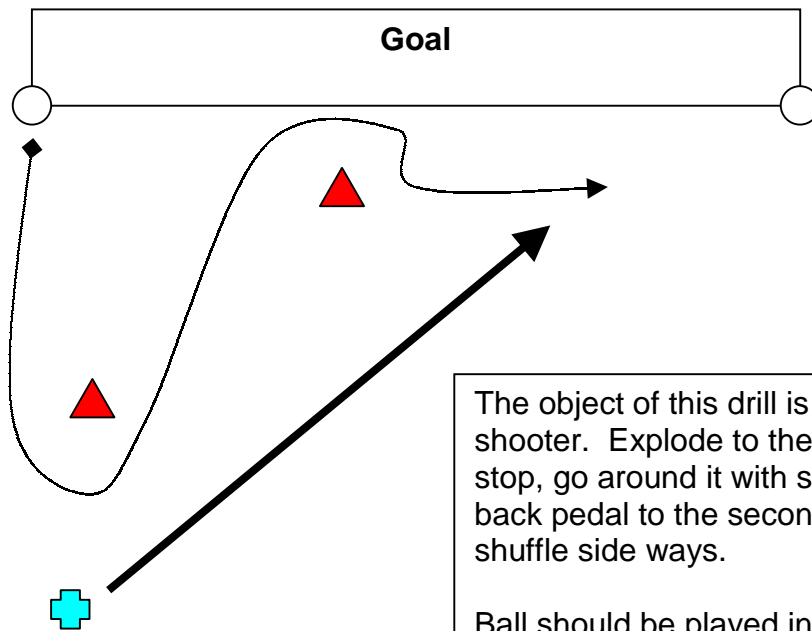
Rapid Fire 4 Ball Exercise



This is a progression of the shuffle – shot drill. There are now two shooters and 4 balls. The sequence is shuffle to cone – touch – shuffle to post – save, then shuffle to far post and make a second save.

After the second save the keeper “reloads and repeats the sequence in the opposite direction .

Forward- Back Footwork Drill



The object of this drill is to always face the shooter. Explode to the first cone and then stop, go around it with small choppy steps, back pedal to the second cone and then shuffle side ways.

Ball should be played in the direction the keeper is moving. Keeper should distribute the ball back and "reload".