

AIA Academy Soccer Drills

Goalkeeping – This drill will provide the goalkeeper with a large number of touches or allow field players to try the position.

Set-Up: The goalie assumes an athletic position in front of the net. Divide the remaining players into 2-3 lines, each with a ball, on the 18 yard line or on the outside of the penalty box.

Drills: Players advance by dribbling and then attempt to score. Players are instructed to shoot before the 6 yard box, or goalie box (designate this spot with a couple of cones). Goalies attempt to make a save. As soon as goalie has cleared the ball the next player in the following line starts their attack.

Technique: The goalie should use all blocking techniques, including kicking, punching, grabbing the ball from the air or ground and pulling into their body, or blocking the ball with their body.

Alternative: If team has more than one goalie, alternate goalies with each new attack so that they have a short rest period between saves. This will allow the coach to provide feedback and technique reinforcement.

Tips:

- It is beneficial to switch to a softer ball such as a beach ball or gator ball when introducing goalkeeping skills to young or new players.
- Creating smaller goals for children using cones can be an excellent alternative to using large goals.
- The drill can also be used to give each child the chance to play goal by rotating through the position. Allow all players that are interested to try the goalie position.