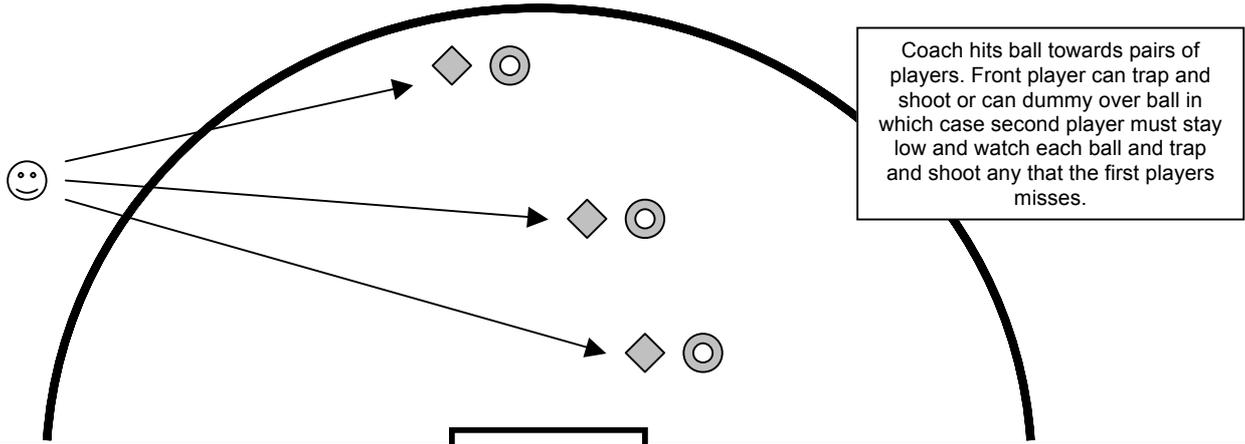
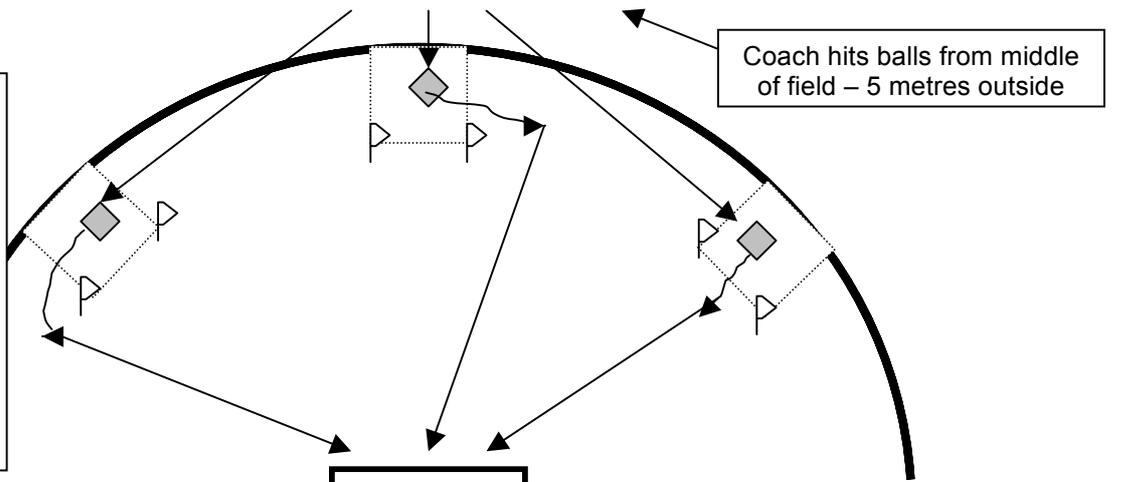


**DRILL 5**



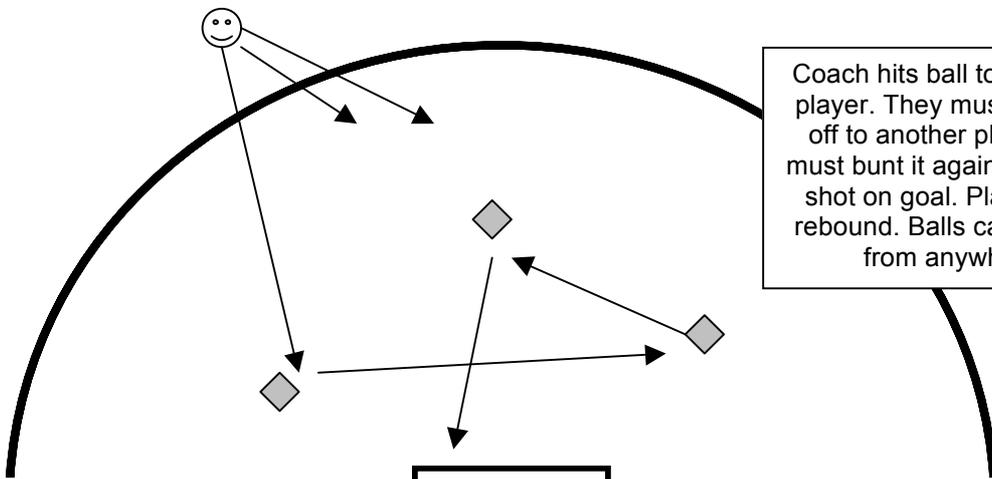
**DRILL 6**

Coach hits ball towards players target area. Player must touch ball only once and move it out of the area and then with second touch have the shot – emphasis is on moving feet. Play rebound if appropriate.



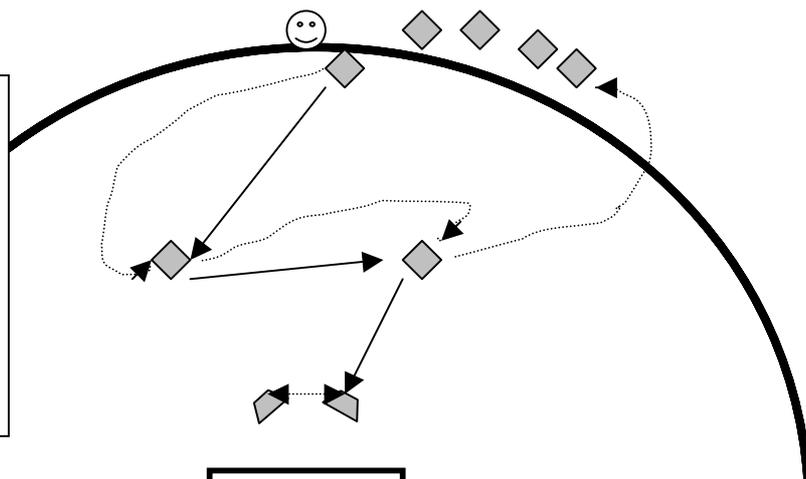
**DRILL 7**

Coach hits ball towards any player. They must bunt ball off to another player who must bunt it again before the shot on goal. Play out the rebound. Balls can be hit in from anywhere.



**DRILL 8**

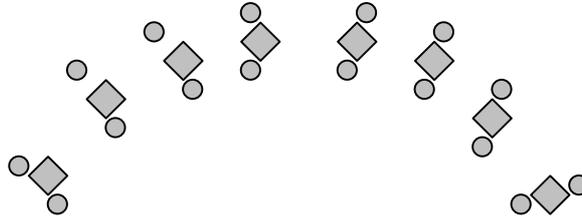
Players must follow pass immediately – and turn to face the next pass asap. Each player has three turns finishing with the shot on goal. Goalies should move from side to side and not just wait for the final shot. Coach can extend the drill with an extra pass at the front of the drill



### Drill 9

Players have two or three balls each. Starting at one end they go through one by one pushing the ball at the GK's feet. A variation is to flick the ball towards GK. Balls should go towards the keeper so they get lots of practice.

Another variation is the same as above however players should attempt to stop any rebound and have another shot. GK tries to get the ball behind the players or over the backline. When rebounding is over next player shoots next ball.

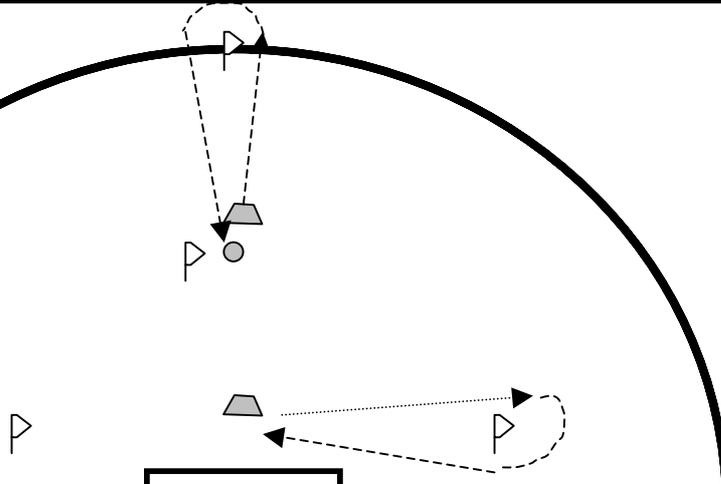


This base formation can be used for many GK drills, and players can be given many tasks to make them focus on the task at hand. Penalties for players can increase their focus

Variations for players to concentrate on are shots to opposite side of goalie to the shot before, or alternating hit and flick shots. Also coach can give players a number and can call out numbers at random for the player to shoot (no rebound).

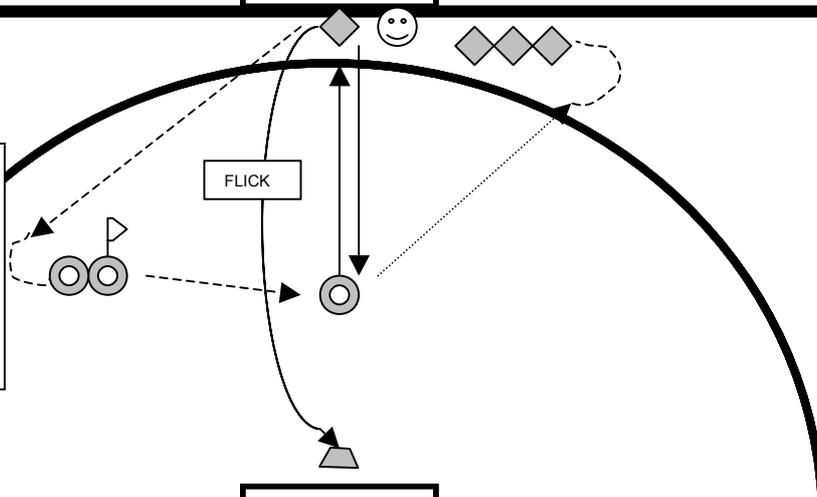
### Drill 10

This is a drill for two goalies or a player and a GK. On the signal both run around the marker and back. The GK at the top of the circle kicks the ball at the GK in the goal who tries to defend it. Coach should even the drill up by increasing the distance one or the other has to run to both arrive at approx the same time. GK in goal alternates sides.



### Drill 11

Diamond player at top hits ball to donut player on 7 yard spot who returns it. Diamond player flicks ball at goal. If flick is good donut will turn and watch rebound, if bad donut will trap ball and turn and have a quick shot at goalie.



### Drill 12

Variation one: GK starts in center and slides steps to left post, then runs out to ball 1 and kicks, then shuffles back to the left post and slide steps to right post and runs out and kicks ball 2, then shuffles back and into the center and runs out to finish with kicking ball three. Concentrate on movement technique.

Variation two: GK starts in center of goal and dives to left side then gets up and runs out to kick ball one. GK shuffles back to center and dives to right side and gets up to run out and kick ball two. GK shuffles back to center and then runs towards ball three and dives towards it and clears it with their stick.

This is the base for several GK movement drills that they can do on their own, ie when the players are collecting the balls.

