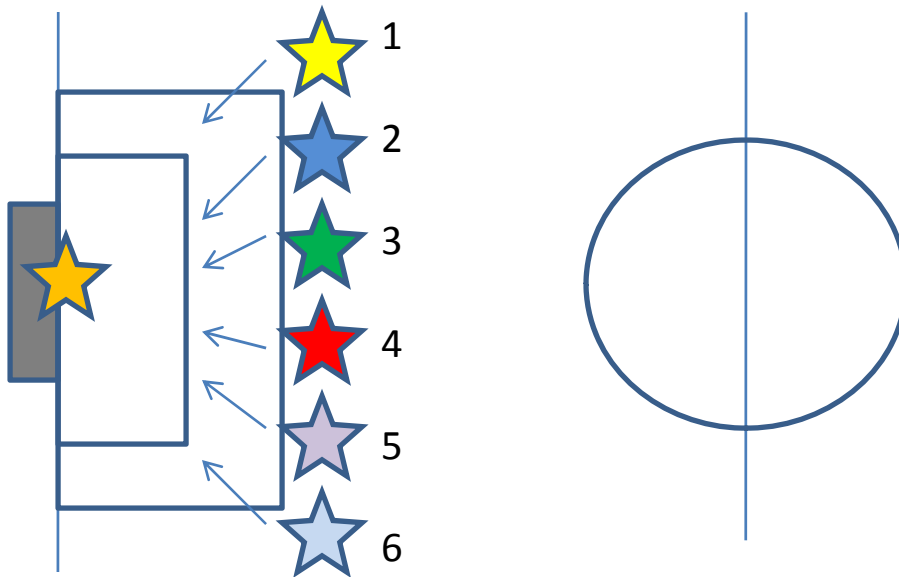


# Warming Up the Goalie

At the start of every practice or prior to each game, a great drill for incorporating your goalkeeper and warming up your shooters at the same time is a rapid-fire shooting gallery from the 18-yard line.



1. A number of players spread out across the 18-yard box and count off in order.
2. Each player has a ball and is ready to shoot.
3. A coach stands off to the side and calls out a number, who then shoots the ball at 50%.
4. Shooters should be instructed to put balls near or close to the keeper to start.
5. As soon as the keeper makes the save, another number is called and the player shoots
6. Continue until all players have shot. Shots can be harder and tougher as the keeper gets warm.