



Goalkeeping

Team: _____

Date: _____

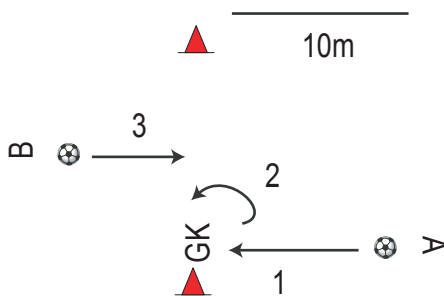
Technical Drill

Things to observe: _____

Notes: _____

Technique #9: continuous saves

1. Shots from both sides of goal



GK starts at one post of regular width goal facing A.

1. A throws high ball to GK who catches ball and throws back to A.
2. After throw, GK pivots quickly and
3. dives to save low shot from B

Keep repeating increasing/decreasing challenge to GK.

2. Shots on three goals

3 full size goals are set up in a triangle.

1. A shoots and GK saves
2. After save, GK turns and faces B
3. After B shoots and GK saves, GK faces C

Next round go in reverse order - C-B-A
5 full sets - give GK time to get set for next shot.

