



- 1> One goalkeeper competes against two outfield players in this challenge or three goalkeepers can compete head-to-head
- 2> The goalkeeper starts in the centre of the goal a couple of yards off the goal line
- 3> Both outfield players start in possession of a ball and one of them starts the drill by calling either "Red!" or "Green!"
- 4> The goalkeeper must touch the cone before moving into the space to defend the new goal between the two cones on that side
- 5> The outfield player on the same side as the goalkeeper shoots for goal aiming to score through the new goal (allow the goalkeeper to adopt the set position before shooting)
- 6> The goalkeeper aims to save the ball and clear it to the sidelines
- 7> If the goalkeeper clears the ball to the sidelines the challenge starts again
- 8> If the goalkeeper clears the ball up the middle of the pitch between the two outfield players a second ball can be put in to play with the outfield players aiming to score in the main goal. Play until the ball is cleared or the outfield players score
- 9> Play sets of six balls per goalkeeper
- 10> The goalkeeper with the most saves wins

## EQUIPMENT

CONES | GOAL | BALLS | GOALKEEPING KIT | 1 X STICK PER OUTFIELD PLAYER



## TEACHING SKILLS

### MOVEMENT SKILLS

- > Move with the ball to get in a good position to make the save
- > Use small steps and be prepared to change direction quickly
- > Adopt the set position before kicking the ball

### KICKING

- > Do the footwork early – get in a good position to execute
- > Kick through the ball with the instep of the foot (ensure it is square to the direction of the kick)
- > Standing toe points where the ball will go
- > Foot should make contact with the ball when it is directly under the eye line (Head over Knee over Ankle)
- > Kick through the ball and remember to set for the rebound
- > Focus on being able to kick flat every time



## REMEMBER

- > The first shot must **always be on the floor**
- > Be explosive and get into a **good position** to save the shot as soon as possible
- > Clearing the ball **towards the sidelines** means that you are less likely to concede goals from rebounds



## ADAPTIONS



### EASIER

- S** Decrease the distance from the goal to the cones
- T** Alternate which side the goalkeeper moves to
- E** Use a Quicksticks ball
- P** Outfield players must start at the top of the circle

### HARDER

- S** Increase the distance from the goal to the cones
- T** The first shot can be played at any height
- E** Add targets near the sidelines for the goalkeeper to hit
- P** The outfield players can pass the ball between themselves before shooting