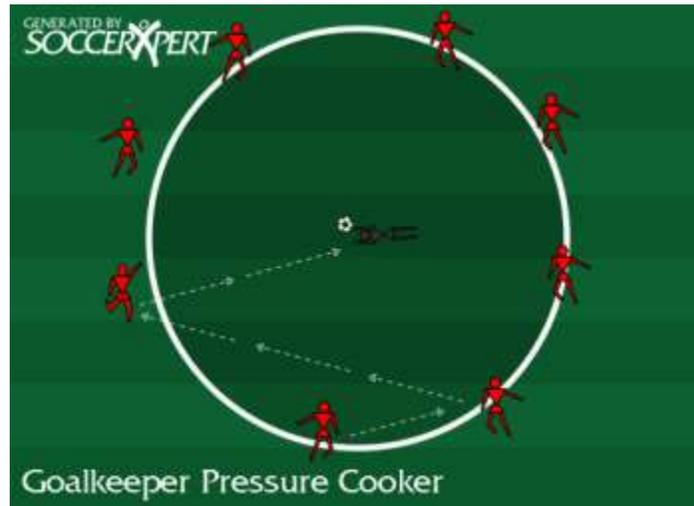


Goalkeeper Pressure Cooker Drill

Chris Johnson 67,495 Views Rating 3.71 (28 Reviews)

This soccer drill is a great goal keeper drill. It will give your keeper a great workout while working on passing and shooting with accuracy.



Soccer Goalkeeper Drill

This soccer drill is a great goal keeper drill. It will give your keeper a great workout while working on passing and shooting with accuracy.

Drill Setup

1. Set up 10 players in a circle around the center circle.
2. Have the keeper stay inside the circle and give one of the attackers around the circle a ball.

Drill Instructions

1. Players around the circle must keep the ball moving with one-touch passes.
2. At any time a player can shoot at the goalkeeper.
3. The goalkeeper must continually anticipate a shot and react quickly.
4. After fielding a shot, the goalkeeper returns the ball to one of the players around the center circle.

Drill Variations

- While warming up the keeper, instruct the players to pass balls in rather than taking shots.

Drill Coaching Points

- Focus your attention on the keeper and their work ethic.
- Their feet must be constantly moving them in position to stop every possible shot.
- The keeper must react quickly to EVERY ball that is playable by the keeper.

Equipment

- Soccer Practice or Training Balls - Every player should have a soccer balls at practice to have a successful training session.

Drill Ages

- 9 - U9, Under 9, 9 and Under
- 10 - U10, Under 10, 10 and Under
- 11 - U11, Under 11, 11 and Under
- 12 - U12, Under 12, 12 and Under
- 13 - U13, Under 13, 13 and Under
- 14 - U14, Under 14, 14 and Under
- 15 - U15, Under 15, 15 and Under
- 16 - U16, Under 16, 16 and Under

Soccer Drill Skill Focus

- Passing - Soccer Passing Drills
- Shooting - Soccer Shooting Drills
- Goalkeeping - Soccer Goalkeeping Drills
- Warm-up - Soccer Warm-up Drills

Soccer Drill Titled: Goalkeeper Pressure Cooker Drill

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