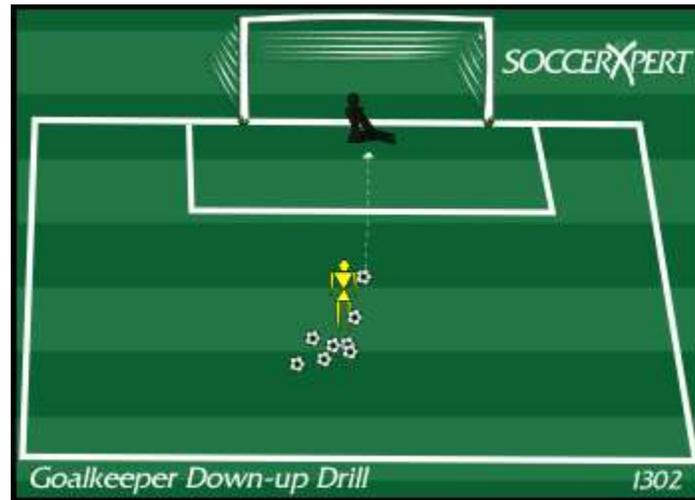


Goalkeeper - Down Up Drill

Chris Johnson 108,756 Views Rating 4.04 (45 Reviews)

This goalkeeper drill focuses on helping the goalkeeper get up quickly from the ground and get set for a shot.



Soccer Goalkeeper Down Up Quickness

This goalkeeper drill is designed to help goalkeepers get up quickly from the ground and get set for a shot.

Drill Setup

1. Have the goalkeeper sit in the center of a full-size goal about 3-5 yards from the goal line.
2. The coach/server should stand about 8-10 yards from the keeper with a supply of balls.

Drill Instructions

1. On the coach's command, the keeper should quickly stand, set their feet, get into the ready position to catch the ball.
2. The coach tosses the ball towards an area of the goal.
3. The keeper catches the ball and immediately returns the ball to the coach.
4. The keeper returns to the seated position.
5. Repeat this for 1 to 1 1/2 minutes.

Drill Variations

N/A

Drill Coaching Points

- Make sure the goalkeeper gets off the ground quickly.
- Make sure the keeper is aware of their position and location in front of the goal.
- The keeper should get set and ready themselves for the shot quickly.

Equipment

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

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
- 17 + - U17, U18, U19, U20, and Older

Soccer Drill Skill Focus

- Goalkeeping - Soccer Goalkeeping Drills

Soccer Drill Titled: Goalkeeper - Down Up Drill

Tagged: Soccer Goalkeeper Down Up Quickness

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