



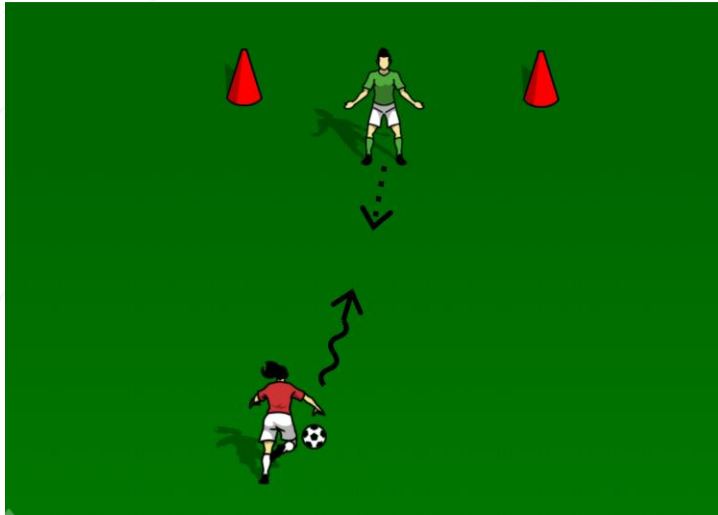
# GOALKEEPING

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Individual Skill Development



# GOALKEEPING



**Equipment:** 1 ball and 2 cones/goal.



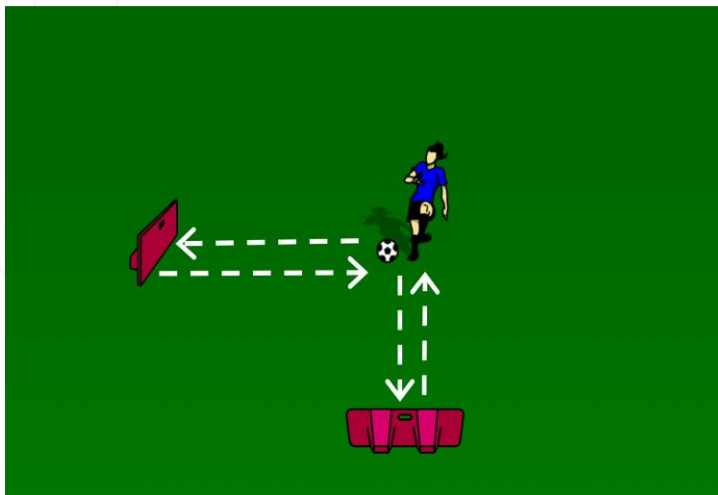
**What to do:** 1 player dribbles on a breakaway and the goalkeeper must stop the player from scoring.



**Variations/Progressions:** Have 2 balls. Start with a shot with the first ball, then the second shot will be a breakaway.



**Keep in mind:** Body positioning and awareness of the goal.



**Equipment:** 1 ball and 2 walls/flat surfaces.



**What to do:** Practice distributing the ball by passing the ball against the wall. Receive the ball and play to the other wall. Repeat.



**Variations/Progressions:** Use different parts of the foot to receive and pass with. Play 1 or 2 touches.



**Keep in mind:** Body position – body is facing as much as possible to both walls. See both walls at all times.