



MEN'S GOALIE FOOTWORK DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Goalie

Drill Style: Warm-Up, Conditioning

Field Location: Goalie

Field Position: Anywhere

Time Needed: 5 Min

Skill Level: Basic

OBJECTIVE:

To work on developing goalie footwork skills and quickness.

DRILL DESCRIPTION:

1. Lateral Hops- The goalies gets into ready position and hops side to side over a shaft of line on the field, focusing on remaining in ready position at all times. (30 seconds)
2. Front to Back- the goalie gets into ready position and hops front to back over a shaft or line on the field, focusing on remaining in ready position at all times. (30 seconds)
3. 2 Step- The goalie gets into ready position and takes 2 steps to their right or left crossing over a shaft or line on the field, focusing on remaining in the ready position throughout the movement. (30 seconds)
4. 4 Squares- the goalie gets into ready position and works a 4 hop pattern over 2 shafts or intersecting lines on the field. (30 seconds)

SKILLS PRACTICED:

- Stepping to the ball
- Consistent Positioning
- Conditioning

VARIATIONS:

Randomly toss or bounce a pass to the goalie and have them make a save. For the 4 Square drill you can also work a diagonal pattern.

DRILL DIAGRAM:

