



WOMEN'S TURN AROUND WARM UP DRILL

DRILL SPECS:

Drill Theme: Goalie
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Skill
Field Position: Goalie
Skill Level: Basic

OBJECTIVE:

Warm up your goalie by challenging them to find and track the ball with limited time before the shot is upon the goal. Have your goalies looking away from the shooter and jumping around to find the ball, will increase their ability to track the ball in traffic.

DRILL DESCRIPTION:

Have your goalie get in goal and start in the middle of the net facing away from the field (looking towards the out of bounds behind the goal). The coach or shooter will be 7-10 yards away from the goal and will say "GO" to tell the keeper to jump and turn around. As the goalie is turning the coach will shoot the ball on net. The goalie will make the save and clear the ball back to the coach. Repeat this 10-20 times.

SKILLS PRACTICED:

- Goalie Play
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VARIATIONS:

Vary where the shot on goal comes from each time to vary the movements.

DRILL DIAGRAM:

