



# Goalkeeper Resource



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# Introduction

The goalie is one of the most important players on the team and it takes a particular person to fill this role! Some people see them as mad because they stand in a goal with pads on and allow players to fire balls at them. Most people would be scared but goalies thrive on it.

There are many things that make a great goalie. Here are a few:

- No Fear
- Focused
- Great vision
- Good at reading play and players habits
- Good under pressure
- Resilient

# Rules

Yes there are rules for goalies and some you probably wouldn't have even thought about!

*It is best to check your competitions rule handbook as some rules may vary between grades and regions*

## Gear:

It is important for the goalie to be protected. If they aren't it will inhibit their confidence and ability.

Goalies need to have a top to go over their chest gear that is a different colour to their team's colours and needs to have a number on it.

Goalie should have:

- Helmet
- Throat Guard
- Chest Protector
- Arm Guards
- Left and right hand pads
- Groin/pelvic protector
- Padded shorts
- Kickers
- Leg guards
- Stick
- Shirt



It is good to have spare straps, strapping tape, a spare different colour top and a screw driver (for helmet) in bag for emergencies.

## Subbing:

Yes you can sub your goalie! Especially at tournaments with 5mins to go you might take your goalie off and put an extra striker on to increase your chances of scoring a goal. However if caught on defence you could be in a little bit of trouble!

As a coach you must tell the umpire if you are going to sub your goalie because they have to call time for them to come off.

You can allocate a player (normally the deep back) who can be a 'kicking fallback' but they have to put a bib on so that they are identified. This means that they can kick the ball in the circle when saving a goal.

If there is a penalty corner called the 'kicking fallback' or allocated player must put the goalies helmet on when defending the PC.

## Position:

Most goalies stay within a very small area around their goal but they are allowed to move anywhere within their circle.

If the goalie does venture out of the circle (which is not very likely) they are only allowed to use their stick.

The goalie can go over the 23meter line but cannot wear their protective gear (they become a normal field player).

## Penalty corners:

Goalie must be wearing at least a helmet. Feet of the goalie and the 4 players must be behind the goal-line. Cannot cross the goal-line until the ball has been played.

## Strokes:

Goalie must start with feet touching the goal-line and cannot move until

the ball has been played. If goalie does move the stroke should be taken again.

### Shoot outs:

The goalie must start behind the goal-line and can move as soon as the ball has been played. Goalie cannot take player out intentionally they have to be going for the ball, this is in shoot outs and in general game play.

- In shootouts player starts from the 25 and on the umpires whistle can go. as soon as the ball is played the goalie can move out of the goal the player has 8 seconds to score a goal unless the ball is taken out of play (ball goes out).

### Ball clearance:

In general play goalie can clear the ball with any body part as long as it is not dangerous. Goalies must not lie on the ball or protect it from being played in anyway, this would result in a PC or stroke.

For more rules or to check if these rules apply to your competition refer to your competition rules handbook.

# Fitness

Most people think that goalies don't need to worry about fitness because they just stand in the goal, but they actually need to be powerful and fast!

Goalies need to have very strong glutes, thighs and hamstrings as they are in a squatting like position a lot of the time and use that big muscle to push off into a dive or jump to reach the higher and wider balls. Squats is good for working these muscles using a weight when necessary.

A strong stable core is needed to help hold their stance and also in diving and stability. Sit ups and anything working the abdominal and back muscles will be beneficial. Twisting movements is very helpful to. You can get an elastoband and tie it to the side of the goal using it to hold onto and do twisting movements across your body on different angles. Eg. Starting with your arms up on left side and twisting your torso so that your arms point down and to the right of your body. Make sure you work both sides evenly.



General fitness like running helps to keep your mind alert and is very good for endurance as a goalie is normally in the goal the entire game they will need to stay focused for the whole game.

## Fitness testing:

Just like the field players it is good to do fitness testing on your goalie on a regular basis to track improvements and decreases in fitness. It also keeps them working hard so they know they will get caught out if they don't do it! You can make the fitness test whatever you like but it's good to keep it specific to their role (don't chuck them in the beep test with the field players as they have completely different roles). Just make sure you use the exact same test each time so that your results are consistent.

Some examples are:

Get the goalie in the goal and give the 30 seconds to side step between each post and touch each one. Count how many they get, can do with or without gear on.

Another one could be something involving all the movements they use (like side step/diving/backward running etc) in a circuit and time them how long it takes them to get through it.

## Warmup

*It is very important to warm up before a game or training and make sure you allow about 30minutes for the warmup and to put your gear on.*

Before goalies put their gear on they need to go for a moderate jog to warm their muscles up and follow that up by some stretches.

Stretching is very important for goalies as they need to be very flexible to reach and stretch to make the saves. Start with some static stretches going through all the necessary muscle groups then working through the same muscle groups do some dynamic stretching. Then you can go through some quick agility drills to get your feet moving.



## Muscles to stretch:

- Hamstrings
- Groin
- Quadriceps
- Glutes
- Calves
- Back
- Chest
- Arms/Shoulders

You can do more stretches with your gear on if needed!

Then you need to get into some ball skill warmup starting close and getting your feet moving with someone throwing some quick flat pushes at your feet. Then you can do hands by getting someone doing small flicks at you. This will help you to get you 'eye in'. The player can slowly move out and do harder shots like hits in various directions and heights.

*Everyone has their own techniques for warm ups. Use what best works for that goalie as everyone focuses in different ways.*

When the team is ready they generally come in and do a drill based on shooting giving the goalie and the team more of a warmup.

# Skills and Techniques

## The 'Ready Position'

The position goalies should switch into as soon as the opposing team is on attack. From this position the goalie should be able to move quickly in every position and be able to save, clear and recover. Remember that every goalie is different so their stances may vary but they should all cover these key points:

### Lower Body-

- Their feet should be about shoulder width apart
- Knees slight bend
- Hips slight bend
- Weight on the balls of their feet

A good thing to remember is- 'knees over toes, hips over knees'



## Upper Body-

- Hands should be up above waist
- Arms forward from shoulders
- Stick angled so that if the ball hits it, it won't deflect into the goal
- Head must always be steady and in the line of the ball
- Eyes focused on the ball

One good thing to remember is when the opposing team is on attack and the ball reaches the dotted circle expect a shot. Be ready!!!

## Knowing your angles

Goalies need to be able to cut the angles down for the attacker to shoot at. When the goalie is in the right line you should be able to draw an imaginary line from the ball through the keeper to the middle of the goal. Goalie follows the angle of the ball by shuffling side to side up and back.

## Depth

Goalie ideally should be a 2-3 big steps out from the goal and following the ball by shuffling in an imaginary semi-circle around the goal. The further out from the goal you are the more angles you shut down. But the down side of that is that the further out you are the less reaction time you have to make the save. It really all depends on the goalies ability and size. e.g. The smaller the goalie the further out they will have to go to cut the same angles as a larger goalie! If the ball is out wide by the base line the best place to be is right on the closest post.

# Kicking

## **Basic kicking:**

A basic kick is when the ball is going just wide of your foot but not wide enough for you to stretch out to reach. You want to be able to block the ball from going into the goal and clear it at the same time.

Preparation: Be in your ready stance with your head in line with the ball, arms up and on your toes. Keep your eyes focused on the ball.

Execution: Lead with your head and step towards the ball with the non-kicking foot (your toes should point where you want to put the ball). Follow through with other foot kicking the ball with the inside of your foot. Keep your head and chest over the ball as this will help prevent the ball from being raised.

Follow Through: Swing through with your kicking foot following through where you want the ball to go. Keep your eyes on the ball and watch with exit your zone. Then get back into your ready position.

## **Cross-over Kick:**

This kick is used to clear the ball wide but should only be used when the ball is hit directly at the goalies feet. Timing is crucial because if you miss it, it is sure to be a goal.

Preparation: Be in ready position, check your angles. Determine the balls direction towards you and determine your target (you don't want to kick it straight back to the attacker) parallel to the baseline so your hips face outwards.

Execution: Contact the ball in front of your body with the side of the foot and swing through so that the ball is cleared wide.

Follow Through: Follow through where you are wanting the ball to go. Keep eyes on the ball and return to your ready position.

## **Lunge Save:**

A reflex save, the ball is going wide of the keeper and at a fast rate meaning that the keeper doesn't have time to shuffle.

Preparation: Position yourself between the ball and the goal, keep your eyes on the ball. Be ready and identify the balls direction.

Execution: Lead with your head and lunge with your leg/foot in the line of the ball. Transfer body weight to saving leg and keep eyes on the ball. It's all about timing if you time it right your forward momentum should help clear the ball when contact is made. Make sure you angle your saving foot so that your toes are pointing the post.

Follow Through: Push up to upright position and clear the rebound if there is one and reset into ready position.

## **Aerial Saves**

### **Glove Saves:**

Generally glove saves are made when the ball is too high for you to save with your leg pads. The left glove is used to save all of the left side the middle and to the elbow of the right side. You can also bring it across to help with saves with your right glove on your right hand side.

With the new ruling goalies can now push their hand towards the ball to make the save rather than waiting for the ball to come to them. This means that you are allowed to push the ball away as long as it doesn't endanger a player. To clear aerial shots it is best to deflect them over the goal or out wide.

Preparation: Align yourself so that you cover all angles, be in the ready position and watch the ball. Determine the height direction and speed of the ball.

Execution: For balls above elbow height fingers should be facing up and for balls below the elbow fingers should be facing down (45 deg angle between straight up and horizontal). Step towards the ball and make sure your hand is in front of your body but in line with the ball. Push the ball away with your glove as wide as possible. For tricky shots use the angle of your glove to deflect the ball away. Avoid swiping at the ball!

Follow Through: Maintain body balance and keep your eyes on the ball. Return back to ready position.

## **Stick Saves**

This is for saving balls on your right hand side! It is better to aim to save the ball with your right hand glove rather than you're sick as it will often deflect off and into the goal. By aiming to save with the right hand glove your sick will be in a better position to make the save.

Preparation: Ready position with your hands up and your stick tilted forward, determine the flight of the ball.

Execution: Step towards the ball with your right leg, bring glove up to try and make contact with the ball. Angle the ball and stick so that the ball will go wide, push the ball away towards the side lines with the glove or stick.

Follow Through: Keep your eyes focused on the ball and bring your left leg to meet the right. Return to ready position.

## **Diving**

Diving is different to 'sliding', with diving you move sideways, sliding you are moving forward. These techniques should be used as a last resort as it is more important to stay on your feet when you can.

## **Right Side**

This is mainly used when you are standing on the left post and the ball gets passed across the goal to someone on the right hand post the fastest thing to do to make the save is to slide.

Preparation: On left side watching the ball closely, if the pass is made that is when you look to dive, shift your weight to your right leg.

Execution: Watching the ball, lean to the right in a slight crouch with weight on right leg loading it so you are ready to dive. Push off your right leg and stay low during dive. Reach stick out and use arm to control your dive, making sure you slide on the side of your body not your stomach. Avoid landing on elbow and hold your left hand facing out in front of your chest in case of a lifted ball. Angle stick towards base line and when contact is made on stick bunt it towards the base line.

Follow Through: Keep eyes on the ball, if cleared get up normally. If the ball has not cleared decide whether to stay down or get back up into ready position.



## **Left Side**

Usually goalies don't need to go to the left, there may be the odd occasion like saving a drag flick or a fast shot at an awkward mid height and this is done the same as the right side dive but obviously the opposite leg. If the left side dive is not needed goalies just use a double leg block.

## Double Leg Block

This technique is mostly used when the ball is on the right post and gets passed across to the left post. It is similar to a softball player diving for their base.

Preparation: Always in ready position, as soon as the pass is made turn your body so it is facing the field and keep your eyes on the ball.

Execution: Take a step to the left and drop your right leg slightly behind the left, push both legs out to the left and drop. Use your right hand to push yourself to the left post, have your legs out straight but as the ball makes contact bring them forward so that it propels the ball forward. Keep your left hand up in front of your chest incase the ball is lifted!

Follow Through: Once the ball is cleared get up normally and back into your ready position.

## Sliding in 1 on 1 Situations

### Right Side

Sliding on your right side is more common as that is the side you are able to use your stick which gives you greater reach! It's important to time your slide because if you go too early the player will simply go around you, too late and the player could pass or shoot as you are going down. It's hard to know when to do it but if you have the thought that you need to, then do it don't hesitate!

Preparation: From your ready position move towards the attacker and keep your eyes on the ball. Stay slightly left of the attacker to force them to go right. Decide whether to slide or stay on your feet.

Execution: Maintain your forward momentum, push off your left leg and slide on the right leg and right hip. Bring your left leg on top of your right and stretch your torso leaning on your right arm stretching it out to



extend the stick length. Line the ball up with your chest holding your left hand in front of the chest. Try and clear the ball with your stick in one sweeping movement.

Follow Through: Keep your eyes on the ball, get up and shuffle backwards to the goal and into your ready position.

## Left Slide

The left slide is the same as the right slide but other direction and the position of your stick and glove is a little different. Your glove hand (left hand) will be stretched out along the ground and your stick hand (right hand) will be in front of your chest. The left slide is used when a player is running at you and angling to go to your left. Most keepers prefer to stay on their feet and channel the player out of play.

## Defending a PC

There are many ways to defending a PC, all grades are different and it is also different in men's and women! In higher grade men's games they are most likely going to drag flick. Woman use various options. Some goalies like to stay standing, that is fine! Some like to go down and there are two different ways of going down lean and kneel, the kneel approach is quicker to get up from.

Preparation (Lean): When the ball is pushed out take a couple of steps out from the goal depending where you want to go down. Line up so that when you go down your stick covers the right post (you should have a defender at your feet to cover the left post and to clear off your pads). Set yourself in a crouching lean so that your left shoulder is above your right foot. Left hand should be at your chest and stick out to the side.

Preparation (Kneel): Same as above by taking a few steps out and covering the right post. Lower your right leg by bending the knee keeping the knee

slightly off the ground so that if they look like they are going to flick you can stand back up. Wait until you are sure they are going to hit to execute the drop.

Execution: As the ball is about to be struck collapse your right leg towards the left post. Extend your stick out and slide it along the ground and it will brace you as you go down. Your left leg should be stacked on top of your right and your left hip slightly tilted forward. Bring your left glove in front of your chest ready to make a save if needed. Angle your stick slightly down so that the ball won't deflect off and into the goal and also angle the end of the stick towards the base line. Shots below your waist the postie should be able to clear. Shots above your waist to your glove you can bunt away with the left hand glove and shots above that should be able to be cleared with your stick.

*Remember that the first shot on goal has to be back board height with exceptions of a deflection or a drag flick.*

Follow Through: Once the ball is cleared and there is no danger get up normally and into ready position. If the ball is cleared back into play get up quickly ready for the next shot and keep your eyes on the ball.

*The best starting position for a PC is in the middle of the goal in the ready position with your hips and feet facing the trapper, but your head and eyes watching and following the ball. Make sure that your runners aren't going to block your view.*

## Getting Back Up

This is very important especially if you are wanting to dive you need to get back up quickly ready for that next shot. It takes a lot of practice but you need to get it right with repetition to be able to do it naturally in a game. The most important thing is knowing when the right time is to get up. You

don't want to do it when an attacker has the ball right in front of you! In that case the best thing to do is to stay down and have your left glove ready for a flick you can also use your right arm to push yourself up when saving a flick from a lying position.

Preparation: From the lying position bring your left leg in front of your right leg planting the left foot firmly on the ground. Raise yourself up onto your right glove ready to push off. Left glove should be on the ground in front of your chest.

Execution: Making sure you still have your eyes on the ball, push yourself up using your arms in one powerful movement. At the same time bring your right leg underneath your left and kneel on it briefly before standing up. Keep your left glove out in case someone shoots.

Follow Through: Back to your ready position

## Defending a Penalty Stroke

A penalty stroke will be the hardest thing for a goalie to defend and there has to be a serious foul for one to be awarded. Remembering that it is there to give the attacking team a good chance of scoring. There is no set way to defend a stroke but here are some tips that may help:

- Stand on the balls of your feet with your heels over the line
- Remain balanced with your arms up ready
- Some goalies try to make themselves look as big as possible
- Don't try and look where the attacker is wanting to put it instead look for cues: angle of stick, position of feet. But don't rely on these too much because the attacker is trying to be tricky.
- Watch that ball and go with your instinct.

# Beginner Drills

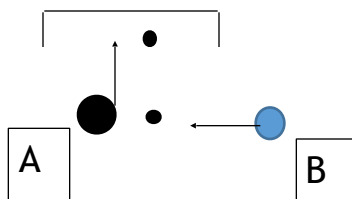
The best thing for a beginner goalie is to get use to moving in their gear. It's quite difficult putting the gear on for the first time and even trying to walk in it. Practice walking, running and getting up and down in the gear. Also practice the shuffle movement, shuffling side to side and forwards as well as backwards.

## Basic Kicking:

Have someone quite close to the goalie and pushing balls at them and get them to focus on their positioning, stance and kicking using the inside of their kickers. Get them used to kicking with both feet, as most of us have a preferred foot to kick with but they need to be able to use both. Once they get quite good at that the player can move back a little bit and push them a little harder. Also push some balls just wide of their feet and gradually get wider and wider having to make them move to save them.

They probably aren't going to be able to save any aerial balls or hard balls just yet so start really and work your way into it. Otherwise you may put them off by making the balls to hard and it may seem pointless and impossible for them.

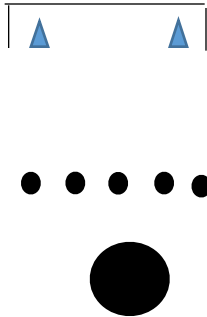
This is a good drill when learning to kick so they can practice kicking it in the right direction and it is very good for warmups before games and trainings:



Have the goalie (A) facing player (B). player pushes ball to goalie who has to 'clear' it into the goal. Do both sides. This helps goalie practice placing of the ball.

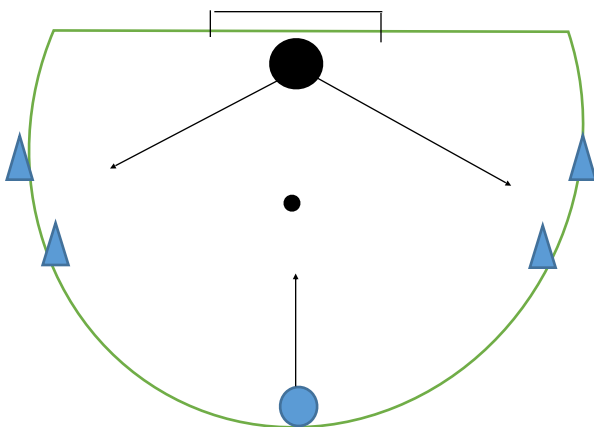
A variation of that drill can be using the cross over kick.

Another drill for goalies is to practice their accuracy when kicking. This is a good skill to have because as a goalie you want to direct where the ball is going you don't want to kick it back to an attacker and give them another shot at goal!



Have the goalie kick balls into the goal aiming at cones. Have the coach yell out which cone to aim for each ball. Variation will be to have someone roll or push balls at the goalie from the side making them time it right with a moving

Another drill for working on a goalies accuracy:



Player hitting balls from the top of the circle and the goalie is aiming to clear them through the cones. Can move cones to different spots around circle. Be good to make it into a game eg. goalie gets a point if they get it in cones, player gets a point for getting a goal.

The next step up from this drill is to add a couple of players in to work of the rebounds. This will make the goalie want to clear the ball harder and it will make them be ready after clearing the ball to save the next shot.

## Aerial:

Once they have mastered the kicking and movement on their feet throw some higher balls at them. You may find that as soon as you put this skill into it they lose their ready stance so you will need to remind them and probably re-teach them how to do it. Again trying with both hands going wider each time making them move to make the save.

*With younger goalies it might be beneficial to start without a stick just to get them used to using the arm pads especially if they used to play on the field their natural reaction will be to stop it with the stick rather than their pads.*

## Dive and slide saves

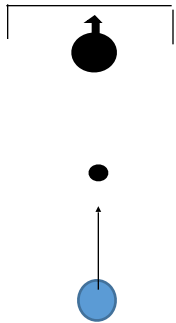
First get them to do the movement without any balls to save. Get them moving into the dive or slide then getting back up into their ready position this will take a lot of repetition to get it right. Eventually you could call sides so they won't know which way to go until you call it so they have to be ready. Once they have got that you can use balls by just pushing or rolling for a start!

# Intermediate Drills

Now that they have mastered the basics of goal keeping you can work on a little more high speed drills and ones that make them think.

## Turn and Save

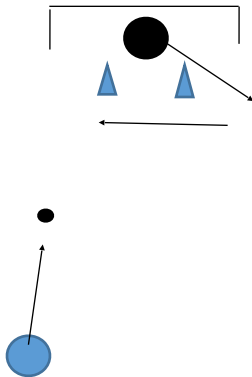
This drill is awesome for helping coaches to tell the weaknesses of their goalie by which leg their weight is on and body position, do they naturally get into their ready position or do they have to think about it.



Goalie standing with feet on the line facing the back of the goal. Coach yells 'GO' goalie turns and gets straight into ready position. Coach hits ball and goalie has to make the save. Don't hit the ball until they have just turned around. Coach-watch your goalies stance, where is their body weight, are their hands up etc.

## Shuffling

You need to get your goalie used to following the ball with a shuffle before having to make a save.



Get the goalie shuffling around the cone and then to get into their set position. Just as they get around the cone you shoot the ball at them. Reset and do it again. If the kick it back to you take it like a rebound and have another shot. Do both sides.

## **Warm-up Reflex Drill:**

Goalies need to be able to move quickly to make saves and the shots can come in any direction it is good to warm-up all their limbs as they are all needed to save shots. No use practicing their best sides all the time they need to be good at them all.

Goalie in middle of the goal and starting the shots close range and moving slowly further out to make them move to make the save do about 5 or so balls per save. Going through each of these saves:

Right foot, Left foot, Left hand pad, Right hand pad, Stick, Left leg Pad, Right leg pad.

Finish with a rapid fire firing 10 balls at the goalie in any of the saves warmed up making them react, different heights and sides.

## **Reflex Drill:**

You can use different equipment on goalies to help them train. In this drill you can use tennis balls and a tennis racket!

Get the trainer to fire tennis balls at goalie using different heights (hand height, above head so they have to reach, and shin/knee height). Firing the balls so that the goalie has little time to recover making them switch on. Make sure that they maintain the correct body position and ready position.

## **Reflex training on your own:**

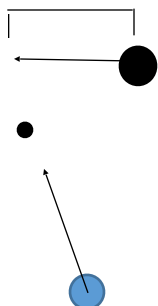
Get a couple of tennis balls and a concrete or brick wall. Bounce 1 tennis ball and catch it move closer to allow less reaction time. Once you have mastered that try it with two balls at the same time.



*A 'crazy catch' is a useful tool to use for reflex training if you have access to one of these give it a go!*

### **Diving:**

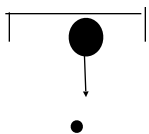
It takes a while for the goalie to get the confidence to be able to start diving in game situations. Some goalies either do it or they don't, although it is a great skill to have especially if they are wanting to go far as a goalie. They not only need to be able to dive and have the confidence to do so they need to be able to practice getting up with speed.



Goalie starts on right post and player rolls a ball to the Left post goalie has to dive to save. Once they get good at it start pushing the balls harder and harder. Make sure you do both sides!

### **Sliding:**

Sliding is good for a one on one situation! Again it is all about timing!

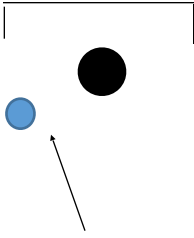


First get the goalie practicing the movement. Have a ball placed between the spot and the goal and have the goalie run out and slide into it to clear it out. Once they have that sorted try pushing a ball into them.

Once they have that sorted put them in a 1 on 1 situation with a player. Have a player running in with the ball trying to draw the goalie. Make the goalie run out to the player to cut down the angle and using their feet work to keep up with the player. Have them choose the right time to slide or dive and clear the ball from the circle to finish.

## Deflections:

These would have to be one of the harder shots for goalies to save! They can go anywhere!!

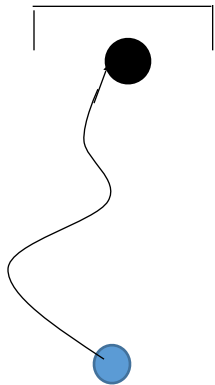


Have 1 player hitting balls in and one on either a side or the middle to make the deflection. Try all angles, you can have the player static or running in.

# Advanced Drills

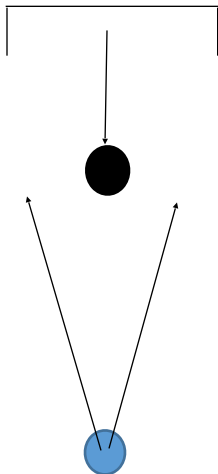
Even though your goalie might be up to the advanced training doesn't mean that you can't go back to the basics and do some beginner or intermediate drills. Especially if there is something that your goalie is weak at go back to the basics and the best thing is to practice it and repeat it until it becomes natural.

## Bounce Saves:



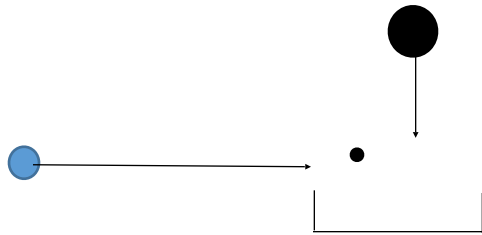
Player throws ball at ground so that it will bounce somewhere just goal side of the spot and bounce up for the goalie to save. Depending on the skill of the deliverer they could throw the ball or flick it up to them self and hit it down at the turf for it to bounce off.

## Dive:



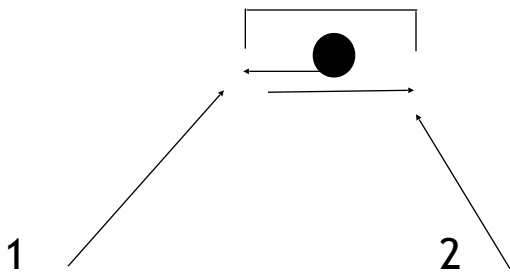
Goalie moves quickly out of goal to about the spot and player fires a ball either left or right aiming for the posts or just wider. This makes the goalie come out and cut down the angles then the wide ball makes the goalie dive to make the save. *You may still need to remind the goalie to be in ready position. A good way to test them is throw an unpredicted high ball, if their arms aren't up and ready they will notice!*

## Side Step Lunge:



Goalie starts just a bit further from the spot and as player hits a ball along baseline goalie side steps in towards goal and makes a lunge save angling the rebound of the ball into the goal. Repeat on both sides. Start slow then move to a hard hit.

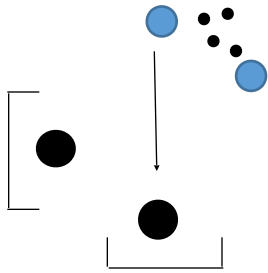
## Moving for Multiple saves:



Goalie starts in ready position in the middle of the goal. First ball gets thrown in goalie has to move to save it then as they are getting up and turning second shot is made (as a flick or a hard push). Players throwing the balls can mix it up to who is going to go first so the goalie doesn't try and cheat and go before they are meant to!

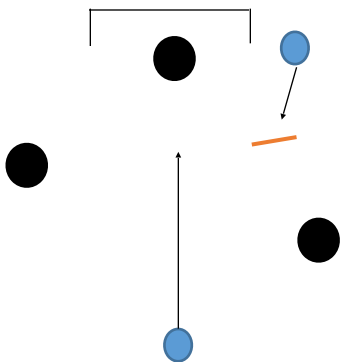
## Drills with more than one goalie:

These drills are good for getting all the goalies involved at once if you are training a group of them. If it is a drill where they would have to take turns get the goalie that is waiting kicking or throwing balls in where someone would be hitting them in the drill.



Fun drill that you could make into a game with the goalies. Depending how many goalies you have you can alter it. You could add another goal with a goalie or put some goalies for rebounds where the players are on the diagram. Basically a player hits a ball into one of the goalies to save and the rebound is taken by the other goalie or player to shoot again in either goal. The other goalie can try and score in your goal and you can try score in theirs etc. You can add other objects in the field like blocks of wood for rebounds to come off that. You play until the ball is out of area of play.

## All in drill:



Awesome drill for getting goalies to make a save then be ready for the next shot. 1<sup>st</sup> ball comes in from player on the top. Any rebound that any player or goalie can get can then be shot back at goalie in goal once that is gone the 2<sup>nd</sup> ball comes in. It is thrown in by player to his a board or even better a crazy catch to rebound into the goal again played out until ball is out of play. Good for keeping everyone aware and in the game.

*Remember that these drills can be easily altered to suit your players and equipment. Make use of what you have!*

There are a lot of drills that you use with the team especially when working on the strikers that also works on the goalies skills just make sure that you don't forget to commend them on a good save or to correct them and give them advice!



Most of all remember to have fun!!