



Goalkeeping Fitness Activities

Individual and Group

#1

Groups of three

One player standing with ball in hands

Other two players sitting next to each other

Player with ball bounces ball (high, low, angled rolling)

Other two players compete against each other to get the ball.

#2

Groups of three

Coach with two balls in hand

Player on hands and knees crawl to follow coach

Coach tosses ball and players compete against each other to get a ball.

#3

Groups of 4 (2 rest and 2 work)

Each player with a ball competing against a clock

Players sit with legs spread apart; bounce the ball as high as possible between their legs, then jump up to catch the ball.

How many can you do in a minute.

#4

In pairs, one ball between two

Toss ball back and forth.

In between each throw do a push up.

How many throws in a minute.

#5

In pairs, one ball between two

Player with ball tosses ball straight up and collapses to the side (alternating sides)

Other player catches ball then does the same thing when partner is ready to catch the ball

How many catches in a minute

#6

In pairs, one ball between two

While facing each other 1 to 2 yards apart

Player with ball tosses ball straight to side of partner so that player has to collapse to side to catch ball

While on the way up the player with ball tosses it cross-court for player to make save, continue.

How many throws in a minute

#7

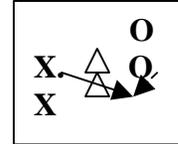
2 v 2 competition (20x15)

3-yard goal with cones or flags in the center of the field along the half way line

To score ball must be on the ground, go in between the cones and out of the field of play

Ball is hit first time

If a save is made with your hands roll ball to teammate



#8

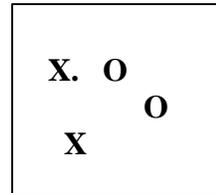
2 v 2 competition (20x15)

When you have the ball you're a field player

When you don't have the ball you're a goalie

To restart on every turnover touch the ball with hand

Whoever has possession of the ball at the end wins

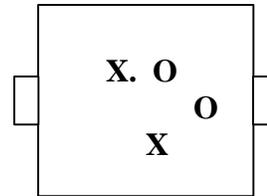


#9

The next progression to game #8

2 v 2 competition between goals (30x30)

Not restricted to any space.



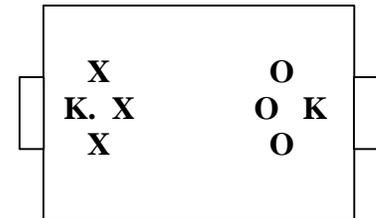
#10

1 v 1 plus field players (40x40)

Field players in front of goal to cause distraction or deflection

Restrict keepers to 6 yards from own goal when kicking the ball

How many goals can you score in a minute?



#11

1 v 1 "Keeper Wars" (20x20)

Goalies wait with a ball on the right side of the goal and exit when scored on to the left

Make it take it

Throwing or kicking from the ground to score

Add drop kicks

First team to 10 wins

Player with the ball can go as far as the half way line

