

### Five Ball Drill



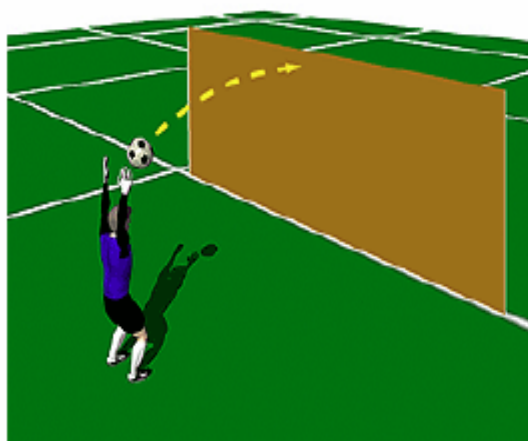
This practice is designed to improve the goalkeepers diving ability.

The goalkeeper is positioned in goal with the server on the top of the penalty area. Five balls are placed within the penalty area. On the servers command, the goalkeeper must run and dive onto each of the balls, returning to the goal line after each dive. On the fifth and final ball, the server volleys the ball for the goalkeeper to catch.

Work must be rapid while maintaining quality technique.

### Penalty area, 5 balls

### Off the Wall



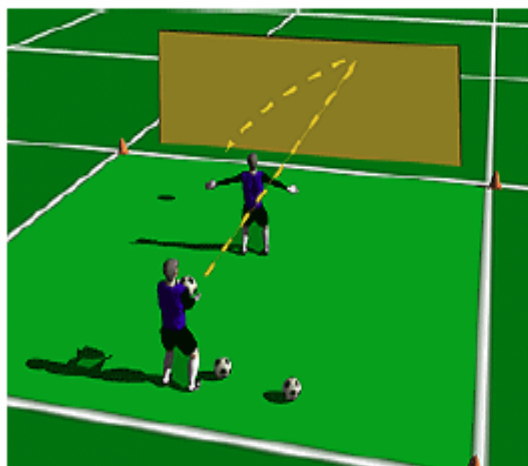
This practice is designed to improve the goalkeepers catching ability.

The goalkeeper stands 5 feet from a wall. Using both hands the goalkeeper throws the ball (like a throw-in) and catches the rebound. Vary this drill by alternating service from one hand to the other, while catching with the one free hand.

Work must be rapid while maintaining quality technique.

### Rebound wall, 1 ball

### Off the Wall 2



This practice is designed to improve the goalkeepers catching ability.

Two goalkeepers are facing a wall, one behind the other, with the front keeper standing approximately 10 feet from the wall. The keeper in the back throws the ball against the wall over the right or left shoulder of the front keeper. The front keeper reacts to the rebound and catches the ball.

Alternate throwing locations to change the projection of the ball off the wall. Repeat drill 8-10 times and then switch positions.

Work must be rapid while maintaining quality technique.

### Rebound wall, Supply of balls, 4 Cones