

50 Hockey Goalkeeper Practices



Written & Developed by

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*Produced & Endorsed
by*

John Hurst Hockey Design

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PASSING/ANGLES/POSITIONING

Suitable For: All Groups

DESCRIPTION:

Coach feeds to working Keeper and the Keeper passes to another Keeper (or player). The Keepers pass the ball to each other. If the group has just come together, put a name on each pass so that everyone learns each other's name. **One touch only.**

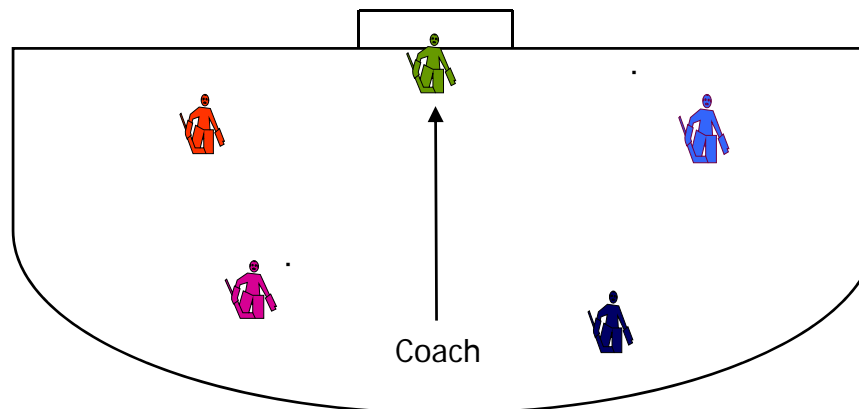
Count how many passes the group can chain together. Look at the movement of the working Keeper. Ensure that all stick and hand positions are as they should be (if a Keeper drops the hand too low, make them play with their hand on their head for a short period!)

Progress to making the practice competitive with the Keepers on the outside trying to score past the working Keeper. Ten balls per Keeper. Award a point to the working Keeper if the ball is cleared out of the circle or the ball goes 'dead' (i.e. out of the circle or off the back-line).

PURPOSE:

The object of the exercise is to practice kicking accurately to one another. As practice progresses attention can be given to movement around the goal as well as repositioning to make the first second, or third save!

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PROGRESSIONS:

1. Add two balls to encourage scanning.
2. Bring the G.K.'s in closer.
3. Add a G.K. barrier for coach to hit under (G.K. jumps) so that G.K. in goal sees the ball late.) G.K. barrier then turns and is active in the practice.
4. Use the G.K. barrier to deflect the ball at goal.



Practice Card 1

CRISS-CROSS

Suitable For:	All Groups
Advanced Criss-Cross	Advanced Group

DESCRIPTION:

Minimum three Keepers. (A coach/field player can take the role of the static keeper). Two G.K's line up one behind the other positioned between two cones. Static G.K. feeds to first Keeper and the Keeper kicks the ball back and then exits left (feet facing forwards at all times) and drops in behind the second Keeper. The second Keeper steps up and repeats the practice. **One touch only.**

Count how many passes the group can chain together. Look at the movement of the working Keepers. Ensure that all stick and hand positions are as they should be (see Practice Card 1)

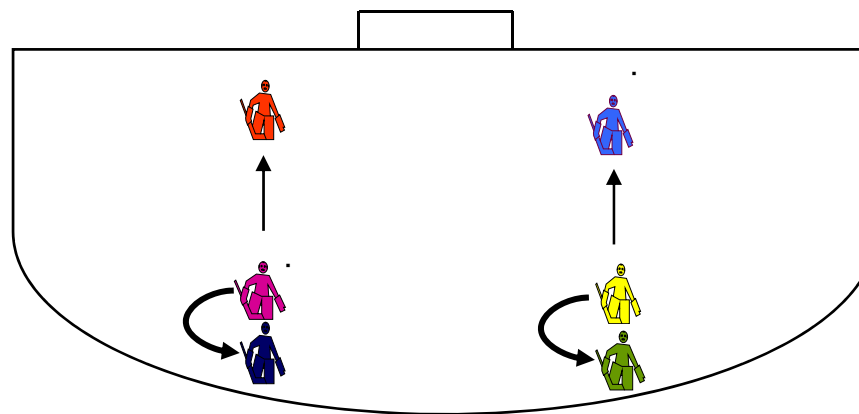
PURPOSE:

The object of the exercise is to practice kicking accurately as well as movement forwards, side-ways and backwards.

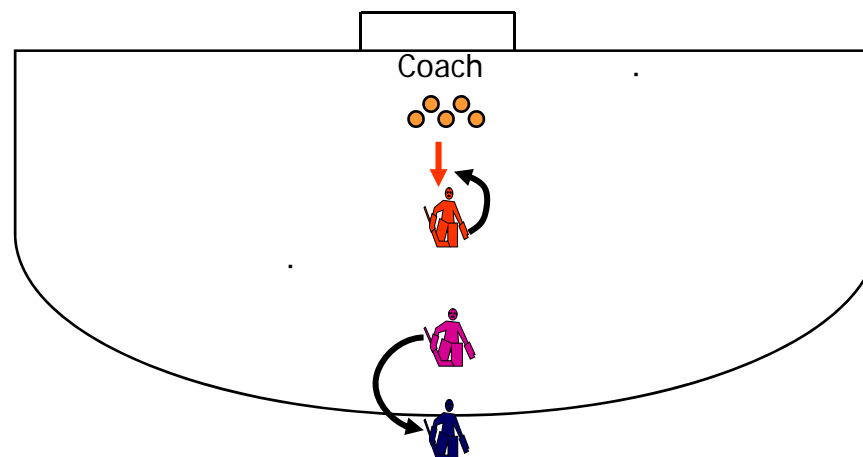
PROGRESSIONS:

1. Repeat Practice but exit right.
2. N.B. this practice can also be done in fours with two G.K's either end. Do not have any more than three G.K's in any queue so that maximum practice is taking place.

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ADVANCED CRISS-CROSS



DESCRIPTION:

If three keepers are involved, after kicking the ball back the 'static' keeper must turn to return a ball fed by the Coach. The G.K. then spins round to return the next ball from the next G.K.

Practice Card 2

PRACTICE: DRILLING THE SKILL, SAVE AND CLEAR

Suitable For: Beginners

DESCRIPTION:

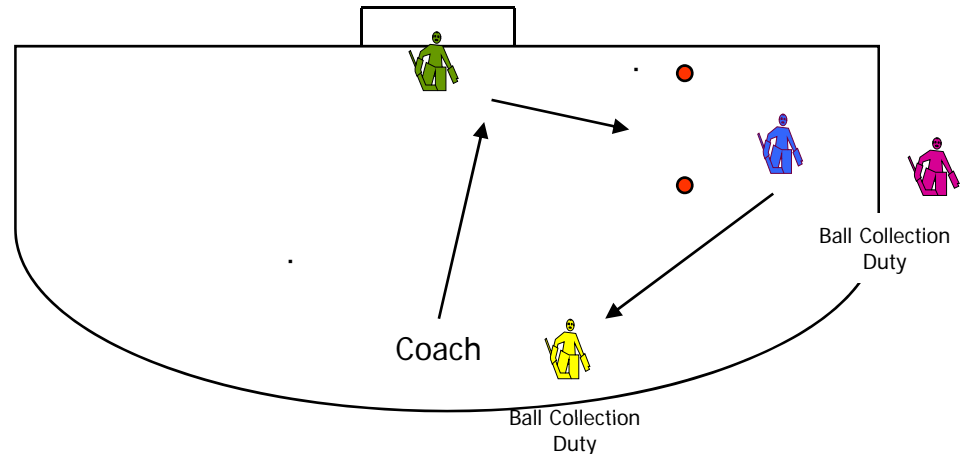
Coach feeds on diagonal. Keeper saves and clears to side between the red cones. Make sure the Keeper finishes the save (completes the whole motor pattern) and ends up balanced in the reset position. Keeper at side clears (Kicks) the ball back to the Yellow G.K. on ball collection duty.

PURPOSE:

Kicking accuracy, drilling the skill.

PROGRESSIONS:

1. Change sides.
2. Reduce the distance between the cones
3. Give points for number of sets completed without error. Do ten on each side (rotate Keepers).
4. Keeper at side kicks the ball back at the Keeper in the goal to force a second save.



Practice Card 3

PRACTICE: SQUARE AND STRAIGHT

Suitable For:

Intermediate and Advanced

DESCRIPTION:

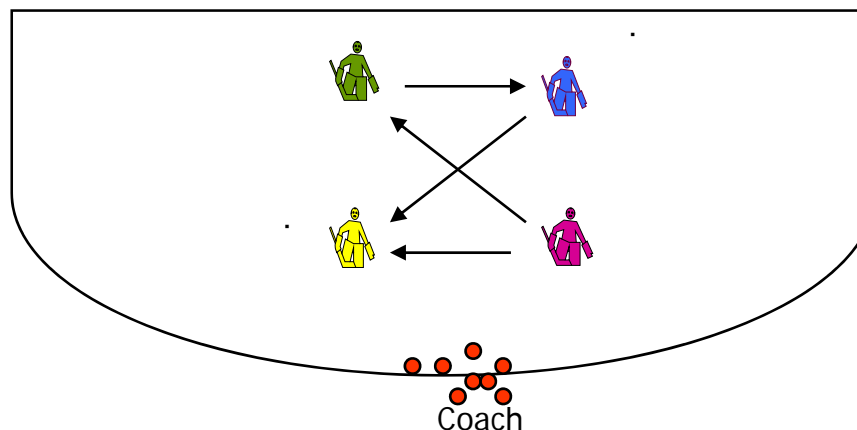
Four Keepers positioned to form a square. One pair kick straight, others diagonally.

PURPOSE:

Demands fast feet, good kicking angles.

PROGRESSIONS:

1. Increase the pace of ball as accuracy increases. Keepers must play the ball with the correct foot (do not allow the Keeper to 'run round the ball' to play off his/her stronger foot). Minus points for clearances not on target. Coach/feeder keeps constant supply of balls.
2. Change over. Other pair of Keepers kick straight, whilst those who cleared straight, kick on the diagonal.
3. Increase distance between each G.K.
4. Reduce distance between each G.K.



Practice Card 4

PASSING AND CLEARING TO THE SIDE

Suitable For:

All

DESCRIPTION:

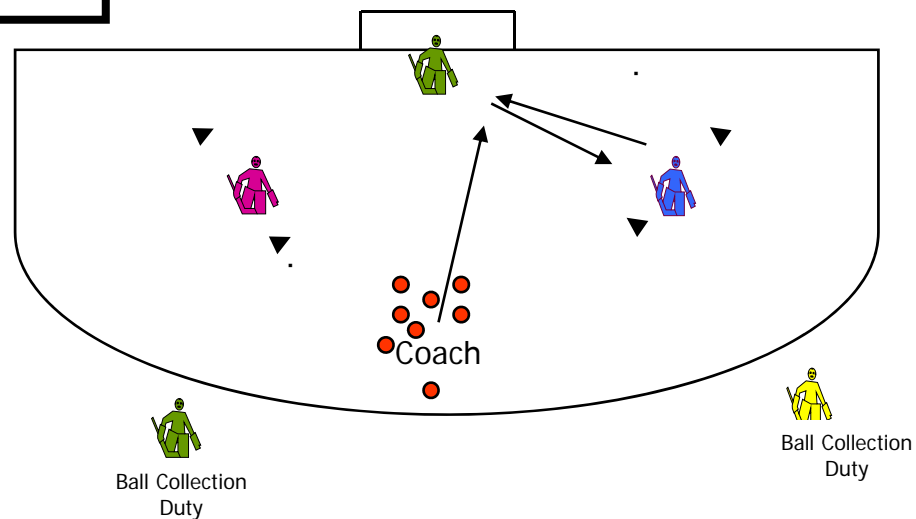
Keeper kicks the ball between the gate, keepers in the gate kick the ball back to the keeper in the middle.

PURPOSE:

Demands fast feet, good kicking angles.

PROGRESSIONS:

1. How many passes can you make in 30 seconds?
Can you beat your last score?
2. Player/coach periodically adds a shot from the centre.
3. Increase the pace of ball as accuracy increases.
4. Increase or reduce the distance of the gate from the goal.
5. Remove gates and add keepers on ball collection duty to increase movement and accuracy for keeper in the goal.



Practice Card 5

PRACTICE: THE GATE

Suitable For	All
The Advanced Gate	Intermediate and Advanced

DESCRIPTION:

Coach feeds to left of Keeper and calls colour/or number (G.K. preference) of gate to clear into.

Keeper of gate saves the shot in their own goal.

Points for each target found. Make competitive by trying to score in each goal (therefore increasing leg speed) and by encouraging 'gate Keepers' to rebound into the main goal, scores for shot on target, 5 for goal, etc.

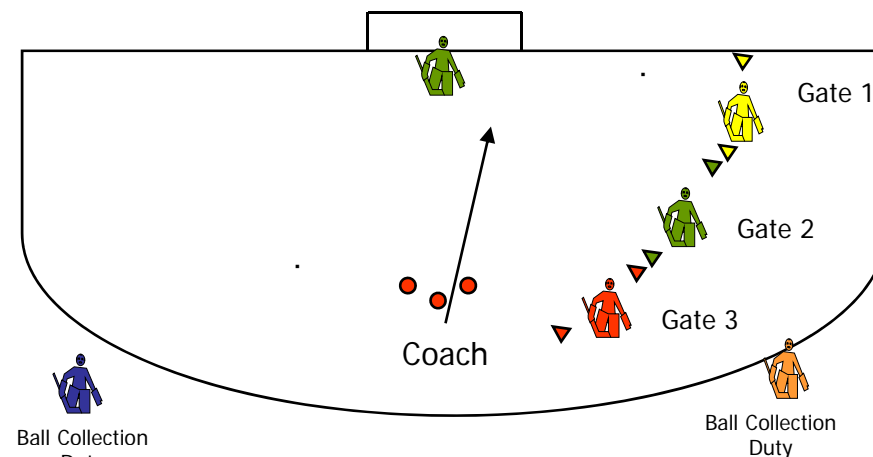
Rotate Keepers, repeat on other side.

PURPOSE:

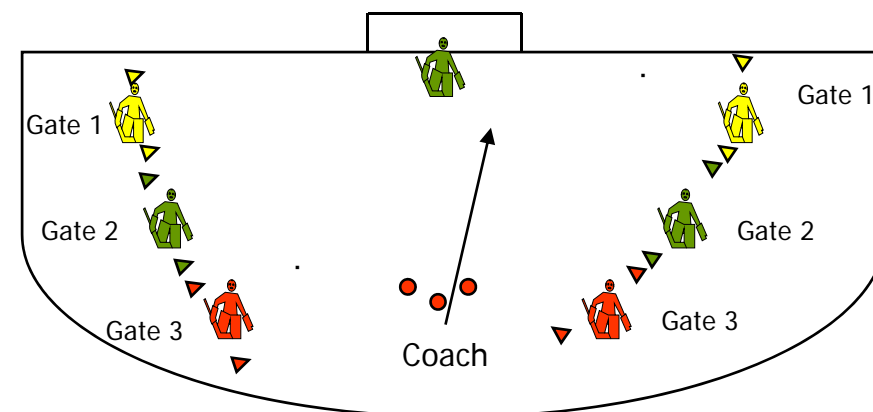
Accurate kicking, kicking angles. Second save

Practice Card 6

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THE ADVANCED GATE



1. Set up gates on both sides. Do double the amount on 'weaker' foot.
2. Coach can vary height of feed, drill a shot into the corner, follow with another and then practice as above. Coach can shoot at any Keeper at anytime whilst the main emphasis is still the Keeper in the goal.

LOW LEVEL PAD SAVES

Suitable For

All

DESCRIPTION:

Coach feeds the ball in the air, from inside Penalty Spot, at pad height.

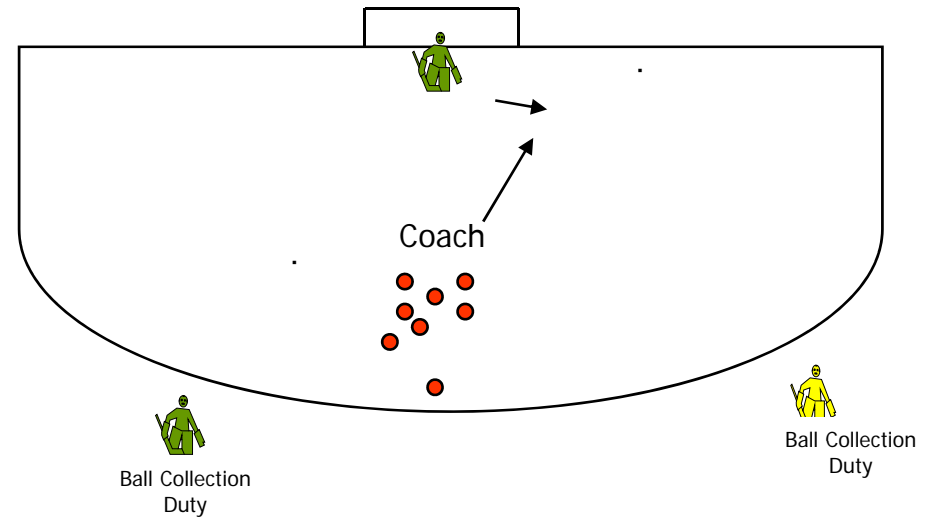
PURPOSE:

Demands execution of low level save with the pad.

PROGRESSIONS:

1. Add G.K in gate. Working G.K. clears into the gate. GK in gate kicks it straight back for secondary save.
2. Add second gate.
3. Add gates on both sides.

Practice Card 7



PRACTICE: CLEARING PARALLEL TO THE GOAL LINE

Suitable For:

Intermediate and Advanced

DESCRIPTION:

Coach feeds the ball into circle for Keeper to clear to the target Keeper in the gate.

Target Keeper plays the ball back to the G.K. in the goal, G.K. in goal plays back to target Keeper: how many accurate passes can the two make?

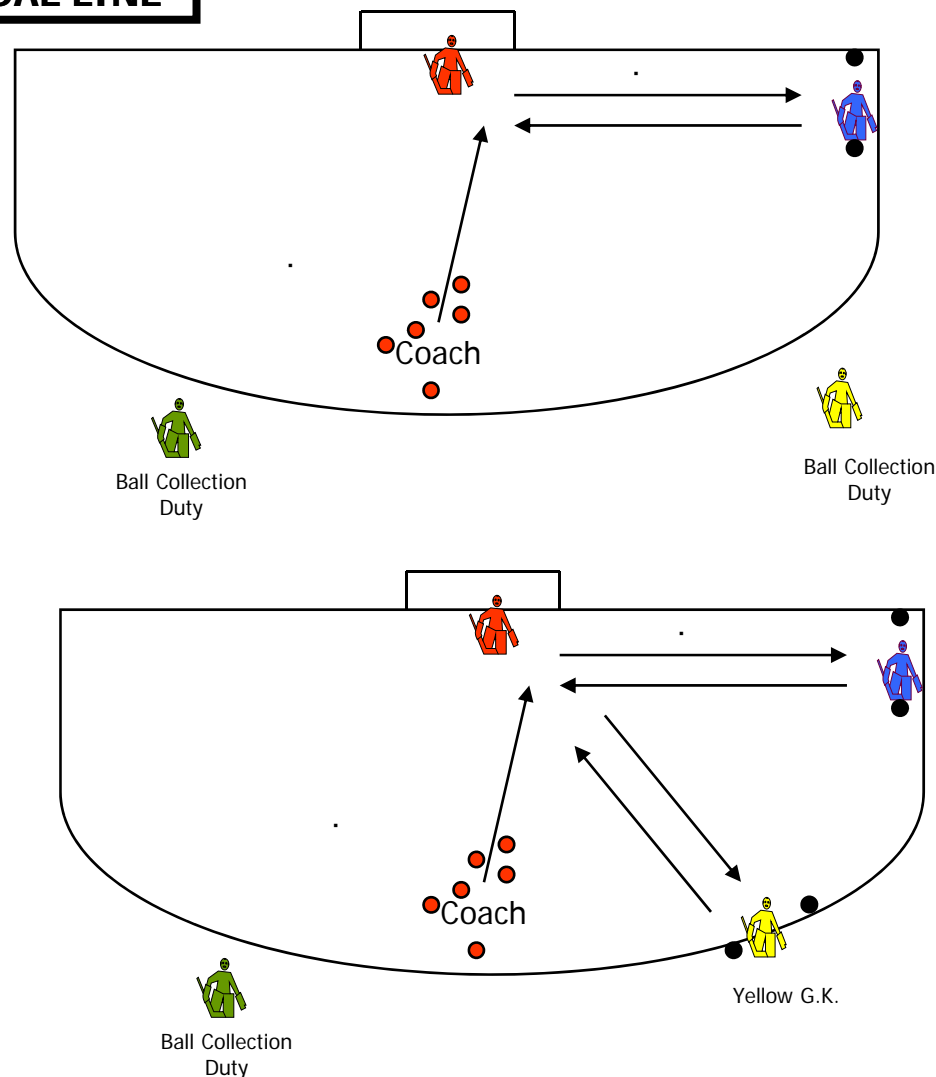
Rotate positions: Red G.K. to Blue G.K. Blue to Yellow, Yellow to Green, Green to Red.

PURPOSE:

Kicking with power and accuracy.

PROGRESSIONS:

1. Repeat on other side.
2. G.K. in goal can also clear to the Yellow G.K. in a new gate. Repeat on other side.



Practice Card 8

ASSESSMENT OPPORTUNITY: KICKING ACCURACY

Suitable For: All Groups

DESCRIPTION:

Cones are set out as per diagram with red, white and blue 1-metre apart and blue 3 metres from either side of the penalty spot. The yellow cones start one meter either side of the penalty spot and are brought closer together as the exercise progresses. Black and green cones are introduced at a later stage as explained.

PURPOSE:

The object of the exercise is to assess the accuracy of kicking on both left and right feet, NOT power. Scoring can be introduced as a measure of the number of successful kicks through the cones.

PART ONE:

Coach feeds 10 balls to G.K. through the yellow cone with both starting from the red cone.

G.K. kicks the balls back to coach who continues feeding left and right equally (2 x 5).

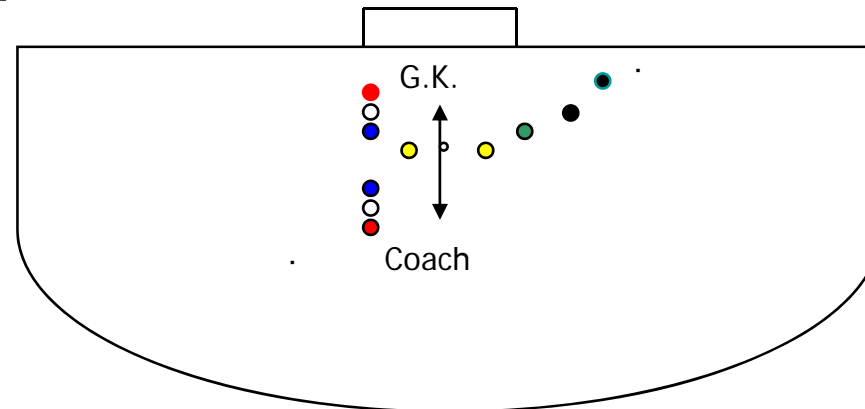
The above is repeated but this time from the white cones having first moved the yellow cones each $\frac{1}{2}$ m towards the penalty spot.

Third repeat is from the blue cones again having moved the yellow cones on 1 metre apart.

The penalty spot is useful to both the G.K and coach. The ball can be directed to left or right foot easily by coach and decision made as which foot to use made by G.K.

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Practice Card 9



PART TWO:

The above is repeated but this time with the coach feeding to the G.K's left foot.

The yellow and green cones form the gap through which the G.K. has to kick the ball. This involves movement of the feet, hips and upper body to achieve the required accuracy. Cones should again be 2 metres apart, and should be brought together as the distance between coach and G.K. lessens, using red, white and blue as starting points.

It is a good idea to use a second G.K. to receive the balls as they are kicked through the cones and to keep the score.

PART THREE:

The angle is increased by this time using lilac & black cones as the gap through which G.K. kicks.

Coach still feeds to left foot between penalty spot and yellow cone.

Repeat the exercise as above where the degree of difficulty will increase.

PART FOUR:

Parts 2 and 3 are repeated on the opposite side so that the G.K's right foot accuracy and technique can be assessed.

THREE OR FIVE BALL POWER AND ACCURACY

Three Ball Suitable For:	All
Five Ball Suitable For:	Intermediate and Advanced

*Do not use unless Keeper is relatively accurate and consistent.
Feeder needs to wear shin pads, use light balls for extra safety*

DESCRIPTION:

Position three sets of balls as shown. Coach rolls balls to left and right of Keeper.

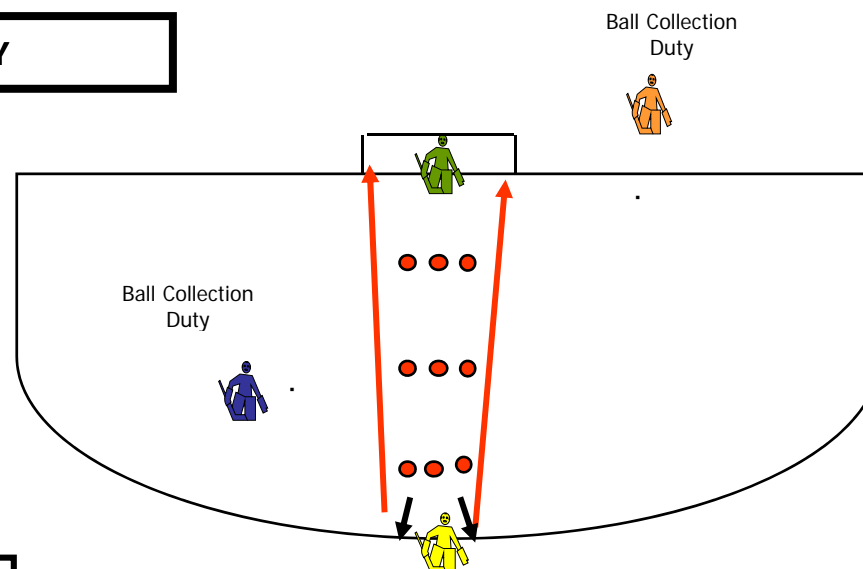
Keeper save and clears with power and accuracy into the corners of the goal. Coach drops back to next set, Keeper steps up, repeat.

PURPOSE:

Kicking power and accuracy.

PROGRESSIONS:

Increase difficulty by increasing the number of balls at each station and by not telling the Keeper which side you will feed.



Practice Card 10

FOOTWORK AND KICKING

Suitable For:

All

DESCRIPTION:

Blue Keeper moves side to side and then forwards. Turquoise Keeper feeds ball to near cone. Blue Keeper kicks accurately into the goal.

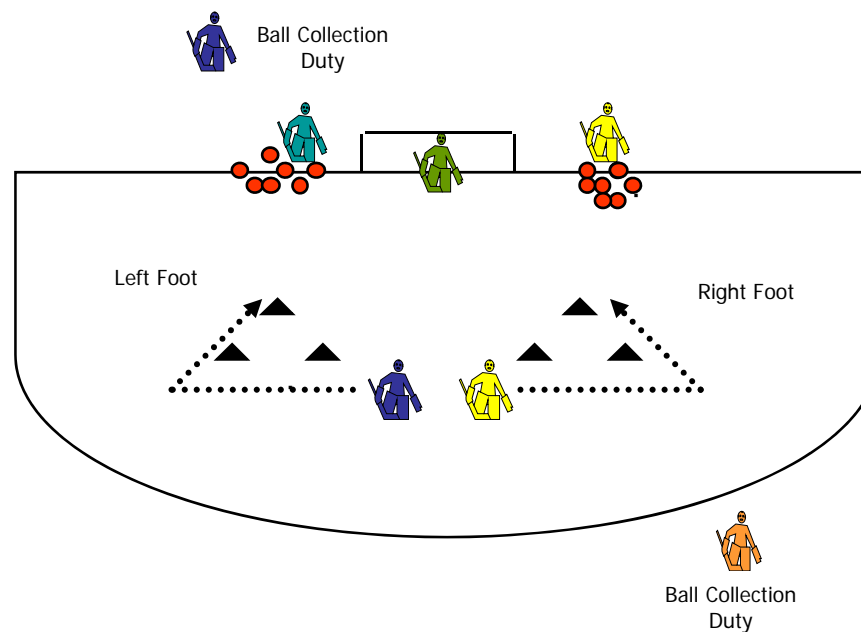
Keepers rotate to keep drill flowing.

PURPOSE:

Movement and accurate kicking.

PROGRESSIONS:

1. Work on both sides.
2. Increase distance of the cones from the goal.



Practice Card 11

BURNING MOVEMENT

Suitable For:

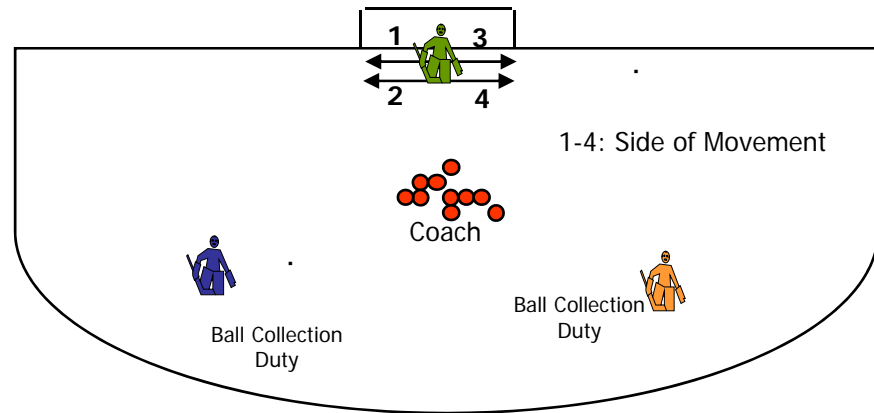
Intermediate and Advanced

DESCRIPTION:

Green Keeper starts in the centre of the goal and moves side to side to the post (direction 1). Coach feeds on left foot as Keeper moves back into the centre of the goal. Keeper kicks accurately back to coach and then moves right (in the direction of 2). Back to middle and returns feed on right foot. Goes to 3, etc.

PURPOSE:

This burns the legs and tests accuracy



Practice Card 12

COMBINATIONS

Suitable For:

Intermediate and Advanced

DESCRIPTION:

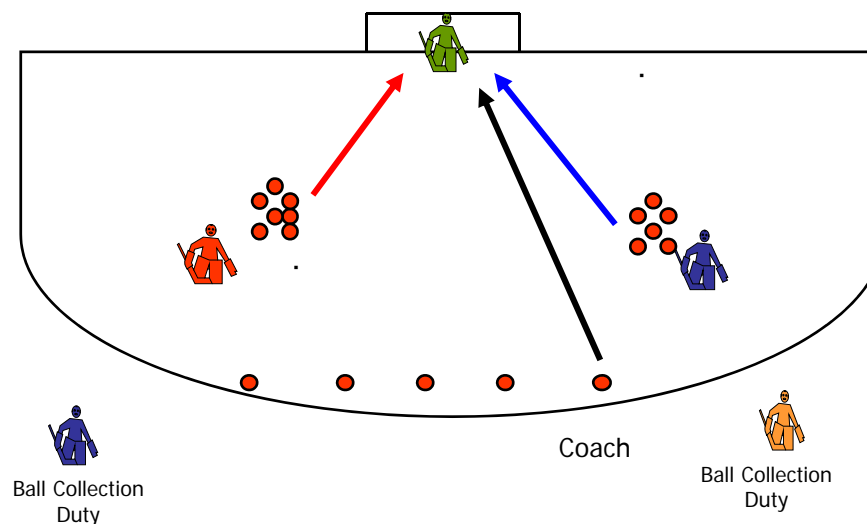
Coach shoots from top 'D'. Keeper saves. Keeper on the side of clearance adds a second shot for a further save from the Keeper in the goal.

Ensure that the Keeper finishes the second save before the next shot comes in.

Coach can vary height of feed, drill a shot into the corner, follow with another, and then practice as above.

PURPOSE:

Combination saves: speed of reaction, speed to reset, reaction from reset to second save.



Practice Card 13

**POWER KICKING, SAVING SHOTS FROM THE TOP OF THE 'D'
SAVING THE DEFLECTED SHOT**

Suitable For:	Advanced
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Suitable For:	Advanced
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DESCRIPTION:

Yellow G.K. Kicks the ball to Blue G.K. top 'D' and follows the pass. Blue G.K. wall passes the ball to his/her left for Yellow G.K. to run onto and Power kick at the goal with a view to scoring.

PURPOSE:

Power kicking.

DESCRIPTION:

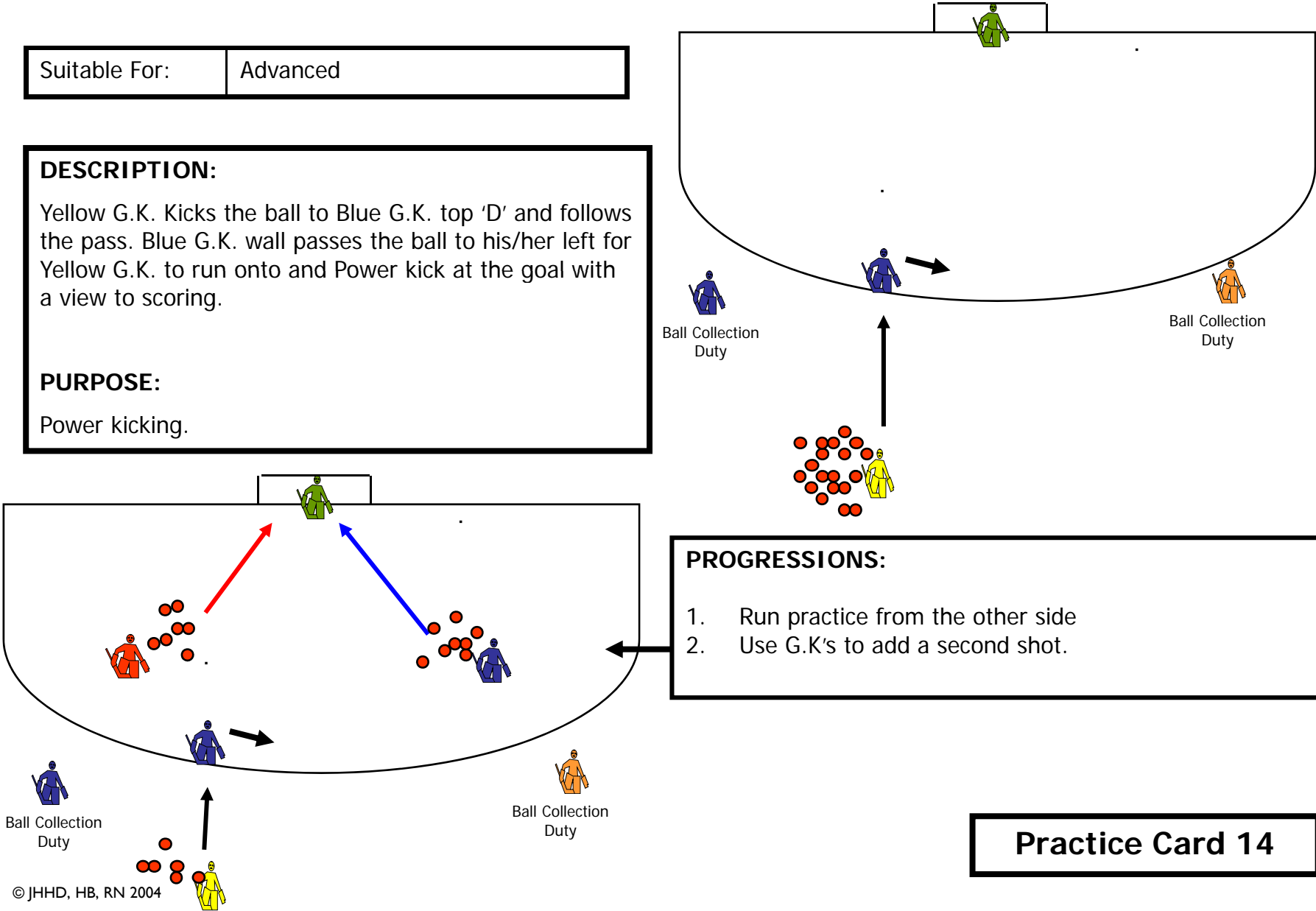
Yellow G.K. Kicks the ball to Blue G.K. top 'D' and follows the pass. Blue G.K. wall passes the ball to his/her left for Yellow G.K. to run onto and Power kick at the goal with a view to scoring.

PURPOSE:

Power kicking.

PURPOSE: Power kicking.

PURPOSE: Power kicking.



PROGRESSIONS:

1. Run practice from the other side
2. Use G.K's to add a second shot.

- PROGRESSIONS:**
1. Run practice from the other side
 2. Use G.K's to add a second shot.

Practice Card 14

DEFLECTIONS: REBOUND BOARDS

Suitable For:

Advanced

DESCRIPTION:

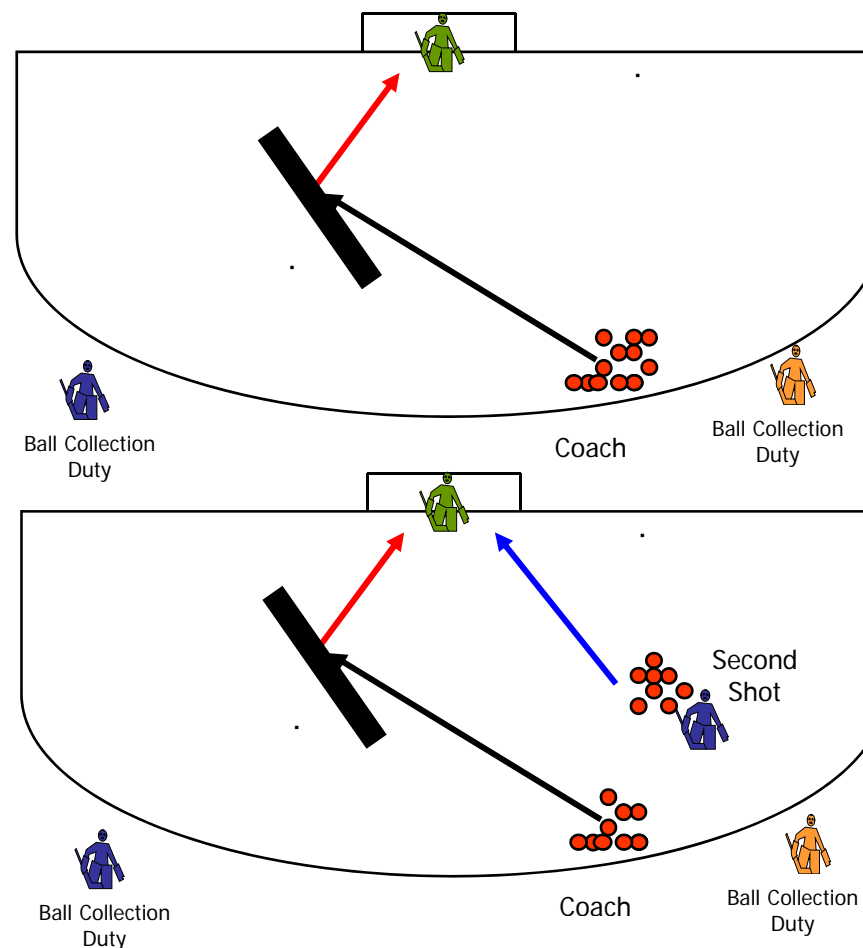
Coach sets up practice as in the diagram. Two rebound boards or benches are placed as shown, one on top of the other, the flat side facing the striker. The striker shoots either at the goal directly or at the board to simulate a deflection. The angle of the board/bench can be varied to simulate shots at different angles. The balls will deflect at different angles, depending on which part of the board/bench it hits.

The coach encourages the Keeper to react, staying on his/her feet and putting into practice the basic techniques already learned. After he/she becomes used to the practice, the angle of the board/bench can be adjusted to simulate a far post deflection and the Keeper can dive to save with hand/stick.

PURPOSE:

Speed of reaction, responding to deflections.

Practice Card 15



FURTHER PROGRESSION:

Use another G.K. to add a second shot.

BEAT THE "LONE MAN STANDING"

Suitable For:

Intermediate and Advanced

DESCRIPTION:

Keeper 1 feeds the ball to the Red G.K. who aims to Beat the 'Lone Man Standing' (Green Keeper in the goal).

Keeper 2 feeds, Green G.K. repeats objective: "Beat the Lone Man Standing".

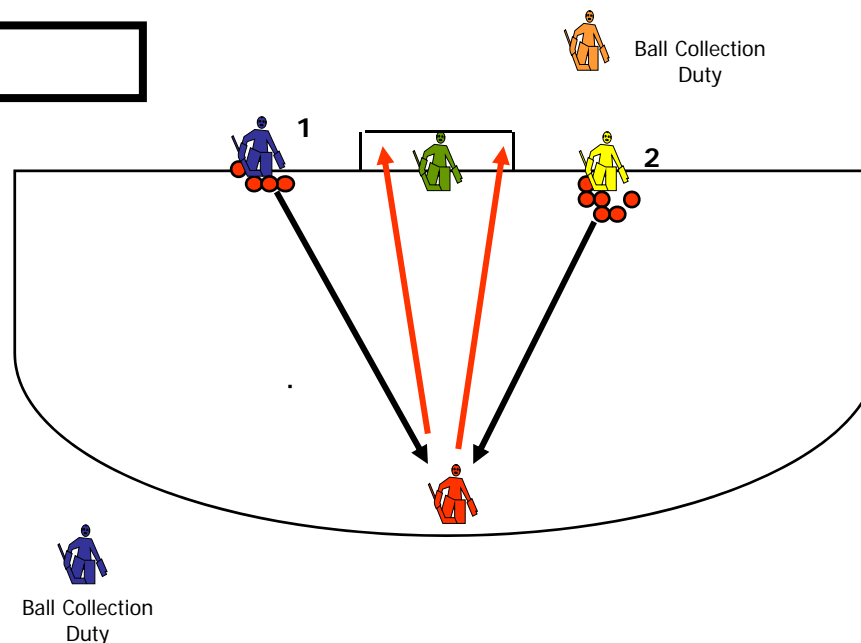
Feeds continue in order of 1 then 2 until all the balls have been fed. Scores are kept. Keepers rotate.

PURPOSE:

Power and accuracy.

PROGRESSION:

Mix up feeds so the Worker doesn't know from which of the two G.K.'s the ball will come from. Coach calls the number.



Practice Card 16

THE WORKER

Suitable For:

All

DESCRIPTION:

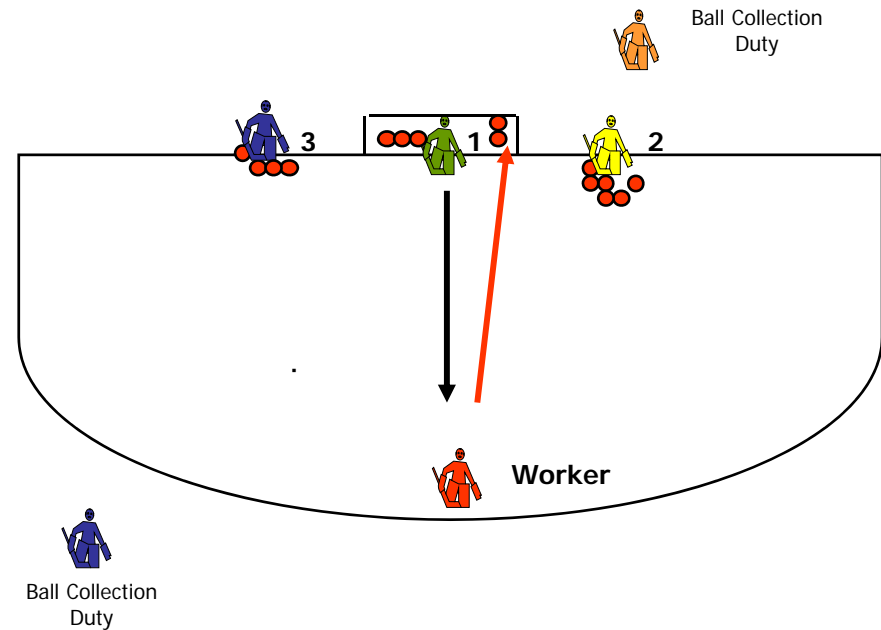
Keeper 1 feeds the ball to the Red G.K. (the worker). Worker kicks with power and accuracy into the goal. Keeper 2 feeds, Worker kicks ball into goal with power and accuracy; then 3 feeds. Feeds continue in order of 1, 2, 3 until all the balls have been fed. Keepers rotate.

PURPOSE:

This 'burns' the legs and tests accuracy.

PROGRESSION:

Mix up feeds so the Worker doesn't know from which of the three G.K's the ball will come from. Coach calls the number.



Practice Card 17

ASSESSMENT OPPORTUNITY: ACCURATE KICKING

Suitable For:

All

DESCRIPTION:

The exercise is designed to assess the accuracy of G.K's kicking ability, and power, of balls received from different angles. The coach, unless very accurate either hitting or pushing the ball with speed, is recommended to roll the balls by hand keeping it flat on the surface.

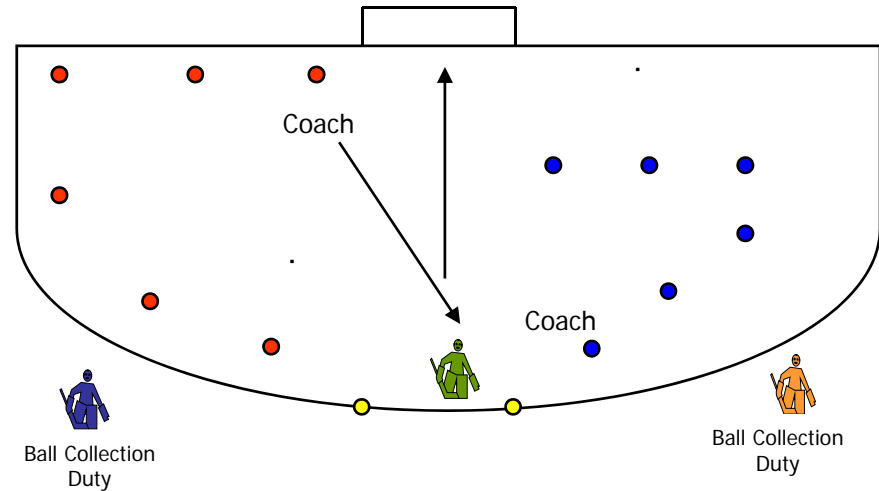
PART ONE:

Starting at the red cones and using up to a maximum of five balls at each, depending on the age and fitness of the group, the Coach feeds a ball towards the right side yellow cone.

Goalkeeper starts between the yellow cones and moves forward to meet the ball and kicks right foot into the goal. Record the number of goals scored.

Coach moves round the red cones repeating the exercise. The angle of the feed will change and the degree of difficulty increase. Power is needed to get the ball to goal and if it is powerful, it will rebound out.

Repeat the above on the other side feeding to G.K's left foot from the same distances and angles as red cones.



PART TWO:

The above is repeated, but this time from the blue cones. Distance is decreased between the Coach and the G.K but the pace of the ball feed to the left yellow cone should remain the same.

Practice Card 18

TWO BALL POWER AND ACCURACY

Suitable For:

All

DESCRIPTION:

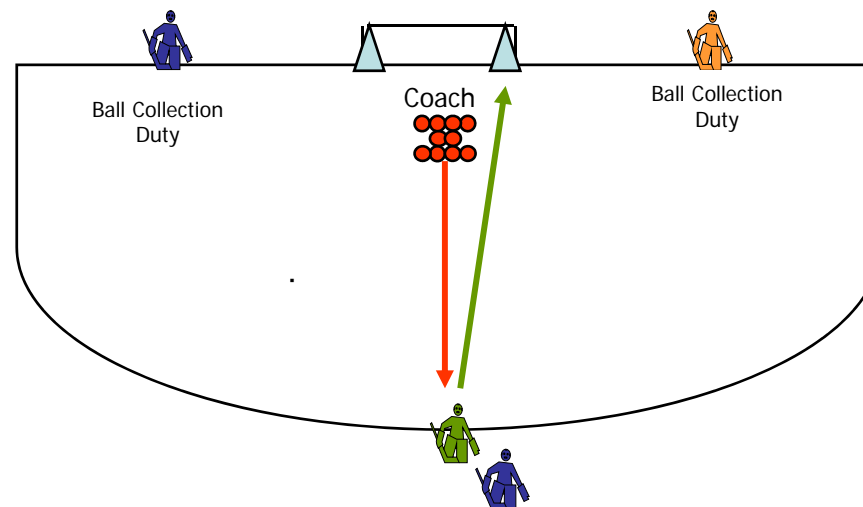
Coach rolls ball to top of D. Green Keeper enters the D and kicks with power and accuracy into the corner of the goal. The coach rolls another ball in and the Green Keeper steps up to clear this second ball with power and accuracy into the corner. Blue Keeper repeats the practice.

PURPOSE:

Kicking with power and accuracy off both feet.

PROGRESSION:

Increase difficulty by increasing the number of balls fed in each repetition.



Practice Card 19

ASSESSMENT OPPORTUNITY: KICKING CLEAR ALONG THE DEAD BALL LINE

Suitable For:

Intermediate and Advanced

DESCRIPTION:

The exercise is designed to assess the ability to kick the ball safely at a narrow angle and also include footwork. It is set up as shown to test the left foot. By simply moving the cones to the other side to 'mirror' the practice, the right foot can be assessed. The coach should assess techniques used by the G.K. Good foot contact keeping the ball on the floor with accuracy and power is required.

Yellow cones are set up 3 metres apart with cone 2 on the penalty spot.

Green cone is 2 metres from Y1.

Blue cone 1 is 5 metres from Y1.

Blue cones 1,2 and 3 are 3 metres apart.

PART ONE:

G.K starts at yellow cone 1.

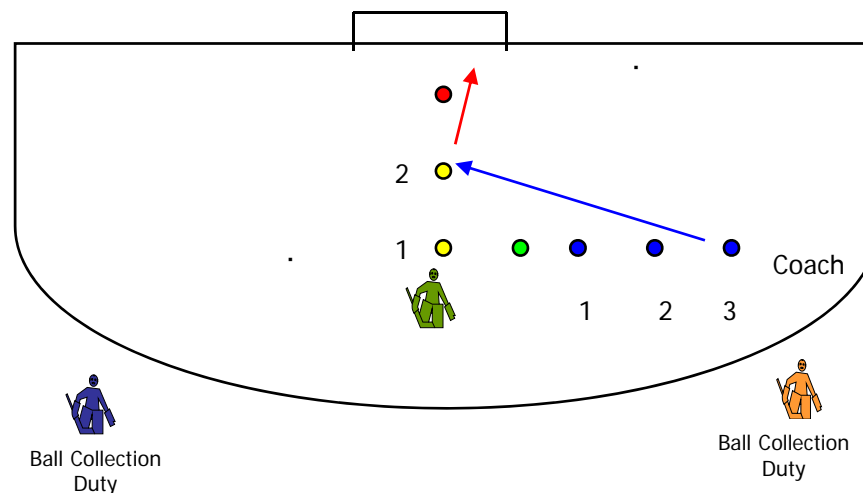
Coach feeds ball from B3 on an angle to Y2.

G.K moves with side to side action to meet the ball and kick into the goal between red cone & right post.

Coach feeds total of 5 balls from this station allowing Gk to return and set after each one.

The exercise is repeated from Blue 2 and 3 where the distance decreases and angle of feed varies.

Record score for 'goals' scored.



PART TWO:

G.K. starts from Y2 and moves to Y1 to face the coach

Coach feeds ball to Y2 from B3.

G.K. moves to Y2 to kick into goal between red cone and right post

Coach feeds a total of 4 balls from the station allowing G.K. to set briefly after each one.

The exercise is repeated from Blue 2 and 3

Record score for 'goals' scored.

Practice Card 20

ASSESSMENT OPPORTUNITY: KICKING CLEAR ALONG THE DEAD BALL LINE (Continued)

Suitable For:

Intermediate and Advanced

DESCRIPTION:

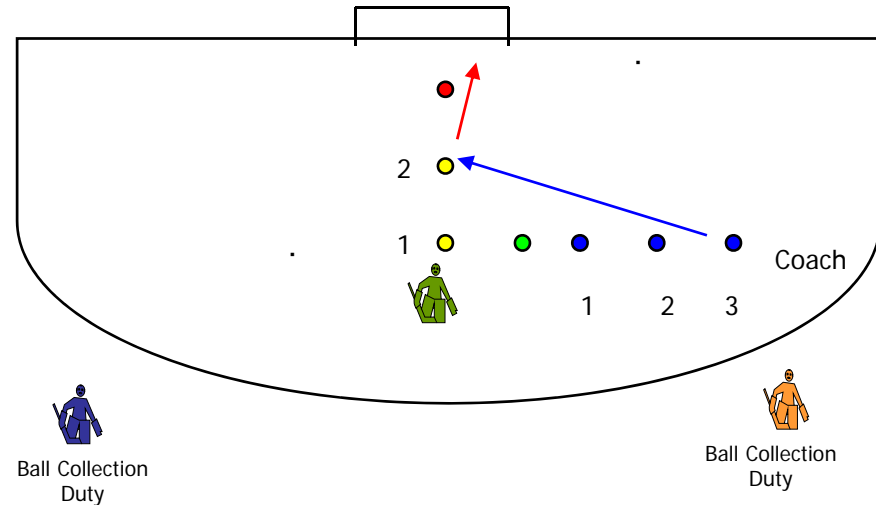
The exercise is designed to assess the ability to kick the ball safely at a narrow angle and also include footwork. It is set up as shown to test the left foot. By simply moving the cones to the other side to 'mirror' the practice, the right foot can be assessed. The coach should assess techniques used by the G.K. Good foot contact keeping the ball on the floor with accuracy and power is required.

Yellow cones are set up 3 metres apart with cone 2 on the penalty spot.

Green cone is 2 metres from Y1.

Blue cone 1 is 5 metres from Y1.

Blue cones 1,2 and 3 are 3 metres apart.



PART THREE:

G.K. starts from Y2 and moves to Y1, then forward to the green cone before returning to Y2, moving feet side to side.

Coach feeds the ball from Blue 3 as Gk is moving back to Y2

G.K. again kicks to score between the red cone and right goal post.

Coach feeds a total of 3 balls from each station, allowing the Gk to set briefly after each one.

The exercise is repeated from Blue 2 and 3

Record score for 'goals' scored.

Practice Card 21

SPACE INVADERS

Suitable For:

Intermediate and Advanced

DESCRIPTION:

Green Keeper moves across goal, with quick side stepping feet, in line with coach who fires ball at the middle of the keeper's stance (through the legs), to enable the Keeper to save a hard straight shot by 'snapping' one kicker against the other at an angle to deflect the ball away from the striker. (If the ball is hit slightly to one side or the other, the keeper attempts to angle the foot to deflect the ball away wide).

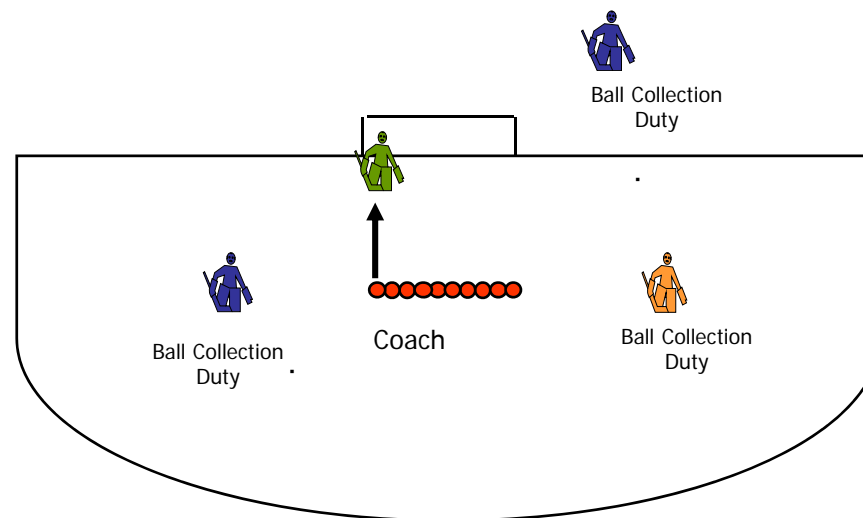
Allow just enough time for the Keeper to settle before hitting each shot. Keeper has no time to 'attack' ball and must transfer weight to deflecting foot to simply deflect ball away.

PURPOSE:

Practice defending the close straight shot. Then the close shot round/near the body.

PROGRESSIONS:

Lifted shots between ankle and knee to practice using the pad in a similar way.



Practice Card 22

LOW LEVEL DIVES RIGHT THEN LEFT

Suitable For: Beginners

DESCRIPTION:

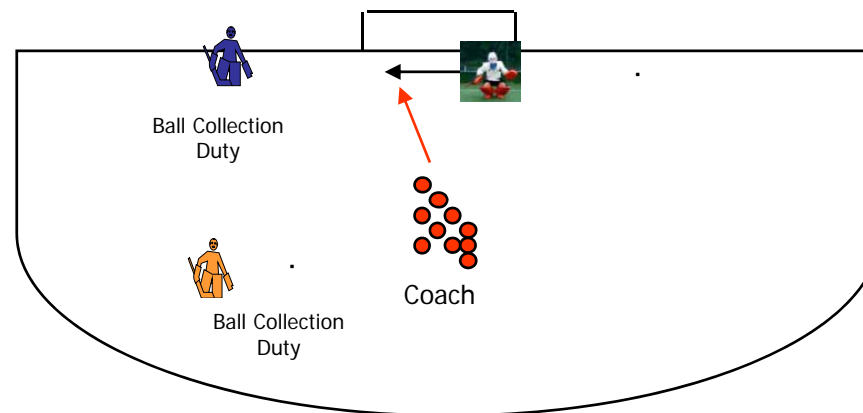
Keeper to the side of the goal begins on haunches. Coach feeds low to the Keeper's right. Keeper dives to save and then gets up and returns to starting position. Coach feeds to the same side once more.

PURPOSE:

Practice low level diving and getting up from the dive. Keeper must dive on to side, hips down first, not on to the tummy.

PROGRESSIONS:

Feed on the other side.



Practice Card 23

LOW LEVEL DIVES RIGHT AND LEFT

Suitable For:	Beginners and Intermediate
Progressions Suitable For:	Advanced

DESCRIPTION:

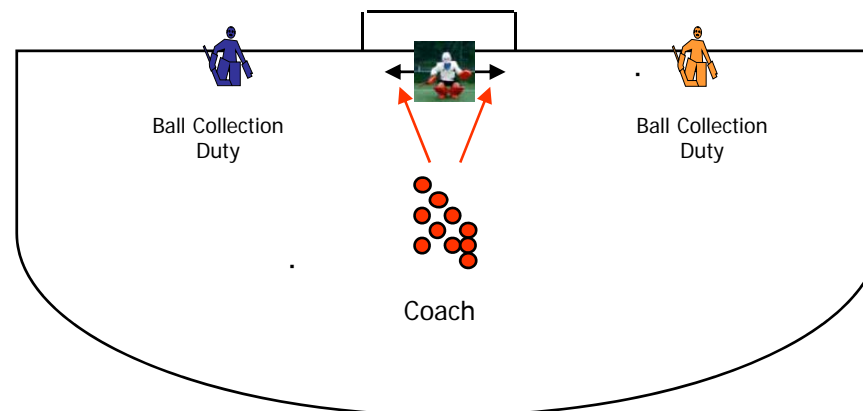
Keeper in the middle of the goal begins on haunches. Coach feeds low to the Keeper's right, Keeper dives to save and then gets up quickly to return to haunches. Coach feeds low to the Keeper's left, Keeper repeats.

PURPOSE:

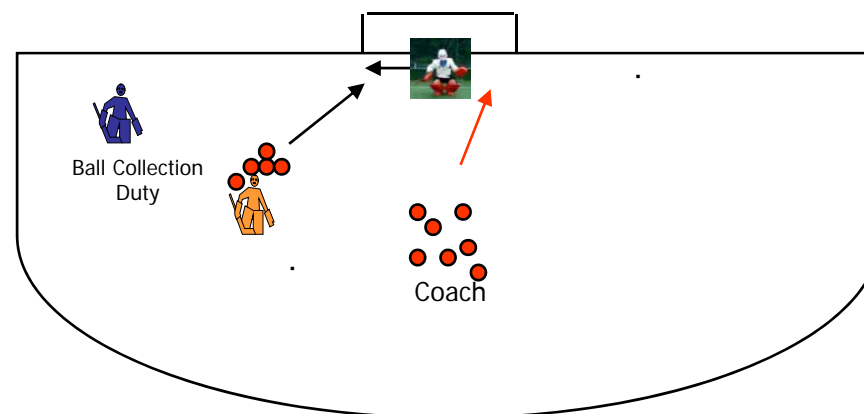
Practice low level diving and getting up from the dive.

PROGRESSIONS:

Low level save right, high save middle, low save left.



ADVANCED PROGRESSIONS



Practice Card 24

1. Low level save right, save shot from the floor.
2. Repeat left.
3. Low level save right, low level save left, save shot from the floor.

THREE BOUNCE, FIVE BOUNCE, DIVE

Suitable For:

Intermediate and Advanced

DESCRIPTION:

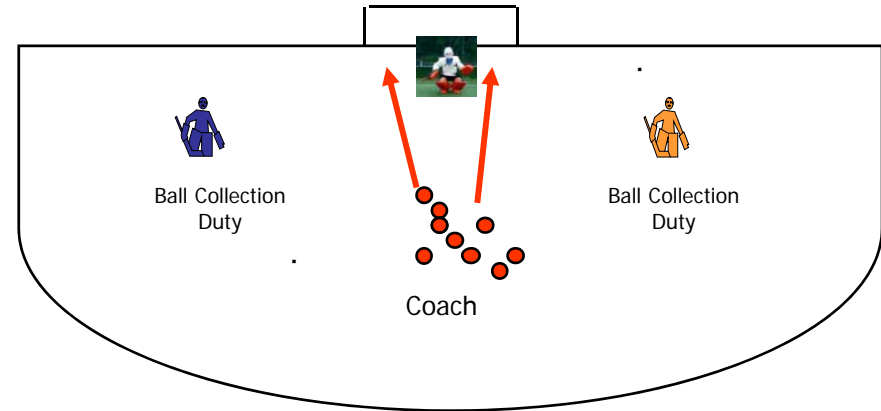
Keeper in the middle of the goal begins on haunches. Keeper bounces on the spot three times. Coach feeds low to the Keeper's right, Keeper dives to save and then gets up quickly to return to haunches. Keeper bounces on the spot three times. Coach feeds low to the Keeper's left, Keeper repeats.

PURPOSE:

Increasing ballistic power. Practice low level diving and getting up from the dive.

PROGRESSIONS:

1. Three bounce, low level save right, Keeper stands up and jumps up on the spot three times. High save middle. Keeper returns to haunches, bounces three times and then makes a low save left.
2. Five bounces.



Practice Card 25

THE BOUNCING BOMB

Suitable For:

Advanced

DESCRIPTION:

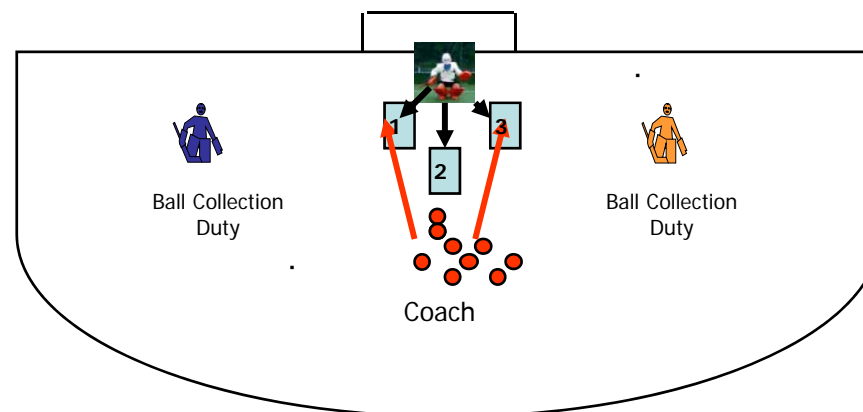
Keeper in the middle of the goal begins on haunches. Keeper bounces forwards right (1), back to starting point, forwards middle (2), back to starting point and then forwards left (3). Coach feeds low to the Keeper's left. Keeper dives to save and then gets up quickly to return to haunches. Keeper repeats.

PURPOSE:

Increasing ballistic power. Practice low level diving and getting up from the dive.

PROGRESSIONS:

1. Repeat on other side: 3, 2, 1 dive right.
2. Add a save from the floor after the dive.
3. Increase the number of bounces.



Practice Card 26

TOM AND JERRY

Suitable For:

Advanced

DESCRIPTION:

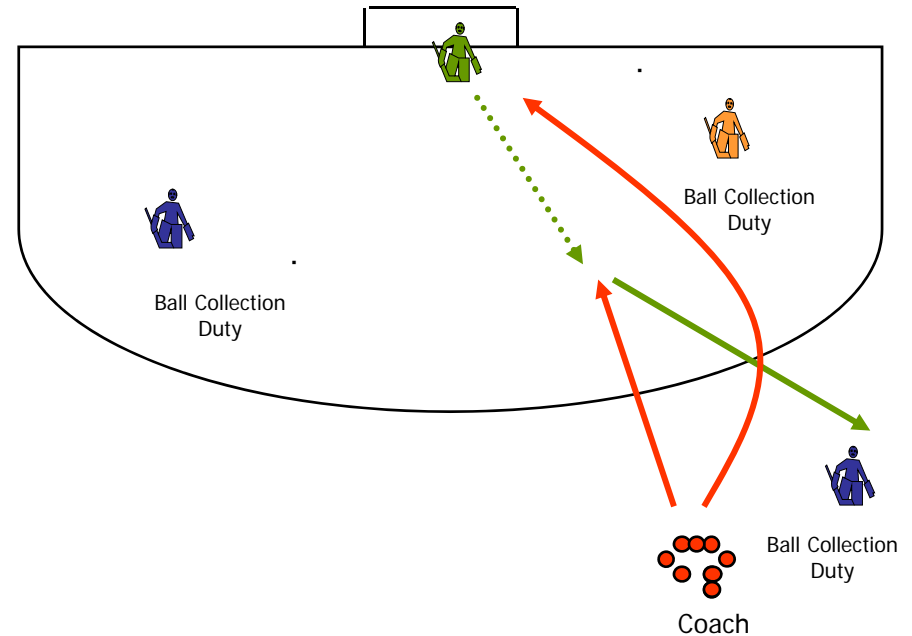
Coach plays the ball into the 'D'. Keeper has to come, shout 'mine' and clear powerfully off the sideline. The Coach then flicks or throws a ball over the head of the Keeper (towards the goal). The Keeper must run back and stop the ball by diving upwards and backwards.

PURPOSE:

Clearances, defending the lob.

PROGRESSIONS:

1. Practice on both sides of the goal and from the centre.
2. Feed the ball in at medium pad height.



Practice Card 27

SIMPLE SMOTHERING

Suitable For:

Beginners and Intermediate

DESCRIPTION:

Blue G.K kicks the ball straight and fairly slowly at the yellow Keeper. Yellow Keeper kicks the ball back to the Blue Keeper and follows to smother. Blue Keeper receives the ball using his/her stick and moves his/her body to the left so as to avoid being injured (stick is still behind the ball). Yellow Keeper smothers.

Repeat.

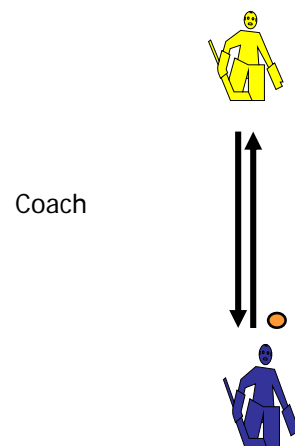
Change over.

Change side of smother.

PURPOSE:

Practising smothering on both left and right sides of body.

*Ensure the technique is practised on **BOTH** sides.*



Practice Card 28

RISING FROM THE SMOTHERING

Suitable For:

Intermediate

DESCRIPTION:

Blue G.K kicks the ball straight and fairly slowly at the yellow Keeper. Yellow Keeper kicks the ball back to the Blue Keeper and follows to smother. Blue Keeper receives the ball using his/her stick and moves his/her body to the left so as to avoid being injured (stick is still behind the ball). Yellow Keeper smothers.

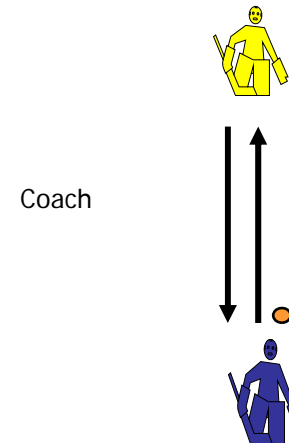
Introduce the use of the lower leg to hook/whip the ball away.

Work on sliding through and rising from the smother position.

PURPOSE:

Practising smothering and getting up on both left and right sides of the body.

*Ensure the technique is practised on **BOTH** sides.*



Practice Card 29

SMOTHER AND SAVE

Suitable For:

Intermediate

DESCRIPTION:

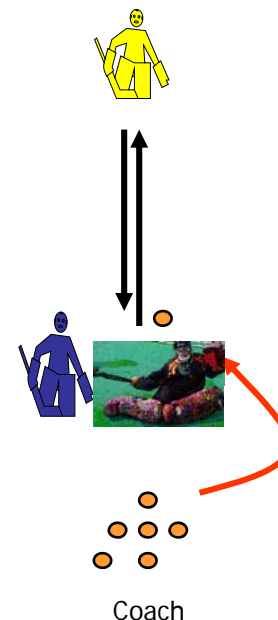
Blue G.K. kicks the ball straight and fairly slowly at the yellow Keeper. Yellow Keeper kicks the ball back to the Blue Keeper and follows to smother. Blue Keeper receives the ball using his/her stick and moves his/her body to the left so as to avoid being injured (stick is still behind the ball). Yellow Keeper smothers. Then:

Coach flicks a shot within reach of the smothering Keeper so that he/she has to make a save from the smother position: either by going long or by using his/her hands around his/her body.

PURPOSE:

Saving another shot from the smother position.

*Ensure the technique is practised on **BOTH** sides.*



Practice Card 30

MASTERING SMOTHERING

Suitable For:

Intermediate and Advanced

DESCRIPTION:

Red and Green cones 4 metres apart. G.Ks 2 metres from the cone. Keepers always smother feet to post.

Coach places a ball on the top of each cone. Coach shouts colour of cone. This acts as the signal to start. The G.Ks race forwards to smother always with feet to post, smothering through the cone, aiming with the knees tucked up in line with waist and head. (See picture. Orange ball shows the correct line - knee-waist-head)

Initially G.Ks take it in turns. Then the two G.Ks can race to see who gets there first. **Be careful here; make sure the Keeper's adhere to the principles and are sliding into smother the ball, not sliding into each other.**

PURPOSE:

Practising smothering on both sides, reactions.

ONLY to be used when G.K's have **fully** mastered the technique on **BOTH** sides.



Practice Card 31

SMOTHERING THE SHOT

Suitable For:

Intermediate and Advanced

DESCRIPTION:

Coach feeds with firm push to Green G.K.'s left post.

G.K.1 (Green) attacks ball to clear down the dead ball line.

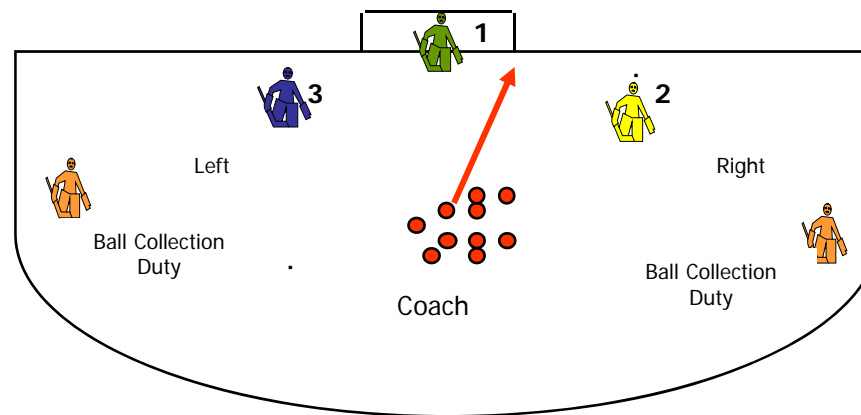
Once G.K.1 moves, G.K.2 moves forward to smother the clearance going down right side.

Coach repeats but feeds on Green G.K.'s right side. G.K.3 moves to smother.

Repeat and then rotate Keepers.

PURPOSE:

Practising smothering on both sides, reactions.



Practice Card 32

HIGH AND LOW HANDS

Suitable For:

Intermediate and Advanced

DESCRIPTION:

Coach feeds to Green Keeper's low left.. He/she dives and saves. Green G.K. gets up and coach feeds high to Green Keeper's right. Green Keeper dives high to save.

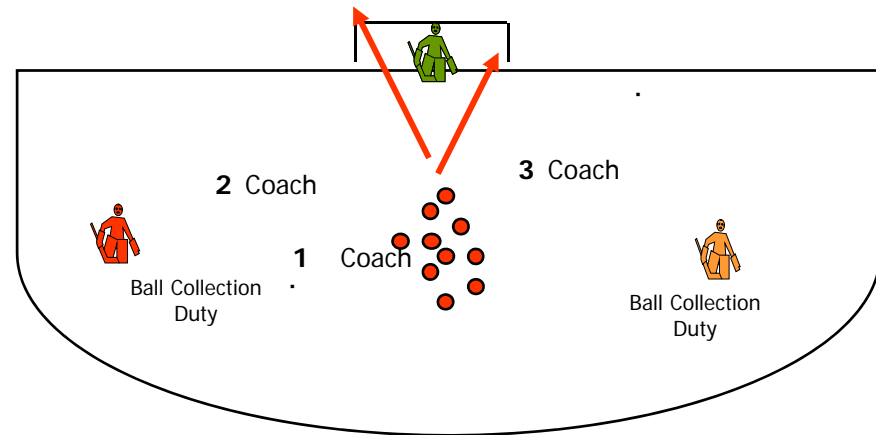
Coach uses two balls.
Rotate Keepers.

PURPOSE:

Practising diving low then high.

PROGRESSIONS:

1. Repeat on other side: low right dive, high left dive.
2. Repeat using 4 balls (Advanced).
3. Repeat using 6 balls (Advanced).
4. Coach changes angles and feeds from position 2.
5. Coach changes angles and feeds from position 3.
6. Repeat using 4 balls (Advanced).
7. Repeat using 6 balls (Advanced).



Practice Card 33

OPPORTUNITY FOR ASSESSMENT: GETTING UP AND DOWN

Suitable For: Intermediate and Advanced

DESCRIPTION:

Designed to assess the G.K.'s agility and technical ability where the coach will need to make a judgmental appraisal. Looking for smoothness, speed, use of hands, stick and body position.

PART ONE:

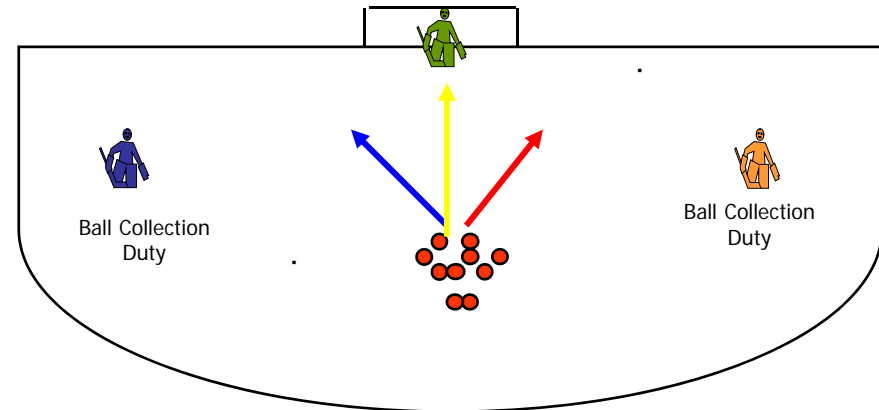
Coach feeds from the penalty spot a total of 6 balls alternating left and right along the ground. G.K. starts from a standing set position and must force hip to ground and extend fully making a save with either stick or glove.

Having made the first save G.K. immediately gets up into set position and coach feeds the next ball. G.K. again goes down to save and gets up again.

Repeated 3 times on each side.

Allow recovery time and repeat the set twice more.

Practice Card 34



PART TWO:

Coach feeds from the penalty spot a total of 5 balls. First two are left and right along the ground. Third is high and central. (Yellow arrow) Fourth and fifth are left and right along the ground. G.K. gets up and sets after each save quickly and will still be in motion for the high save.

Repeat the exercise twice.

PART THREE:

Coach feeds from the penalty spot a total of 7 balls. The sequence is low left, high centre, low right, high centre, low left, high centre and low right.

ONLY ONE SET

LONG BARRIER TECHNIQUE

Suitable For:

Intermediate

DESCRIPTION:

G.K. lines up as if for a Penalty Corner and runs out on command 'Go'. The G.K. 'sets' and on the command 'Down' drops into a Long Barrier position. As the GK drops, the feeder strikes the ball, simulating a Penalty Corner strike.

It is advisable to use light balls.

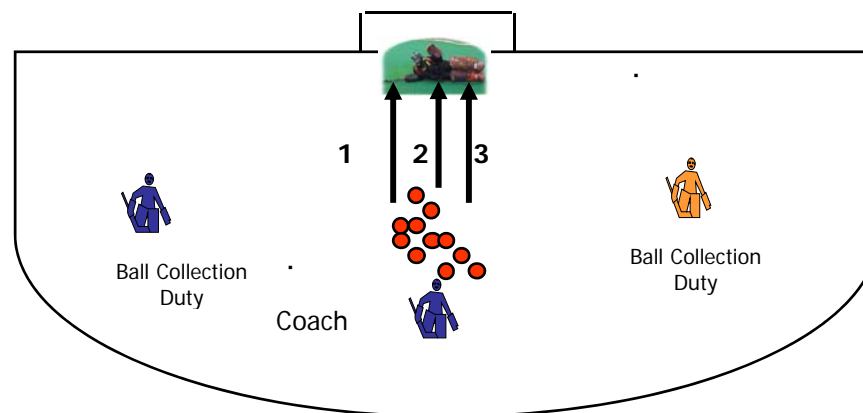
Two or more of these practices can be set up either side of the goal providing the feeders can feed accurately.

PURPOSE:

Designed to drill each of the saves available to the G.K. in the Long Barrier position.

PROGRESSIONS:

1. Hit the head and stick area: practice stick and hand saves to the keeper's right.
2. Hit the body (check chest protection of G.K.).
3. Hit the pads and feet. (Practice saving with left hand in front waist/knees).
4. Vary the feed.



Practice Card 35

SECOND SAVE FROM THE LONG BARRIER POSITION

Suitable For:

Advanced

DESCRIPTION:

G.K. lays out into Long Barrier position.

Coach fires a shot at Keeper's head/stick side.

Keeper saves first shot then 'coils' and throws his/herself into the space in front to make a save from the floor in response to second feed from his/her right side.

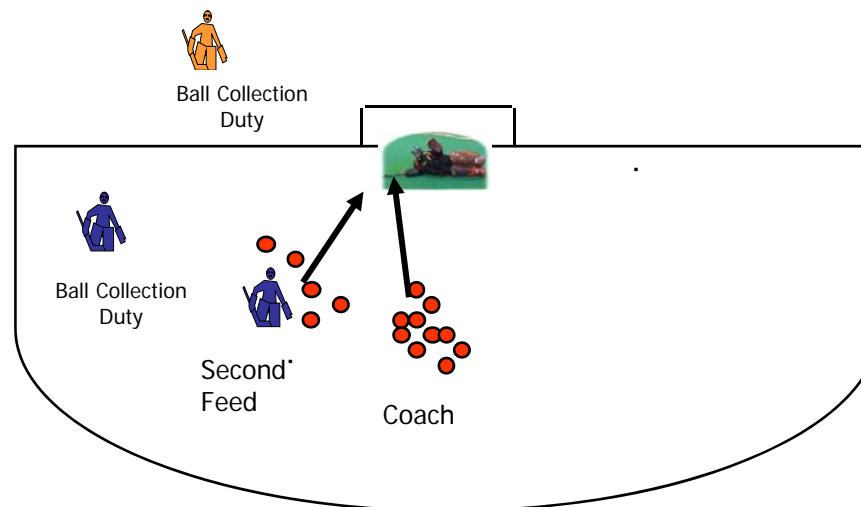
Keeper's rotate.

PURPOSE:

Practising secondary saves from the Long Barrier position.

PROGRESSIONS:

1. Alternate sides.
2. Practice swivelling and make a save on the other side (from the floor).



Practice Card 36

ASSESSMENT OPPORTUNITY: KICKING ACCURACY

Suitable For: All

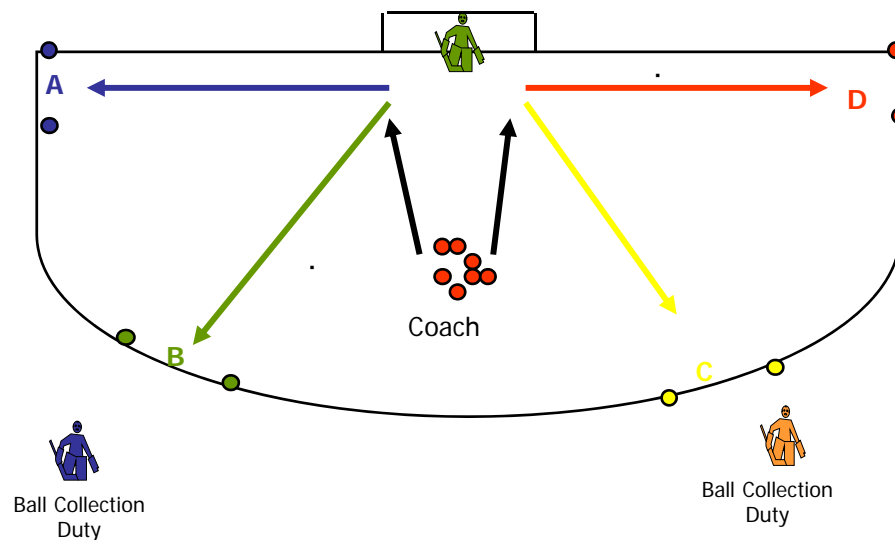
DESCRIPTION:

(60 seconds)

Coach gently rolls (consistent pace and accuracy) ball to **Keeper** from penalty spot. **Keeper** to keep ball out of goal and score through targets **A** to **D**. The feed for **A** and **D** should be wider of the **Keeper** (closer to post) than for **B** and **C**. The **Keeper** starts in the centre of the goal on the line and must quickly return to this position.

SCORING:

Ball goes in goal	0 Points
Ball kicked clear of goal (correctly)	1 Point
Ball kicked through target	3 Points



PURPOSE:

Testing power and accuracy of kicking.

Practice Card 37

CUTTING THE BALL OUT

Suitable For: Beginners

DESCRIPTION:

G.K. holds post at 45° angle.

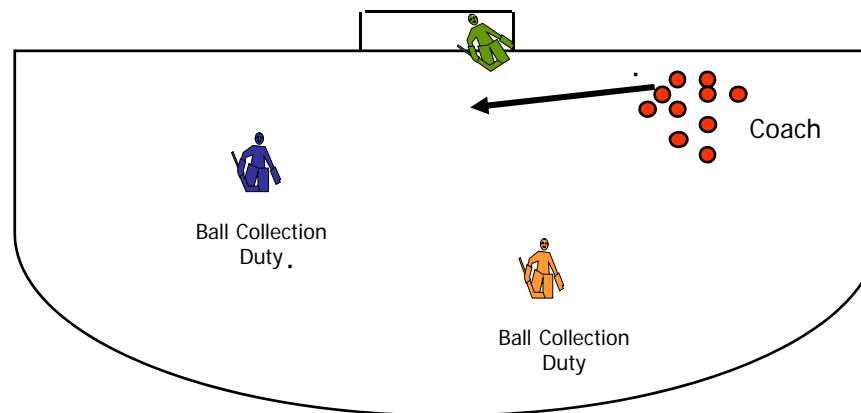
Coach feeds ball so that G.K. can perform a stick cut out.

PURPOSE:

practising cutting the cross out.

PROGRESSIONS:

1. Alternate sides.
2. Vary the feed so a decision has to be made: save with feet, cut out, leave alone.
3. Add a G.K. in the 5 Yard Box: if the ball reaches him/her, Keeper in goal moves forward and gets 'tight' with a view to kicking the ball clear.
4. Move the feeding G.K. further out. Feeder G.K. flicks the ball so G.K. in goal has to low level dive to save.



Practice Card 38

DECISIONS, DECISIONS

Suitable For: Intermediate and Advanced

DESCRIPTION:

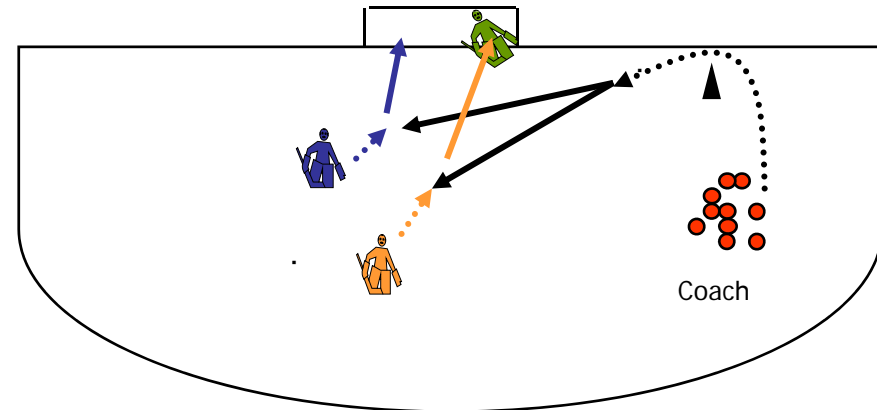
The Keeper stands covering his/her left post. Player advances towards the Keeper from a narrow angle and plays the ball backward of square to one or more players coming in on the far post. The Keeper must quickly readjust his/her position by moving across his/her goal and judging whether to stand or save or smother the shot.

PURPOSE:

Decisions in the 5 Yard Box.

PROGRESSIONS:

1. Alternate sides.



Practice Card 39

SHOULD I STAY OR SHOULD I GO? UP OR DOWN?

Suitable For: Intermediate and Advanced

DESCRIPTION:

Coach starts with a supply of balls on the goal line about ten metres from the goal. The Keeper stands on the near post. 3-5 players (or other G.k.s) stand in the circle about 7-14 metres from the goal. The coach feeds a ball to one of the players who has to control and flick/push/hit the ball at the goal quickly.

If the player is near to goal, he/she should flick the ball. Further away, the player should hit it (including undercut or chop). The Keeper must judge whether to stay his/her ground or advance to smother or close down the shot on his/her feet.

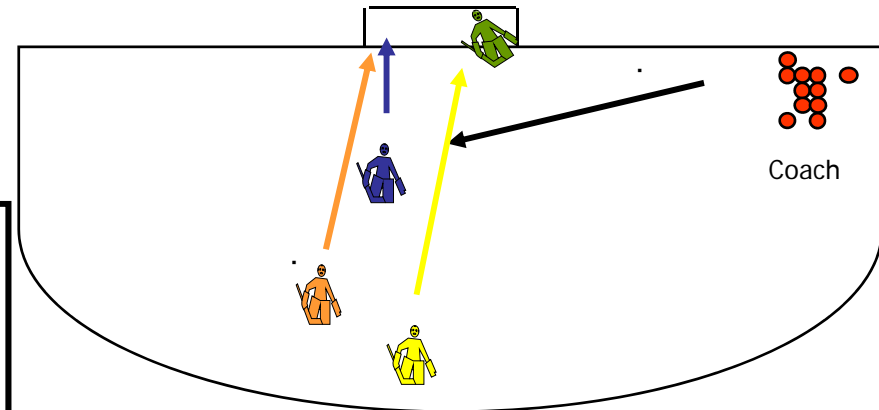
A defender can be added to make the practice more game like. The onus is then also on the striker to shoot quickly.

PURPOSE:

Decisions in the 5 Yard Box.

PROGRESSIONS:

1. Alternate sides.
2. Add a competitive element.



Practice Card 40

PROGRESS THE PRACTICE WITH THREE COMING IN

Suitable For: Intermediate and Advanced

DESCRIPTION:

Feeder/Coach runs the ball along the back-line within 5-10 metres on a curved run. The ball is then released to the incoming forwards. The Keeper has to decide what to do: meet the ball carrier prior to release (should only do this if the ball carrier is not in control and attacker is within 5 yard marker), cut the ball out with a foot or glove/stick save, smother the receiver (if time), stand up and move towards the player with the ball, making themselves as big as possible, or dive right across the goal to save an incoming shot.

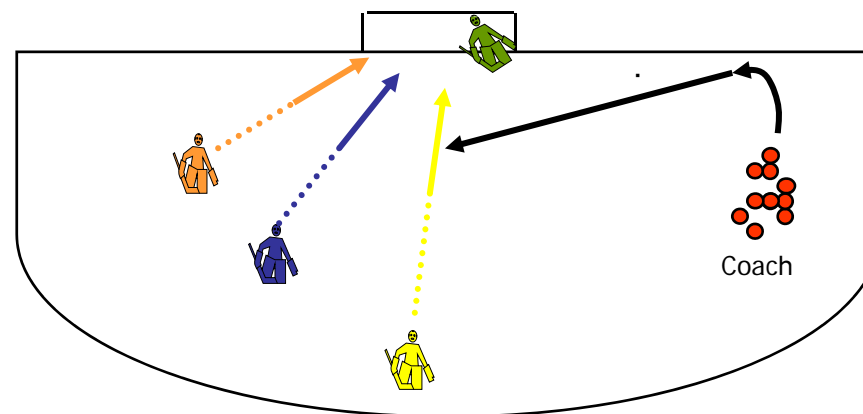
Repeat practice on other side.

PURPOSE:

Decisions in the 5 Yard Box.

PROGRESSIONS:

1. Alternate sides.
2. Add a competitive element.



Practice Card 41

THREE CONE SMOTHER AND DIVE PRACTICE

Suitable For: Advanced

DESCRIPTION:

This practice simulates a ball that has been moved from the back line to a player in the centre of the goal.

The Keeper goes to the colour or number of the cone that the coach names. The Keeper must touch the cone with their feet. The coach flicks the ball into the goal as the Keeper touches the cone.

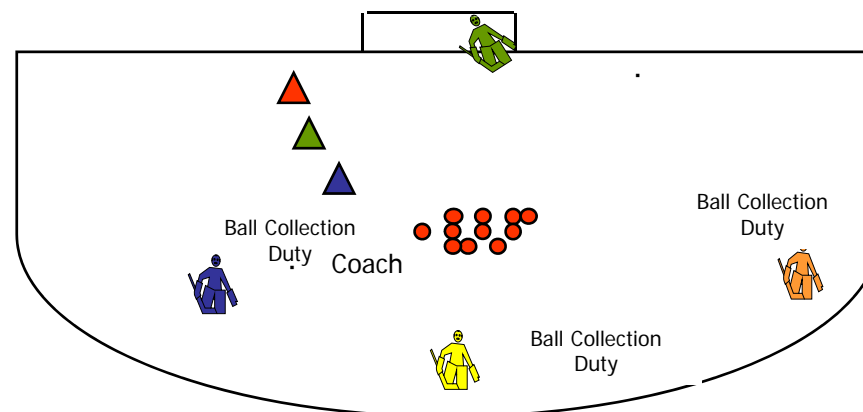
If the red cone is called, the Keeper will have to dive full length across the goal.

If the green cone is called, the Keeper will have to dive diagonally forwards for the best chance of making a save.

If the blue cone is called, the Keeper should move to smother the ball.

PURPOSE:

Decisions in the 5 Yard Box.



Practice Card 42

HAND WORK AND GLOVE POSITIONS

Suitable For: Beginners and Intermediate

DESCRIPTION:

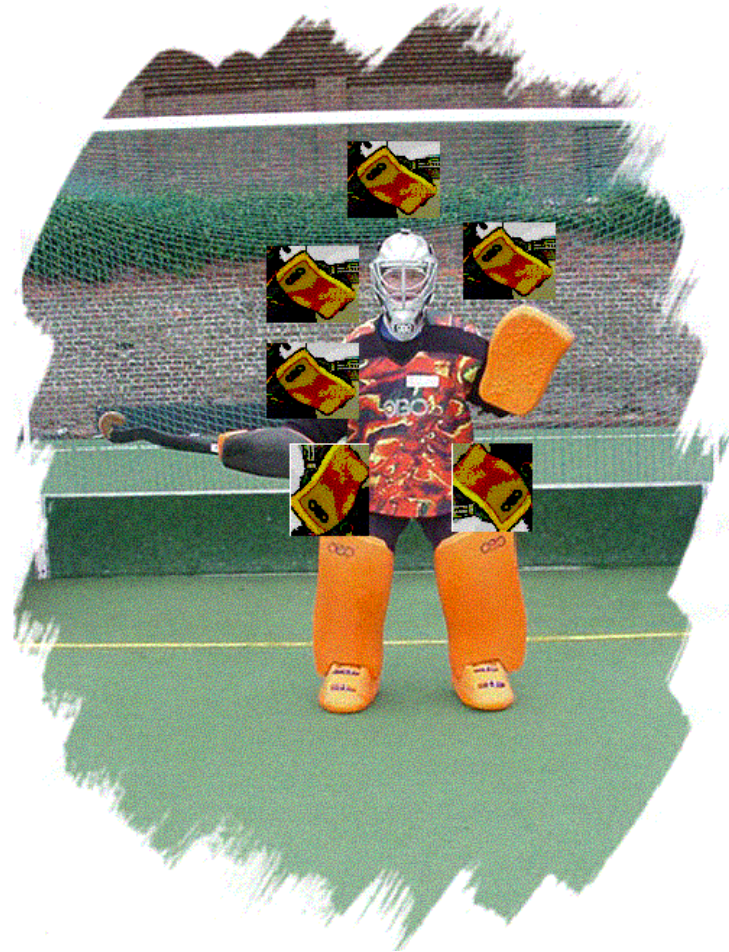
1. Beginners: Coach feeds the ball to the G.K. Keeper hand controls the ball and clears by kicking safely away: 10 each then rotate.
2. Beginners and Intermediates: Ball is now fed to the left of the Keeper. He/she hand saves the ball to the left. 20 each then rotate.
3. Beginners and Intermediates: Ball is now fed to the right of the Keeper. He/she hand saves the ball to the right. 20 each then rotate.
4. Beginners and Intermediates: Ball is now fed to the Keeper's sternum. He/she hand saves the ball to the left or right. 20 each then rotate.
5. Hand saves ("Hand Dump") should incorporate body movement to "steer" ball left and right.

PURPOSE:

Practising glove work.

PROGRESSIONS:

1. Vary the feeds.
2. Add a second save.



Practice Card 43

GOOD OLD FASHIONED 1 V 1

Suitable For: Intermediate and Advanced

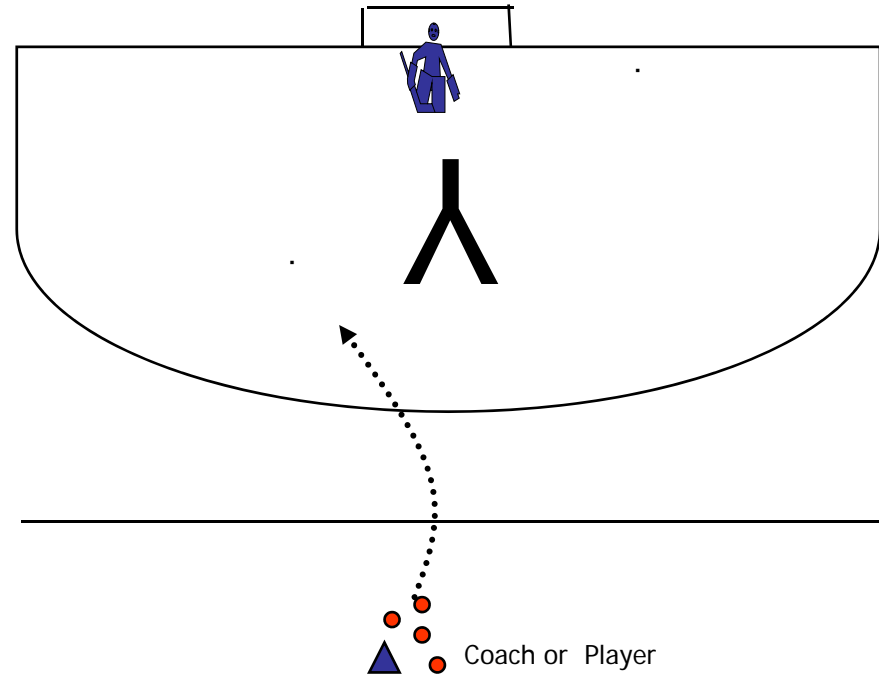
DESCRIPTION:

The Keeper should look to time a 'Y' shaped run that channels the player to the side. To encourage the player to go to the Keeper's right (stick side) the Keeper should line their right shoulder up with the player's right shoulder. As the player looks to drive wide past the Keeper, the Keeper should channel before deciding when to tackle. If necessary, 'the take' should be a diagonal dive which plays the ball with stick backed up by the left hand (biggest barrier).

1. Practice both sides, taking the ball reverse stick on keeper's left.
2. The keeper's run should be fast initially, slowing slightly to assess, before accelerating to "take".
3. The keeper should never be caught stationary!

PURPOSE:

Practising 1 v 1's.



Practice Card 44

PRACTISING 1 V 1

Suitable For: Intermediate and Advanced

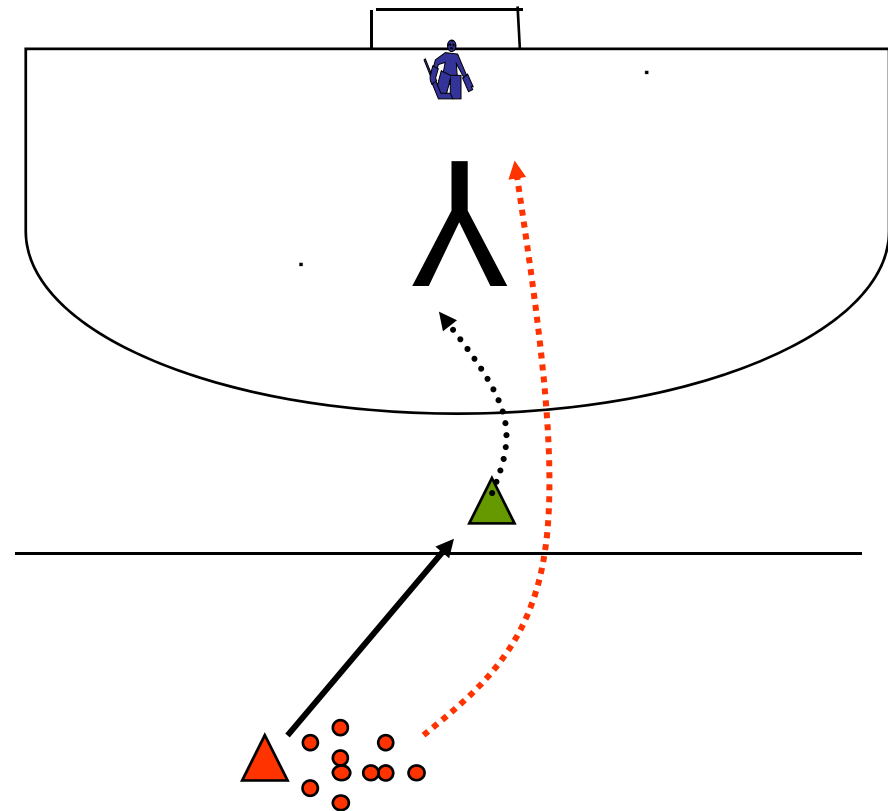
DESCRIPTION:

Here the red player passes the ball to the green attacker. The green attacker picks up the ball and enters the circle with a view to scoring. Having passed the ball the red player becomes a defender and tracks back to come goal side and assist the Keeper.

1. Note, the last thing the defending player should do is defend the goal! Assisting the keeper means working as a pair, the defender attempting to take over from the keeper, allowing the keeper to defend the goal!

PURPOSE:

Practising 1 v 1's with a defender.



Practice Card 45

GAMES: BOMBARDMENT

Suitable For: Beginners and Intermediate

DESCRIPTION:

1 v 1, 2 v 1, 2 v 2, 5 v 5, whatever numbers.
Teams cannot cross middle line, one touch only, pass and shoot to score over opponent's back line. Coach feeds in supply of balls, encourages movement and vision to seek the gap. Becomes tactical, one up one down, angles, drawing out of position, plus it is good fun!!!

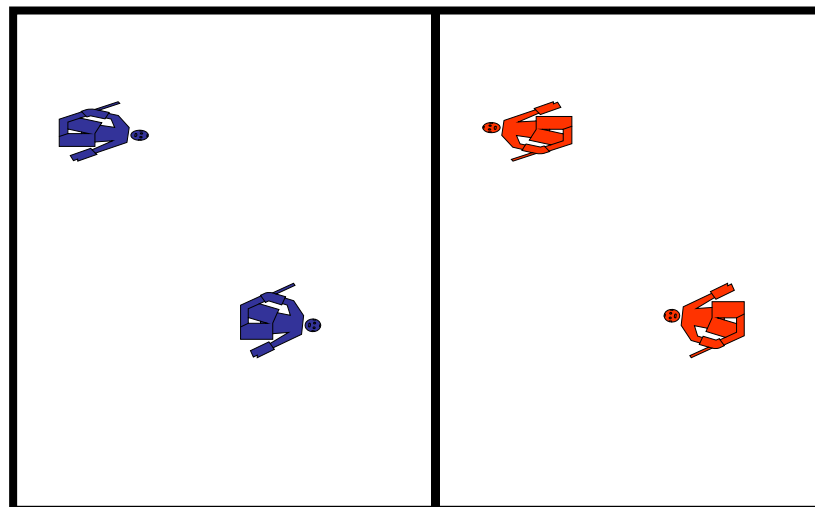
ONE TOUCH ONLY

PURPOSE:

Kicking angles and movement, fun.

PROGRESSIONS:

1. Ladders: at three minute or so intervals coach shouts 'stop': winning pair move up, losing pair move down. If a draw then team in possession of the ball wins. Top winning pair stay at the top of the ladder. Bottom losing pair stay at the bottom.



Practice Card 46

GAMES: G.K. FOOTBALL

Suitable For:

All

DESCRIPTION:

ONE TOUCH ONLY, football style passing game.

$\frac{1}{4}$ PITCH GAMES

4 v 4 Or
5 v 5
Depending
on Numbers

4 v 4 Or
5 v 5
Depending
on Numbers

$\frac{1}{2}$ PITCH GAME

7 v 7, 10 v 10, etc
Depending on Numbers

Practice Card 47

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PURPOSE:

Kicking angles and movement, fun!

'KILLER'

Suitable For: All Groups

DESCRIPTION:

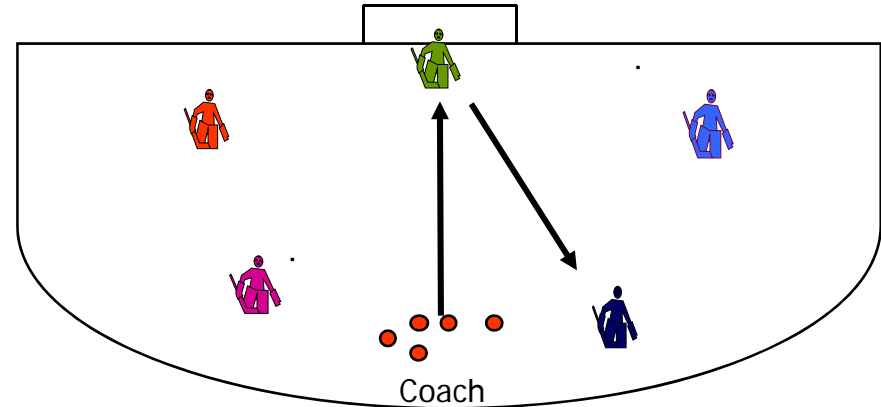
Coach feeds to working Keeper in the goal. Keeper passes to another Keeper and the ball is then considered 'live'.

The Keepers on the outside try to score past the working Keeper. Ten balls per Keeper. Award a point to the working Keeper if the ball is cleared out of the circle or the ball goes 'dead' (i.e. out of the circle or off the back-line).

ONE TOUCH ONLY

PURPOSE:

Kicking angles, fun.



Practice Card 48

ASSESSMENT OPPORTUNITIES: DIVING LOW LEFT AND RIGHT

Suitable For: Intermediate and Advanced

DESCRIPTION:

Distance and technique starting from the set position both left and right.

G.K. is diving to the right starting at the white cone centre of the goal.

Coach feeds a ball by hand for underarm for accuracy towards keeper's right post, about a metre high.

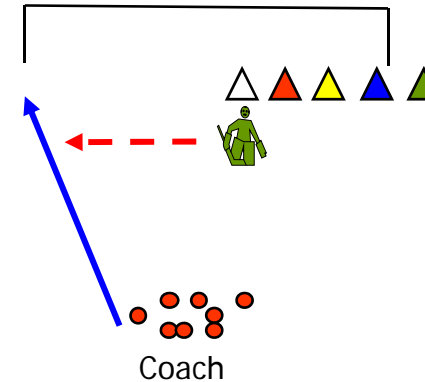
G.K. dives to make the save stick side.

4 balls are fed in allowing G.K. to get up and set (it is not a speed test).

G.K. then moves to red cone as the starting point
Coach feeds a total of 4 balls as above

G.K. repeats the exercise from each of the starting points indicated by the coloured cones.

As the G.K. moves further away from the centre side to side footwork will have to be used to gain momentum allowing explosive power to be gained to make the dive. It is likely that the stick will be used to save the ball from the blue/green cones.



The exercise is then repeated with cones set out to mirror the above. G.K. is diving to the left using left hand to make the save. Coach moves and feeds to the keeper's left post as above.

PURPOSE:

Assessment opportunity.

Practice Card 49

ASSESSMENT OPPORTUNITIES: DIVING LOW LEFT AND RIGHT (2)

Suitable For:	Intermediate and Advanced
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DESCRIPTION:

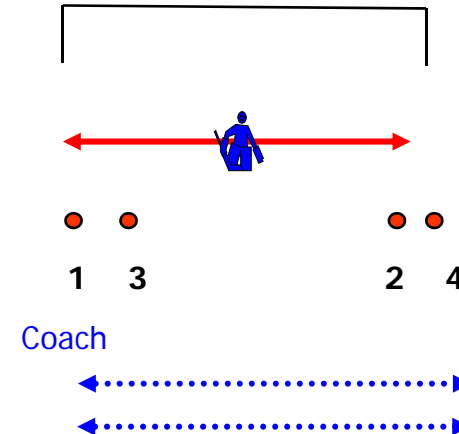
Coach feeds ball one towards keeper's right post about 1 metre off the ground either flicking with stick, or hand feeding, but remembering that accuracy is important.

G.K. dives right to save and then immediately gets up to save ball 2 that coach has moved to and flicks/feeds to keeper's left post.

Coach moves quickly back to ball 3 and flicks/ feeds again as Gk is returning from last shot and then repeats the same for ball 4.

It is not a challenge for the coach to score! Adequate time must be given for the Gk to get up and ready between flick/feeds to goal.

Repeat the exercise but this time with the G.K. making the first dive to their left.



Practice Card 50

ASSESSMENT OPPORTUNITIES: USE OF HANDS

Suitable For:

Intermediate and Advanced

DESCRIPTION:

Objective is to assess the use of both hands in dealing with high shots in all areas above the G.K.'s waist. Coaches should be mindful of the type of equipment the G.K.'s are wearing in respect of the stick hand glove. The flat facing surface allows a different technique to be used in saving on the right side rather than the conventional "left hand over"l.

PURPOSE:

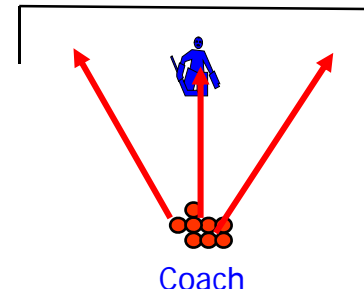
Simple exercise to make a judgmental assessment of the skill level where the number of saves made can be recorded.

PART ONE:

Coach flicks, or hand feeds, with pace a total of 12 balls into the three areas as indicated above. The red line represents the ball going towards the upper body of the G.K. Equal number of balls to be fed into each area.

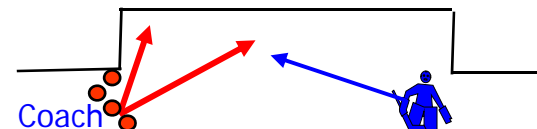
G.K. to make the save with hands attempting to get the ball into safe areas wide of the goal posts or over the cross bar. Stopping the ball and allowing it back in dangerous areas of play should be discouraged. Sometimes this is unavoidable and if it happens the G.K. must follow the ball out and be ready to make a second save or kick clear.

Practice Card 51



PART TWO:

Here the objective is to combine an assessment of the Gk's mobility, ability to spot the ball, decision making and save technique with both hands.



G.K. starts on the far post looking away from the coach. On command (go) the G.K. turns head to look at ball/ coach and starts to move across the goal.

Coach flicks high towards goal in the area between the red arrows having allowed the Gk to start the move.

Gk saves and clears to safety with either the gloves or stick dependant on the ball speed. The right hand flat glove might be used or the "conventional" left hand across the body.

Repeat with a total of 5 balls allowing the GK to set between each.

Repeat a second set after recovery period.

The exercise should be repeated from the opposite side of the goal to assess the saves that are made with the left hand.

Score the number of saves successfully made with each hand.