National Training Centre Goalkeeping

By
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Coaching Handbook

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National Training Centre Goalkeeping

To produce goalkeepers for our national Teams we must prioritize and work on the following:

**Footwork:** In goal and around penalty area
**Handling:** Ability to hold onto the ball
**Diving:** Power, technique and shape
**Shot Stopping:** Make the important save
**Crossing:** High-low and inswing-outswing crosses
**Distribution:** Hands and feet

Over the last 14 years, the CSA has used the following practices with all our National team Goalkeepers. They have proven effective in improving our National Teams' Goalkeepers.
Goalkeeper Coaches Outline

1. **Attitude:**

Goalkeepers are too complacent with their position on the team. Back-ups are happy to be back-ups. Starters are not sharp because they do not feel any pressure from the back-ups. A raised level of intensity and competition between goalkeepers must be emphasized.

How do we do it? Create competitive goalkeeper training situations from warm-up to technical to tactical training sessions.

2. **Physical Attributes:**

- Agility (Flexibility and speed work)
- Mobility (Footwork)
- Explosive power – Strength training (weights, plyometrics)

All these attributes can be trained with and without the ball in competitive situations.

3. **Technical (Shot stopping):**

- **Handling:** More emphasis on catching the ball. Goalkeepers are too complacent with letting out rebounds. How do we do it? Go back to the basics in fielding the ball
- **Body Position:** Behind the ball can only be achieved if the goalkeeper jumps or moves his feet. There is a difference between stretching for a ball and actually getting there.
- **Parrying the Ball:** Where? When? How?
- **Diving:** Believe in your abilities. Does your keeper believe he can stop the shot in the top-hand corner? Does your keeper use the proper diving and shot stopping mechanics in order to stop these shots or does he just dive and hope?
- **Foot Movement:** Forward, backward, sideways and diagonally. Is it short, long or crossed according to the speed and movement of the player and shot?
- **Body Awareness:** In relation to the goal. Does the keeper angle himself in the goal properly according to different shooting and crossing patterns?
4. Tactical:

- Crosses:
  - Decision when and where according to the type of cross: Can I catch it? Do I punch or do I deflect it?
  - Timing (Start slow arrive early concept.
  - Physical ability: Does the keeper jump? Can he catch the ball at the highest point? Is he strong enough to put himself through players? What is his facility with footwork: forwards, backwards and diagonally?
  - When to have a two foot take-off or a one foot take-off?

- Distribution:
  - Accuracy, Distance, Speed
  - Decision when to throw? Where to throw? What type of throw? When to kick? Where to kick? What type of kick?
  - Goalkeepers should play more in the outfield during training to improve their technical ability as an outfield player

By excelling in these areas, goalkeepers can increase their odds in 1 v 1 situations.
Goalkeeping Program

Winter Priorities:

Boys 
Girls

First Phase – November to December

U/14 – U/15 Boys – U/17 Women

1) Basic handling  
3) Basic footwork  
5) Distribution  

U/16 – U/19 Boys – U/18 – U/19 Women

2) Basic diving  
4) Agility and flexibility (hands & feet) (relating to ball and back four)  
6) Position

Second Phase – February to April

U/14 – U/15 Boys – U/17 Women

1) Shot stopping  
2) Crossing  
3) Flexibility and strength - power  
4) Distribution  
5) Position  
6) Fitness

U/16 – U/19 Boys – U/18 – U/19 Women

1) Shot stopping (handling and footwork – diving)  
2) Crossing (handling and mobility – agility)  
3) Flexibility and strength - power (plyometrics – weights)  
4) Distribution (hands and feet)  
5) Position (relative to ball and back four)  
6) Position (handling and footwork – diving)

All things worked on in phase one to be reinforced plus

1) More work to be done in game situations  
2) Work loads to be heavier (more reps)  
3) Fitness workload to increase

Goalkeepers to work with GK coach for 2 hours individual work per weekend. Coaches to plan sessions on the other days to include GK’s. This will allow information to be given in game situations.
5. **Organization and Communication**

- **Defense:**
  
  Information must be clear and concise (Free kicks, corners). Show authority in the area (crossed balls, through balls). Getting his defense to mark-up, zone-up, whatever is necessary. Install confidence in the defense with your ability to be the eyes behind their heads and raise the intensity and alertness to decrease defensive errors.

- **Offense:**
  
  - Do not play into pressure (Does he kick or throw?)
  - Goalkeeper (First line of attack)
  - The ability to assess the situation if the team is having difficulty playing out of the back
  - Recognize 1 v 1 situations and 2 v 1 situations in the attacking third. Quick distribution to create an advantage

Goalkeeper coaches should be using small-sided games and other game situations to get across the proper information of good organization and communication.

Coaches must portray the following qualities in themselves in order for them to be reflected in their goalkeepers
  
  - Courage
  - Good work ethic
  - Confidence with a touch of arrogance
  - Desire to be the best
  - Love of the game
Third Phase – May to September

All priorities worked on in the winter to be reinforced plus more work to be done in game situations.

If no individual GK coach is available during the program the GK coach will provide training sessions for the coach or assistant coach to work on.

The above program is designed to enable the ‘forgotten’ member of our teams to realize their goals.

Kevin Muldoon
National GK coach
Footwork and Handling Drills

A1)

- GK moves through cones, feet close and quick
- GK moves forward to sets to receive shot to feet from server

A2)

- GK moves forward and backward through cones
- GK turns, moves forward to receive volley to chest from server

A3)

- GK steps over cones on alternate feet
- GK moves forward and sets to receive volley to face from server

Summary

- Repeat numbers 1, 2 & 3 twice to complete set
- Always return to start position backwards or sideways, left or right
B1) 
- GK moves laterally then moves forward a step to mover laterally again 
- When moving left step with left foot first 
- When moving right step with right foot first 
- GK receives shot to his right or left from server to dive on then moves to start to repeat 
- Repeat six times

B2) 
- Same as drill B1 
- GK moves backwards and forwards

C1) 
- GK sets in middle of square 
- S calls No. 2 
- GK using correct footwork moves to touch cone 2 then moves forward to receive ball from S 
- GK returns to start 
- Repeat 6 times with S mixing up numbers

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C2) 

- Same as Drill C1 but S calls number in 2's, 3's or 4's. e.g. 1 & 3 or 2 & 3 & 4
- S serves with drop volley, volley or shoots from ground
- Repeat 6 times

D1) 

- As in practice C, GK starts in middle of diamond
- S calls Number
- GK moves to number, then back to middle before moving forward to receive ball from S i.e. if S calls 1 & 2 & 3, then GK returns to middle before moving to next number
E1) As in drill D1, S calls multiple numbers

• GK moves to his right. At the cone he steps forward to set and receive ground ball from S1.
• GK then moves backwards to move to his left to repeat to S2.

E2) GK sets on post
• Receives service from S1
• GK returns ball to S1 then turns to run, crossing feet to opposite post to repeat to S2
E3) GK covers post on command from S
GK turns quickly to receive volley from S
Repeat 10 times

E4) As in drill E3, GK turns to move 2 or 3 steps to cone to receive volley
Repeat 10 times

E5) GK turns, moving quickly along line to mid goal (crossing feet) then down the line of the ball to receive volley
Repeat each movement 10 times
Repeat on other side
E6) As in drill E3 but GK dives to save

E7) As in drill E4 but GK moves to dive

E8) As in drill E5 but GK moves to save left or right
E10)
- GK faces S1
- S serves high ball for GK moving backwards to catch or push over bar
- As in drill E9, S1 serves high ball
- GK catches then moves to react to serve from S2
- Repeat 10 times
- S serves ball slightly to GK's right or left so GK opens up to move back

E11)
- GK moves forward to touch cone
- S serves ball over GK's head
- Moving backwards, GK keeps ball from entering goal
- Repeat 10 times
- S serves ball slightly to GK's right or left so GK opens up to move back

E12)
- Ball is thrown between S's 1, 2, 3 & 4
- GK adjusts his position mid goal relative to ball
- Anyone can volley ball at GK when GK is set
- GK to cross feet to get in position quicker i.e. ball moves from S1 to S4 or S1 to S3
Summary

- Ball is passed between S’s 1, 2, 3 & 4
- GK adjusts his position mid goal relative to ball
- Ball is passed
- Shot to be taken when GK is set

- In all practices, encourage the GK’s to move into position quickly – catch all serves when possible
- Can give a little punishment i.e. Drop ball (does 5 knees to chest)
- Footwork/handling exercises are very good for warm-ups
A1)  
- GK kneels behind line  
- S serves ball to GK left  
- GK dives to save before ball crosses line  
- 6 to right - 6 to left  

A2)  
- GK kneels behind line  
- S serves ball 3 feet high to GK left  
- GK dives to save before ball crosses line  
- 6 to right - 6 to left  

A3)  
- Same as drill A1 but GK stands behind line  
- S serves ball to GK left  
- GK dives to save before ball crosses line  
- 6 to right - 6 to left
A4)

Summary

- Same as drill A2 but GK stands behind line
- S serves ball 3 feet high to GK left
- GK dives to save before ball crosses line
- 6 to right – 6 to left

B1)

- GK’s to dive forward whenever possible upon returning to feet
- Tuck bottom leg under top leg
- GK lays on right side
- Server rolls ball for GK to attack
- GK returns ball then lays on left side to repeat
- 5 times per side
**B2)**

- GK lays on right side
- Server bounces ball 3 feet for GK to attack
- GK returns ball then lays on left side to repeat
- 5 times per side

**B3)**

- GK lays on right side
- Server bounces ball higher than 3 feet for GK to attack
- GK returns ball then lays on left side to repeat
- 5 times per side

**Summary**

- Purpose is for GK to quickly get to his feet to catch the ball
- S serves ball to GK's right
- GK dives to save
- GK returns ball to S
- S serves again as GK is getting to his feet
- 6 times to right side – 6 times to left side
5) • GK advances  
• S shoots left or right  
• GK dives to save  
• GK returns to his feet to save ball shot straight to him from server

6) • Same as drill 5  
• GK advances  
• S shoots left or right  
• GK dives to save  
• S shoots to GK's other side  
• GK dives right then saves left

7) • S1 calls  
• GK rises to feet to save shot  
• GK moves to opposite side  
• Repeat 4 shots per side
8) S1 shoots to GK right
   • GK saves then takes 2<sup>nd</sup> shot from S3
   • GK saves 4 shots from S1, 2 shots from S2 and S3

9) GK covers his post
   • S1 drives ball for GK to save
   • As GK is returning to his feet S2 serves ball to GK’s left
   • GK saves then moves across goal to save from S3
   • Repeat 5 times
   • Repeat at other post

10) S serves ball to GK’s right
    • GK saves
    • GK moves quickly to his left to save 2<sup>nd</sup> shot
    • GK moves quickly to his right to save 3<sup>rd</sup> shot
    • Repeat 3 times
11) GK sets on post, S1 serves ball to S2 to shoot in bottom corner, GK moves across goal to dive and save, 6 from right, 6 from left

12) GK sets on post, S1 shoots to GK's right, GK saves and gets to his feet, GK moves across goal to save from S2, GK moves to other side to repeat from S3, Total saves 8

Summary

- In all diving practices we are working on technique, shape and catching with both hands attacking forward when possible,
- Do not slaughter the GK
**Shot Stopping Drills**

A1)  
- S takes 6 shots low to GK's right
- S takes 6 shots low to GK's left
- S takes 6 shots high to GK's right
- S takes 6 shots high to GK's left

A2)  
- S takes 6 shots to GK's right
- S takes 6 shots to GK's left
- Repeat other side

3)  
- S shoots low to GK's right
- GK gets to his feet
- S shoots low to GK's left 8 shots
- S shoots high to GK's right, then high to his left
- S shoots low to GK's right, then high to his left
- S shoots high to GK's right then low to his left
4) unmanned line of Ball

- S shoots dead ball no1
- S shoots rolling ball no2
- Repeat in above order for 8 shots

5) manned line of GK

- GK faces goal and turns on command
- S1, both hands down - GK takes shot from S1
- S1 one hand up – GK takes shot from S2
- S1 both hands up GK saves shot from S3
- GK to move feet to get in position quickly

6) unmanned line of Ball

- S shoots ball no1 to GK's left
- S shoots ball no2 to GK's right
- S bounces ball no3 for GK to run and attack
- As GK is moving back to goal S serves ball no4 over his head
- S shoots ball no5 to GK's left
- S shoots ball no6 to GK's right
- S shoots balls no7 & no8; his choice where they go
7) GK starts mid goal
   GK touches cone then moves quickly to save low shot from S
   GK touches cone between shots

8) GK covers post
   S1 passes ball for S2 to shoot
   GK moves to save shot
1A) Balls are served high by S to cone 1, 2, 3 for GK to catch
- Repeat other side
- Each cone 10 balls
- GK to work on footwork and catching

1B) S volleys balls out of hand – aims for near post, mid post, far post
- GK catches balls
- GK opens up to throw into small goal

1C) S crosses long balls into penalty area
- GK attacks and either drop kicks ball into big goal or throws ball into small goal
- GK to prevent long crosses entering goal no2

Summary
- All practices must be done from both wings
- Young GK’s introduce passive opposition
Distribution Drills - Hands

- S1 and S2 serve high ball for GK to catch
- GK throws ball to T1, T2, T3 as commanded by S1
- Target players return ball to S1 & S2
- Repeat from other side

Distribution Drills - Feet

1) A. X1, X2 and X3 interpass on command from coach. X1 passes long ball to X4. X4, X5 and X6 interpass and repeat
B. After passing X2 or X3 put pressure on X1
C. X1 to pass 1st time or 2 touch. X1 to pass along ground or high on coach’s command
2) 

- S passes ball to def X1
- Attacker X2 pursues defender
- Defender passes ball to GK
- Attacker puts GK under pressure
- GK has choice of 3 targets to pass into
- Introduce 2nd attacker

3) 

- GK plus O's keep ball away from X's using feet
- X's win ball they can shoot on goal

4) 

- GK receives varied back passes from S
- On command i.e. 1 or 2 touch, he passes the ball into targets
Goalkeeper Conditioning

The preceding practices are designed for the young goalkeepers to work on their techniques. The following three items are a must in the goalkeeper's armory:

1. Fitness
2. Power
3. Agility

Goalkeeper Fitness

Circuit No. 1

1. GK moves diagonally touching each cone then returns backwards diagonally
2. Sit-ups catching ball
3. GK faces goal and jumps to touch top of bar
4. GK dives on balls 1 to 4 and returns to touch partners hand after each ball
5. Push-ups
6. GK jumps over each cone i.e. right foot out left foot return
7. GK dives on ball served from either side with GK starting on knees
8. GK dives to his right, dives to his left then takes high ball
9. GK sprints between cones touching each cone
Circuit No. 2

1. GK sprints from post to corner of penalty area
2. GK returns backwards to sprint to corner of 6 yard area
3. GK returns backwards to mid goal and sprints to penalty spot
4. GK returns backwards to sprint to edge of penalty area

• Repeat on other side
• GK’s to work in pairs: One working, one resting or serving ball
• GK’s work 45 seconds on each exercise
Circuit No. 3

1. GK faces inwards and jumps over cones with right foot – return down line jumping with left foot
2. GK jumps over cones knees to chest
3. GK moves between cones using good footwork
4. GK dives on each ball
5. GK receives service from server – high or low dive from left or right

Repeat six times
1. Sprint to section number 1. Moving sideways, touch each cone.
2. Sprint to section number 2. Do 20 star jumps touching bar.
3. Move sideways to section number 3. Do 3 18 yard sprints
5. Sprint to section number 5. Do 10 burpees.
6. Move backwards to section number 6. Do 10 dives right and left.
7. Run to section number 7. Touch each cone 11 times.
8. Sprint to finish forward over hurdles.

Each GK does 2 circuits then rests for 3 minutes. Repeat.
Both skipping and plyometrics programs can play a major role in goalkeepers developing power, speed and agility.

The CSA is aware that there are many different practices and drills to improve the goalkeeper. This document is not meant to be the 'bible' but to offer some things to assist coaches in their training of young goalkeepers.

Remember, young goalkeepers must practice in team functions and must not be restricted to work only with a goalkeeping coach. Learning to make correct decisions in game situations is of the highest importance.

We are currently suffering from a lack of talented goalkeepers coming to our U/20 and U/17 national teams. We must work diligently at our centres to improve this situation.

### Skipping Program

A. Skip for 3 minutes normal  
   Rest 1 minute
B. Skip 30 slow, 30 quick, 30 slow  
   Rest 30 seconds  
   Repeat twice
C. Skip 10 slow, 100 fast  
   Rest 1 minute  
   Repeat twice  
   Rest 3 minutes
D. Skip 3 minutes normal  
   10 burpees  
   Skip 1 minute  
   10 burpees  
   Skip 1 minute  
   10 burpees  
   Rest 3 minutes
E. Skip 1 minute right leg  
   Skip 1 minute left leg  
   Skip 1 minute both legs  
   Rest 3 minutes
F. Skip 3 minutes normal
Each exercise is 45 seconds in duration

1.) Forward feet together
   B.) Sideways feet together
   C.) Forward left and right foot
   D.) Sideways left and right foot

2.) A.) Feet together
    B.) Right foot
    C.) Left foot

3.) A.) Forward on and off box
    B.) Sideways on and off box
    C.) Right and left leg on and off box.
    D.) Jump over box forward – feet together
    E.) Jump over box sideways – feet together

4.) A.) Forward over hurdles feet together
    B.) Sideways over hurdles feet together

Instructions

Equipment

Small hurdles
6” high
5.) Forward over hurdles
6.) Long jump feet together

5, 6' long jumps with feet together

Equipment:

A.) Forward over hurdles
B.) Long jump feet together

Hurdles 2'

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Goalkeeper Agility Training
Goalkeeper Power & Strength Training
Setup
- Players form 2 groups
- The players in group 1 stand on the end line on both sides of a goal with GK
- The players in group 2 stand 30 yards in front of the goal
- A second GK stands in a 10 yard wide goal 20 yards in front of the first goal

Sequence
- The first player in group 1 volleys the ball to GK. He throws it directly to the first player in group 2, who controls the ball, then tries to get past GK 2. If he succeeds, he can shoot at goal 1 without interference. Players switch roles and positions after each round.

Setup
- Players form 2 groups of equal size
- Players in group 1 stand on the end line on both sides of a goal with GK. Each player has a ball
- The players in group 2 stand 30 yards in front of the goal

Sequence
- The first player in group 1 volleys the ball to GK 1 then runs to the middle. GK1 catches the ball and rolls it back to player 1, who dribbles a short distance, then passes on the ground to the first player in group 2. Player 2 dribbles toward the goal and shoots. Players switch roles and positions after each round.
**Combined Training Drills - Basic**

1) **Setup**
- Players form 2 groups of equal size. Each player has a ball.
- The players in Group 1 stand 25 yards in front of the goal with GK.
- Players in Group 2 stand on the end line next to the goal.

**Sequence**
- First player in Group 1 dribbles a short distance toward the goal and shoots then continues toward the goal. The first player in Group 2 throws him a ball, which he then heads, to the goal. Players switch positions and roles after each round.

2) **Setup**
- Players form 2 groups
- Players in group 1 stand off to one side of a goal with GK
- Players in group 2 stand 35 yards in front of goal
- A second GK stands in 10 yard wide goal 20 yards in front of first goal

**Sequence**
- First player in group 1 passes on the ground to GK 1 who rolls it back to him. He then passes in the air to the first player in group 2 who tries to get past GK 2 and dribble through goal 2. If he succeeds, he can shoot goal 1 without interference. Players switch positions and roles after each round.
5)

Setup
• Same as drill 4

Sequence
• Same as drill 4 except after passing, player 1 becomes player 2's 'wall'. Player 2 dribbles a short distance, plays a wall pass with player 1, then shoots. Once again, players switch roles and positions after each round.

6)

Setup
• Players from two groups of equal size
• Group 1, the 'shooters' stand at one of three cones that are set up in various positions. Each player has a ball
• Group 2, the 'headers' divide themselves into groups

Sequence
• The headers start: The first player beside the goal throws a high ball to his teammate for a header. Then both players switch positions and roles. When each one has headed once, the shooters take turns shooting. Then the headers start again from the other side. Finally, the shooters dribble forward from the cones to shoot.
Setup
- Players from two groups of equal size
- Group 1 stands beside a goal with GK. Each player has a ball
- Group 2 stands by a cone about 25 yards in front of the goal

Sequence
- The first player in group 1 stands in front of the goal and throws the ball to the goalkeeper who punches it out to the first player in Group 2. Player 2 controls the ball, dribbles toward the goal and shoots as accurately as possible. Afterwards, players switch roles and position.

Setup
- Same as drill 7

Sequence
- Same as drill 7, except player 1 becomes player 2’s opponent after throwing to the goalkeeper: 1v1 to score. Both players can shoot.
Setup
- Players form two groups of equal size.
- Group 1 stands beside a goal with goalkeeper. Each player has a ball
- Group 2 stands by a cone 25 yards in front of the goal

Sequence
- The goalkeeper gets a ball from the first player in group 1 and throws it back to him so that he can head it at the goal. If player 1 scores, he gets a point and can head again. If the goalkeeper stops the header, he throws the ball to the first player in group 2, who dribbles a short distance and shoots. Afterwards, players switch roles and positions.

Setup
- Two goals with GKS set up at right angles
- Players form two groups
- Group 1 stands in the corner between the two goals. Each player has a ball. GK 1 stands in the corner between the two goals. Each player has a ball. GK 1 stands between two cones in front of goal 1 facing them.
- Group 2 stands at a cone 25 yards in front of goal 2

Sequence
- Player A passes on the ground to GK 1 who receives the ball and rolls it to player B. B dribbles a short distance toward goal 2, then shoots as accurately as possible. Player A can also pass in the air (volley or regular kick) to GK 1 (catching and distributing the ball)
12) Setup
- Two goals with GKs set up at right angles to one another
- Players form two groups of equal size
- Group 1 stands in the corner between the two goals. Each player has a ball. GK 1 stands in the corner between the two goals. Each player has a ball.
- Group 2 stands at a cone 25 yards in front of goal 2

Sequence
- Player A passes in the air to GK 1, who catches the ball in the air, then rolls it to player B. B dribbles a short distance toward goal 2 and shoots.

12) Setup
- Same as exercise 10

Sequence
- Player A shoots at the cone goal from 2 yards away. First he has to tell the GK where GK is going to shoot. The GK must react quickly by diving to stop the ball. After the shot, he throws the ball to player B, who dribbles and shoots at goal 2.
Combined Training Drills – Intermediate and Advanced

1) Setup
- All players have one ball each and stand in ‘crossing position’ on the end line next to a goal with two goalkeepers.
- A cone is set up 20 yards in front of the goal.

Sequence
- The first player crosses in front of the goal, then runs around the cone. GK 1 catches the cross and throws it back to the player, who controls it and shoots. GK 2 interferes with GK 1’s attempts to catch crosses but helps him on the shots by stopping balls he misses. After each round, the shooter runs to the other side. When ball players have shot once, they start again from the other side.

2) Setup
- Players form 2 groups of equal size.
- Group 1 stands on a lone (15 yards wide) 20 yards in front of a goal with two GKs.
- Group 2 stands further back in the backfield.
- A crosser stands on the end line with extra balls.

Sequence
- GK 1 catches the cross, with interference from GK 2. He then throws the ball to the first player in group 2, who controls it, then plays 1v1 against the first player in group1. If he gets past and dribbles across the line, he can shoot without interference.
Setup
- Players form 2 groups of equal size.
- Group 1 stands in front of a goal with GK, off to one side. Each player has a ball.
- Group 2 stands on the opposite sideline in front of a marked line defended by a second GK

Sequence
- The first player in group 1 dribbles toward the goal, then shoots. If he scores, the next player in his group can shoot. If GK 1 stops the ball, then he throws it to the first player in group 2, who tries to get past GK 2 and cross in front of the goal to player 1, who then shoots again. The two GKs switch positions after several rounds.

Setup
- Same as drill 3, except a third group stands with group 1 diagonally in front of the goal.
- Each of these players has a ball as well.

Sequence
- The first player in group 1 shoots, while the first player in group 2 plays a deep pass to the first player in group 3 at the same time. Player 3 tries to get past GK 2 and cross in front of the goal. Players 1 and 2 run to meet the ball and shoot or, if possible, head it at the goal.
Setup
- Two goals with GKs are set up 35 yards apart.
- Players form two groups of equal size.
- Group 1 stands in 'crossing position' on one side. Each player has a ball.
- Group 2 stands on the other side, near the goal.

Sequence
- The first player in Group 1 (Player A) crosses in front of goal 1. GK 1 catches the ball and throws it into the path of the first player in group 2 (Player B). Player B controls the ball briefly, then shoots at goal 2. After the shot, players A and B switch positions and roles.

Setup
- Two goals with GKs are set up 35 yards apart.
- Players form two teams of equal size.
- Team 1 divides into pairs (defenders) and team 2 forms groups of three (attackers)
- A neutral player stands in 'crossing position' by goal 1, with extra balls.

Sequence
- The neutral player crosses in front of goal 1. GK 1 catches the ball and rolls it to one of the two defenders, who play 2v3 against the attackers to shoot at goal 2.
- If the defenders score, the neutral player crosses again.
- If the attackers win the ball, they pass it to the neutral player who crosses back to them, then they play 3v2 to shoot. After two rounds, the next two groups take the field.
Setup
- Five cones are placed at various positions in front of a goal with GK.
- A second GK stands beside the goal.
- All players start at cone 1. Each player has a ball.

Sequence
- The first player starts with a cross from cone 1. GK 1 catches the ball and throws it into the shooter's path. After all players have crossed, the exercise starts over at cone 2: Players dribble a short distance, then shoot. Cone 3: The GK runs out a short distance from the goal, and players chip the ball past him. Cone 4: 1v1, field players vs. GK. Cone 5: cross from the other side.

Setup
- Players form three groups of equal size in front of a goal with GK.
- A second GK stands beside the goal.
- Each player has a ball.
- Each group stands at one of three cones placed at various positions.

Sequence
- The GK jogs up to a ball placed 10 to 15 yards in front of the goal. As soon as he touches it, the first player in group 1 tries to chip his ball over the GK. Then the first player in group 2 shoots hard and accurately at the goal, then the first player in group 3. After three rounds, the two GKS switch positions.
Setup
- Players form two groups in front of a goal with GK. Right-footed players stand just outside the penalty area at the inside right position; left-footed players at the inside left position.
- A second GK stands beside the goal.
- Each player has a ball.
- To orient the players (positional play): two cone goals at the corners of the goal.

Sequence
- First the right-footed players take turns dribbling past the cones and shooting from the right cone goal at the large goal; then the left-footed players take their turns. The GK tries to stop the balls at the cone goals. Field players are only allowed driven shots; chips are not allowed.

Setup
- Players form two groups in front of a goal (with GK)
- Group 1 divides into pairs (defenders and group 2 forms groups of three (attackers)
- Two neutral players stand in ‘crossing position’, one on each side of goal 1, each with extra balls
- Two small counter goals 25 yards in front of goal

Sequence
- Each round starts with a 3v2 on the goal. After the attackers shoot, they receive two more crosses, which they must also shoot. If the GK or defenders win the ball, the defenders can immediately attack the counter goals.