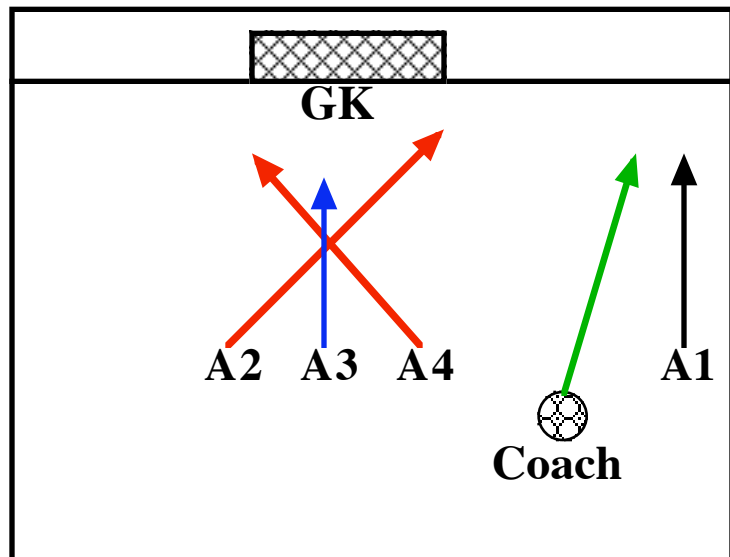


# TECHNICAL Goalkeeping



# “GK vs. 3+1 & GK vs. 4”



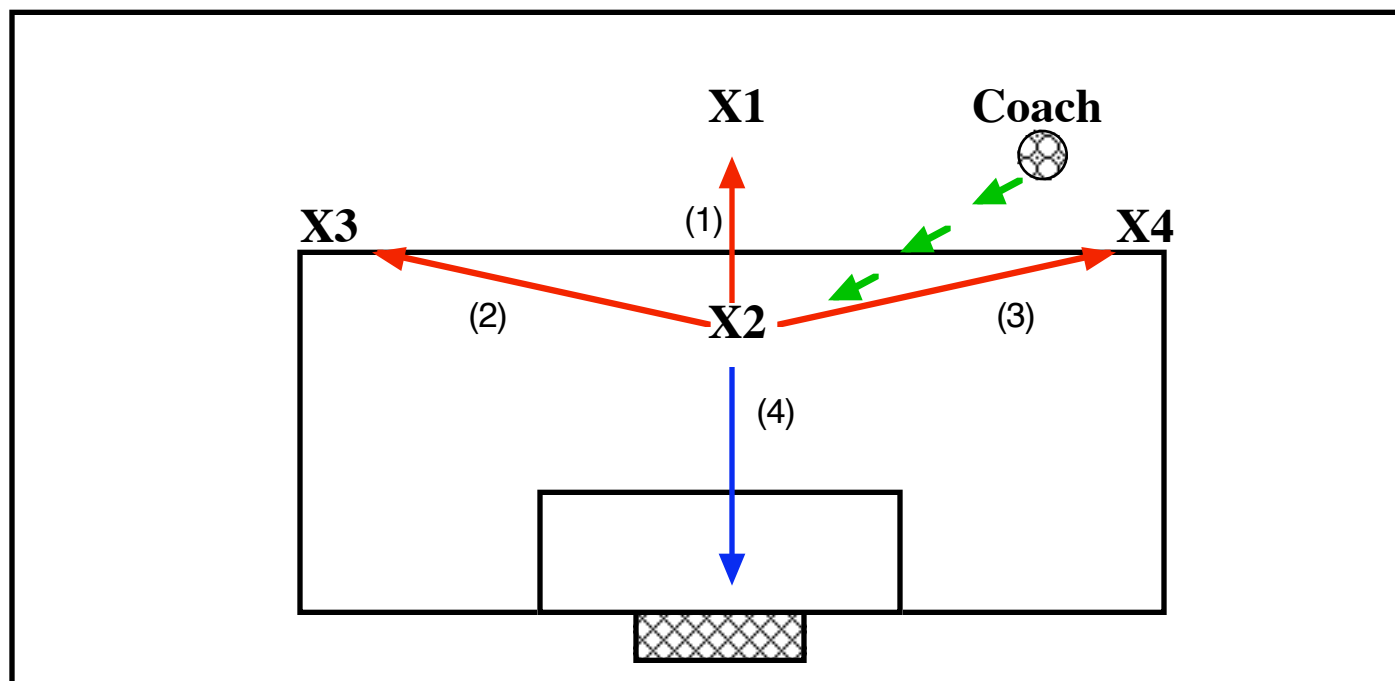
## “GK vs. 3 + 1”

**GRID:** Area in and around 18-yard box  
**PLAYERS:** Three (3) Attackers at top of box, One (1) Attacker on wing. One (1) server -- coach or player

**DRILL:** Coach or Player plays ball down wing for Attacker 1 to collect and cross Attackers 2, 3, 4 frame goal

### VARIATIONS

- > Progression 1 -- add 1 Defender for 3+1 vs 1
- > Progression 2 -- add second Defender and another Attacker for a 4+1 vs. 2



## “Goalkeeper vs. 4 Finishers”

**GRID:** Area in and around 18-yard box

**PLAYERS:** Four (4) form diamond outside 18-yard box. X1 faces goal. X2 has back to goal. X3 & X4 are side-on

**DRILL:** Coach (or another player) serves ball into X2 who now has four options:

- (1) Lay off ball to X1 for shot on goal
- (2) Diagonal ball to X3 for shot on goal
- (3) Diagonal ball to X4 for shot on goal
- (4) Turn and shoot

**NOTE:** Play should be quick so Coach should have 5-6 balls at the ready