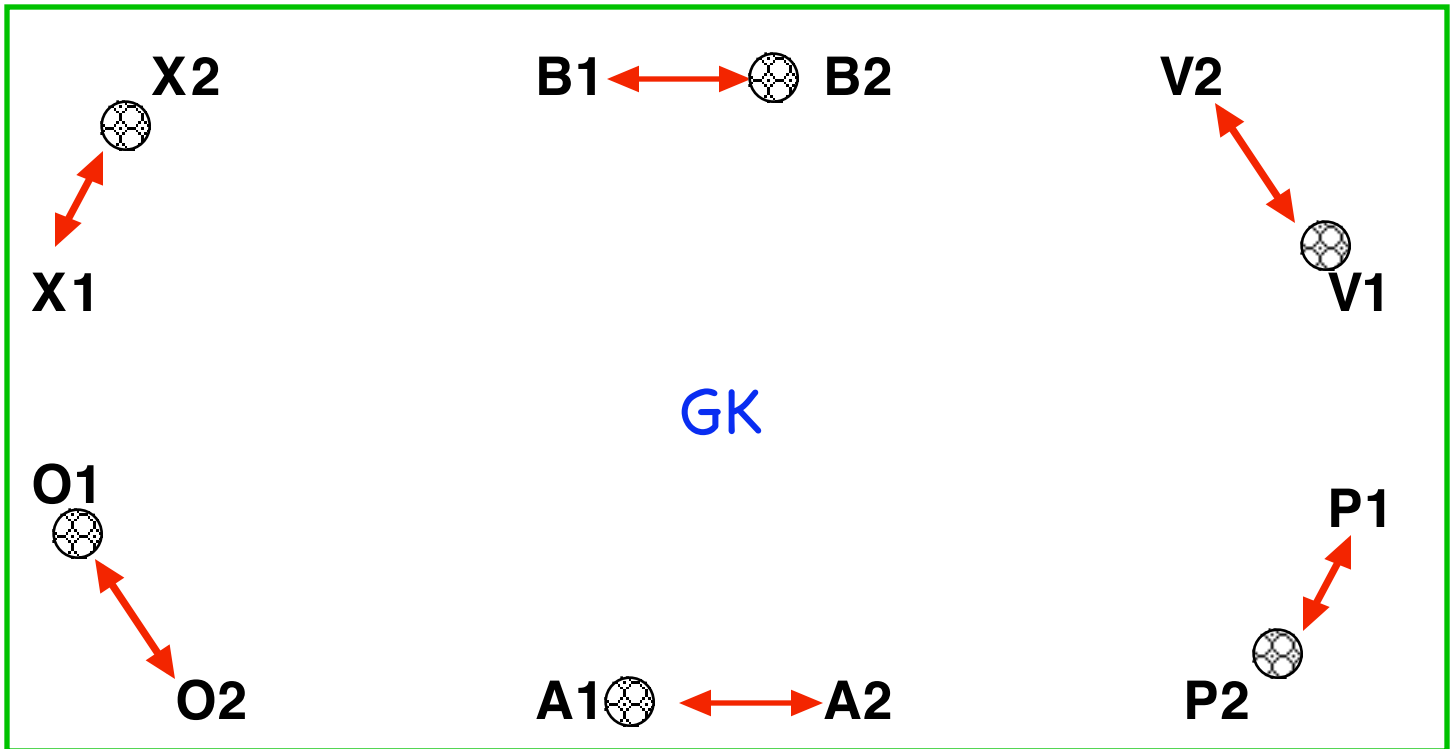


"PAIRS TRAIN KEEPER" This drill can be part of "Team Trains the Keeper" session



GRID SIZE: Circle, Square or Rectangle 30 yards x 30/40 yards

NUMBER OF PLAYERS: 6-8 "Pairs" of players with 1 **Goalkeeper** in middle

DRILL:

- > Pairs on outside pass ball back and forth
- > **Goalkeeper** shouts out one Pair (Ex. "A")
- > The player in that Pair in possession of the ball, turns and strikes ball to **Goalkeeper** who catches and then returns the ball

DRILL PROGRESSION:

- > After striking ball to **Goalkeeper**, play continues with the other partner (the one who did not strike the ball) following inside the grid toward the **Goalkeeper** who then tosses the ball in the air for that player to head back