**Skill(s) to focus on in Activity/Drill: Name the Drill : Goalkeeper Drill - in the square**

* Drill to test reaction and first touch control
* Need to concentrate, listen and react
* Great goalkeeping drill, also useful for outfield players

1

4

2

Player A

3

**Description of Skill Activity**

* Setup a square of cones, approx. 5m apart
* Put one cone a positions 1,2,3 & 4. These should be approx. 15m from the square
* The square forms four “goal posts”, each facing positions 1,2,3 & 4
* On player in the square (player A), one or more players a positions 1,2, 3 & 4
* 3/4 balls at each position (1,2,3 & 4)
* Mentor shouts a number (eg 4). Player 4 strikes at the cones facing them.
* Player A tries to stop the shot
* Mentor calls another number (eg 2)
* Player A needs to react, and turn towards 2. Player 2 strikes towards the goals facing them
* Player A tries to stop the shot
* Mentor calls another number (eg 3) and so on
* Switch players into the square
* First priority is to react and block the shot. Control and return is a bonus