

# 4 Basic Soccer Goalkeeping Drills

In this article I will present 4 soccer [goalkeeping drills](#) that will help you increase your catching skills. Let's start immediately...

## Soccer Goalkeeping Drills – One Hand Catch

Bring a teammate or friend and give him a ball. Now, place yourself on the goal line. Your teammate/friend should be about 3-4 yards from you. Tell your teammate/friend to throw the ball first to the left then to the right. You need to focus on making contact with the ball early and then absorb the shoot by keeping your hand relaxed.

Your feet should remain square to the ground. This [drill](#) will improve your catching abilities with one hand, develop your natural feeling for the ball and also increase your reflexes.

## Soccer Goalkeeping Drills – Two Hands Catch

Involve a teammate or friend and tell him to put the ball on the ground. Place yourself about 5 yards from the ball and tell your teammate/friend to kick the ball hard at your stomach. The purpose is to practice on catching the ball in front of your body in order to simulate a real shoot. Every time you catch the ball your hands should form a W shape and your index fingers need to be moved slightly so that your hand is behind the ball.

## Soccer Goalkeeping Drills – Catching Low Shoots

This drill is one of my personal favorites. Even if I am not playing as goalkeeper I really like to practice on this one together with my goalkeeping friend. The purpose with [this drill](#) is to practice on catching low shoots near the left and right posts. Start by placing yourself in the middle of the goal. Tell your friends to place the ball about 6 yards from you.

When you are ready, signal your teammate/friend to place a low shoot near one of the posts. However, he should not tell you at which post he will kick the ball. Keep in mind to have your body relaxed while diving and keep the focus on the ball. This drill simulates one of the most common situations you will face in a real soccer game.

## Soccer Goalkeeping Drills – Catching a High Ball

The purpose with this drill is to increase your air catching abilities. Your teammate or friend should stand about 5-10 yards from the corner flag with a ball at his feet. Your own placement should be on the goal line.

When you are ready, signal your teammate to cross the ball inside the 18 yard box. The ball needs be high and you should catch it while being in the air. You should not stand and wait for the ball, instead attack it and try to jumps as high as possible.

Drills mentioned in this article will increase your goalkeeping skills by several levels if they are performed with maximum focus. Keep in mind that the more you put in the more you will get out. What I am trying to say is that [every drill](#) is an opportunity for becoming a better goalkeeper. You should always give you best and always work hard no matter what. Only on this way you will be able to succeed and reach your goals. Good Luck with your career.

## Throwing the Ball



### **Purpose**

Improving your goalkeepers throwing abilities.

### **Set Up**

Create a small area (preferably 20x15 yards). Divide your players into groups of 4.

### **Performing the Drill**

During this drill, the players will shoot very often. This means that the goalkeeper will put the ball into play at least every 30 seconds or so. The faster he puts the ball into play the better. He should also try to find the best passing alternative and not just throw or kick the ball away.

### **Variations**

You may restrict your goalkeepers to only use their weak arm when performing a throw.

### **Equipment**

Cones, balls, colored bibs.

### **Summary**

This drill is one of the most basic, but still one of the most efficient drills for developing your goalkeepers throwing skills.

## Diving to The Left & Right

**Purpose**

Improving your goalkeepers diving skills.

**Set Up**

You should take 5 or more balls and put them few yards from the goal. The goalkeeper should begin the drill by standing in the middle of the goal and.

**Performing the Drill**

Start the drill by kicking the ball either to the left or to the right. You should not reveal where you aim to kick the ball.

**Variations**

You may vary between low and high kicks. You could also throw the ball instead of kicking it.

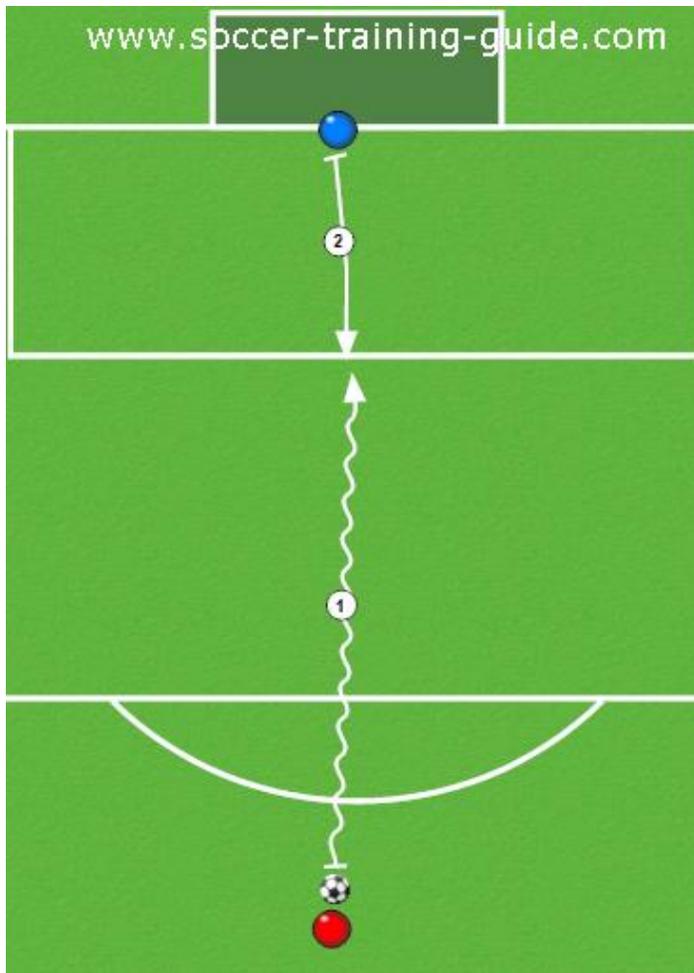
**Equipment**

Cones, balls, one goal.

**Summary**

Knowing how to dive is one of the fundamental things a goalkeeper need to master. I recommend you therefore to involve this drill in your regular goalie practice as often you can.

**Minimizing the Angle**

**Purpose**

Teaching your goalkeeper how to cut off angles when facing the opponent 1 vs. 1.

**Set Up**

Each of your players should have a ball. They should stand in a line about 15-20 yards from the goal.

**Performing the Drill**

The first standing player should start to run ahead the goal with the ball at his feet. Meanwhile, the goalkeeper should prepare to rush ahead the player when he is about 10 yards from the goal.

**Variations**

You may vary this drill by having one defender in front of the goalkeeper. However, this defender should only follow with the attacker, which means that he will not actively try to clear the ball away from him.

**Equipment**

Cones, balls, one goal.

**Summary**

A goalkeeper should never stand on the line and wait for the opponent. Instead, he should rush out and make him as big as possible.