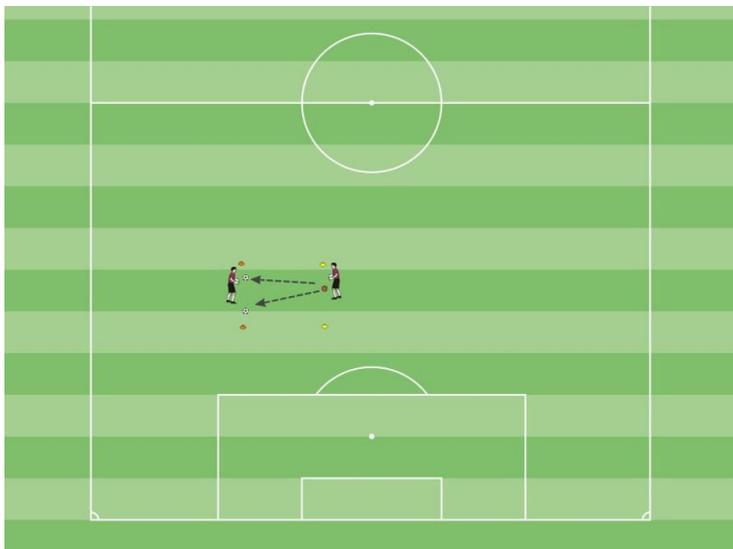


## TRAINING EXERCISE

### Mini Keeper Battle



 **Goalkeeping - Shot Stopping**  
**Coordination & Balance**  
**Goalkeeping - Distribution**

 **U5 to U12**

 **1 to 1 Players**

 **cones**

 **Intensity: 4**

 **12:00 min**  
(2 x 05:00 min, 01:00 min rest)

#### Objective

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Introduce handling and collapse diving.

#### Description

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Cones ones should be in a 10 x 10 grid. One goalkeeper on opposite ends on the square. Set two keepers on opposite sides of the grid. Both keepers should start on their knees. Each keeper takes a turn to distribute the ball to the opposite side of the grid. Trying to get the ball past the other line for a point. Second part to the drill you can add a bounce pass to the game. This will allow for the keeper to use a higher contour save. This good for U6-U9 or higher. For older groups keepers can stand facing each other. They can then play the same game but must distribute the ball with bowling style or bounce pass. (no kicking since this could get out off hand and close quarters). For the older age group (U10-U14) make sure that when they travel from cone to cone that they are side shuffling. No moving forward.

#### Key Points

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Make sure good that ball is being caught with the contour of the ball. On a collapse dive it should be one hand behind and one on top of the ball. Make sure that keepers stay athletic and not sitting on their heels. Practice safe collapse diving (from the kneeling positions it should be side hips and then inside of shoulder hitting the ground). For the older group collapse diving from standing should start at the side of the knees, then side of hip and then inside of shoulder. Tell keepers that hands meet the ball first. On the delivery of the bounce pass the ball should bounce in front of the opposing keeper. Games are usually played to five. Loser does penalties like I'm a star or donkey kicks.