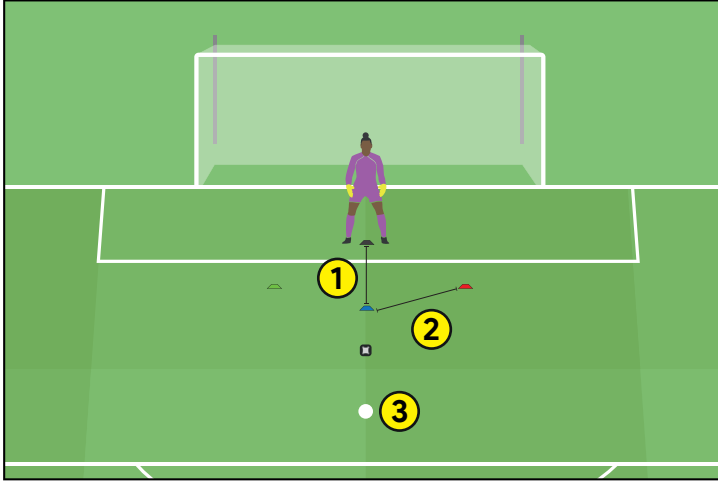


DR3-301
GOALKEEPING AGILITY WARM UP



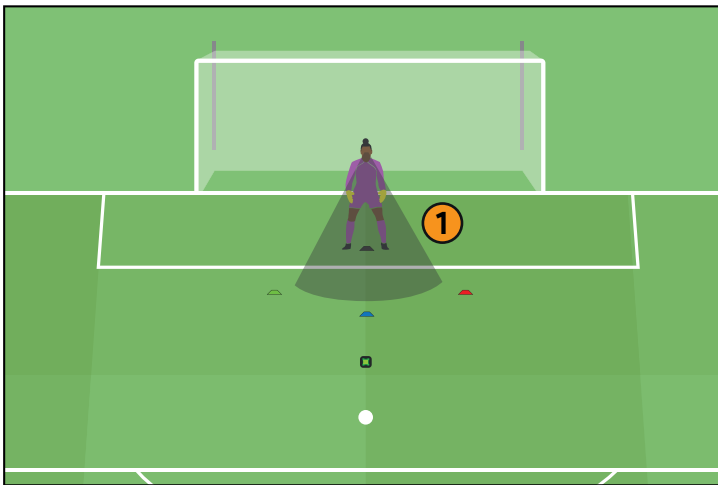
SET UP

PLAYERS NEEDED: 1-2-1 GOALKEEPER TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS

This goalkeeper agility drill is designed to work your reactions, agility and handling skills. It is a great drill to warm you up and get you ready before a match. Having quick feet is essential to goalkeepers as you must get across the goal quickly to make saves.

- 1** 3-5 yards
(Depending on your space).
- 2** 3-5 yards
(Depending on your space).
- 3** Coach/ Keeper2 positioning - 8-10 yards
(Depending on space).



PHASE 1

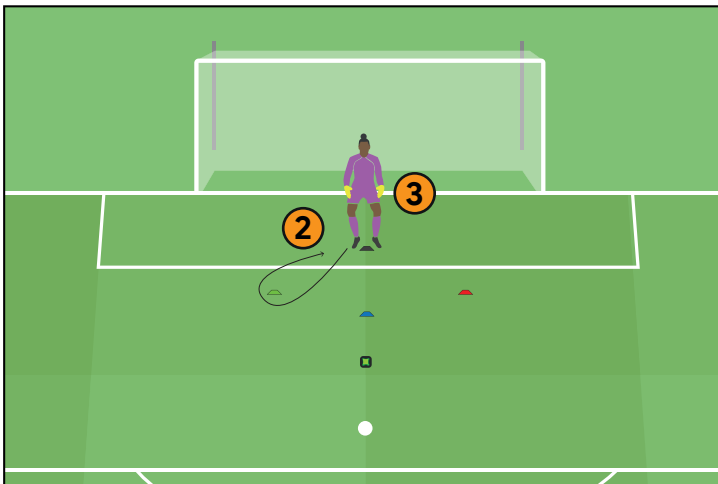
REACT3 TIMER SETTING: 5 seconds (depending on ability)

- 1** Keeper1 starts on the black cone. Awaiting the colour to be shown on React3.

COACHING POINTS

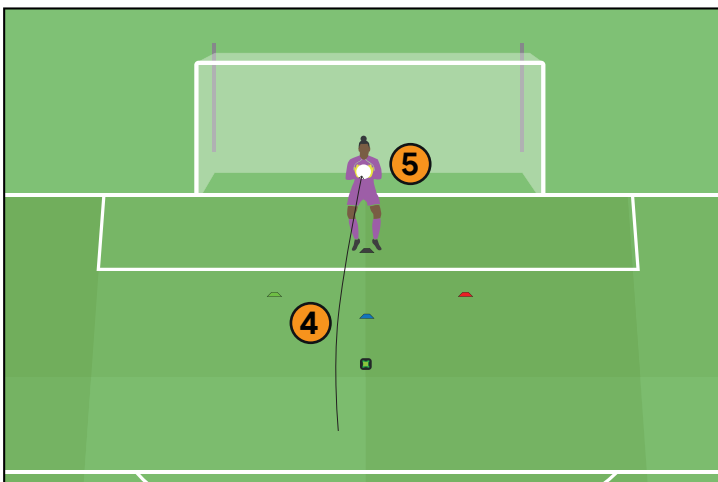
For this drill you should always be on your toes, knees bent and set to react. When moving out and around the cones, take quick small steps and always face forward. When you are back to the black cone, get in the set position* ready to catch the shot.

Correct set position = Feet shoulder width apart, on your toes, elbows are comfortably tucked in and flexed and hands are in front of your body.



PHASE 2

- 2** Keeper1 must react by doing fast feet around the matching coloured cone and back. Always facing forward.
- 3** When Keeper1 is back, they must be set ready for the volley shot from the Coach/ Keeper2.

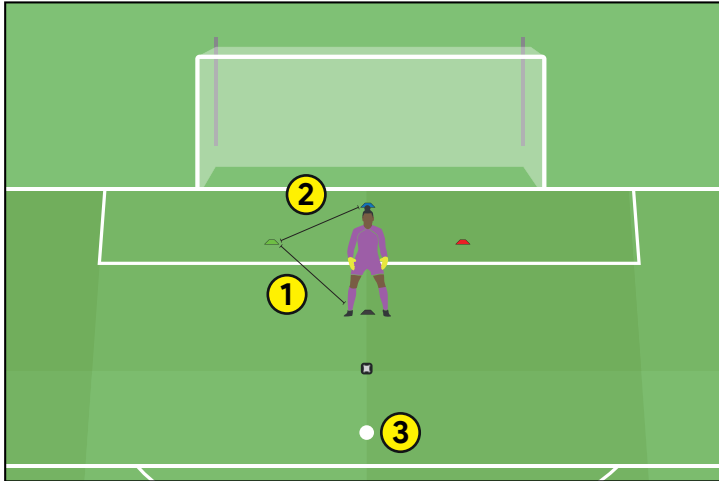


PHASE 3

- 4** Coach/ Keeper2 then volleys the ball at Keeper1. The volley should be aimed around the chest area for Keeper1 to catch.
- 5** Keeper1 then secures the ball, throws back to Coach/ Keeper2 and awaits the next colour. Repeat 5/8 times and swap.

ADVANCED

You can advance this drill by adjusting the React3 timer. The shorter the time the quicker you have to be to get around the cone and back. You can also advance this drill by varying the shot from the Coach/ Keeper2. For example shooting some low, some with a bounce or some high claims.

DR3-302
GOALKEEPING AGILITY WARM UP

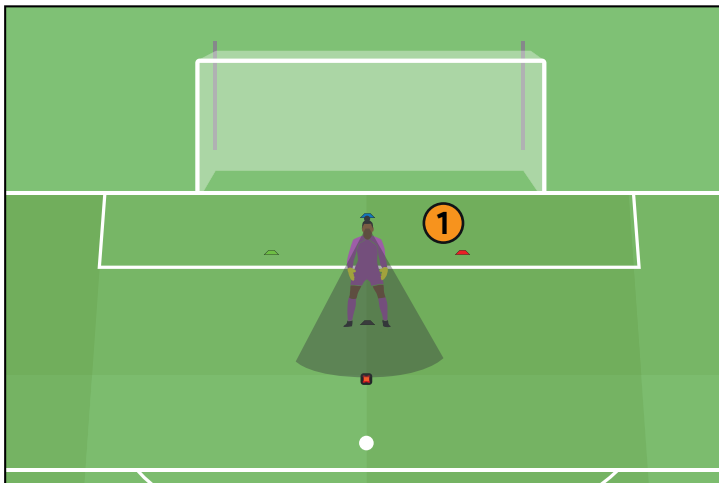
SET UP

PLAYERS NEEDED: 1-2-1 GOALKEEPER TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS

This goalkeeper agility drill is designed to work your reactions, agility and handling skills. This drill will work your ability to move fast backwards and forwards, this is essential for keepers as they need to be close down strikers quickly to block shots or retreat back to their goal to stop lopped shots.

- ① 3-5 yards
(Depending on your space).
- ② 3-5 yards
(Depending on your space).
- ③ Coach/ Keeper2 positioning - 8-10 yards
(Depending on space).



PHASE 1

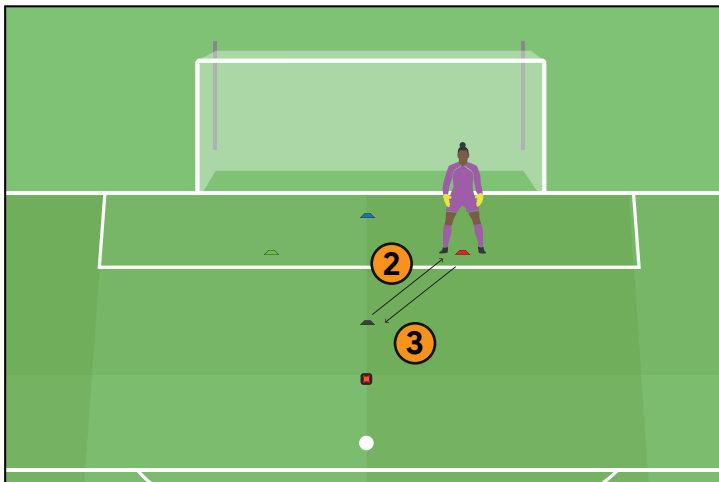
REACT3 TIMER SETTING: 5 seconds (depending on ability)

- ① Keeper1 starts on the black cone. Awaiting the colour to be shown on React3.

COACHING POINTS

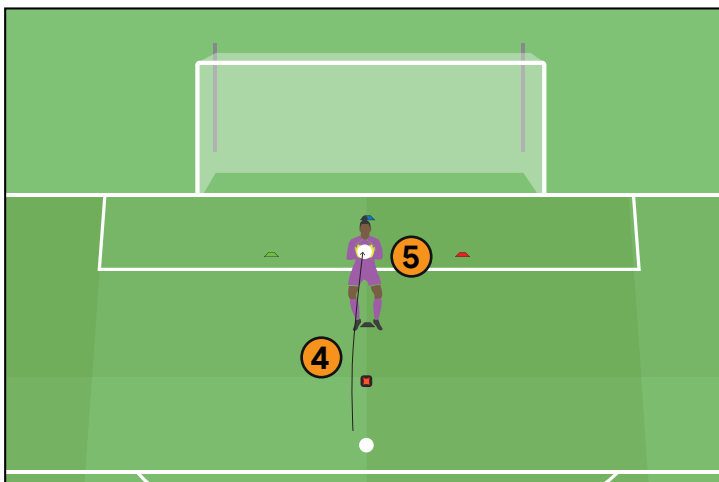
For this drill you should always be on your toes, knees bent and set to react. When moving out and around the cones, take quick small steps and always face forward. When you are back to the black cone, get in the set position* ready to catch the shot.

Correct set position = Feet shoulder width apart, on your toes, elbows are comfortably tucked in and flexed and hands are in front of your body.



PHASE 2

- ② Keeper1 must react by doing fast feet around the matching coloured cone and back. Always facing forward.
- ③ When Keeper1 is back, they must be set ready for the volley shot from the Coach/ Keeper2.

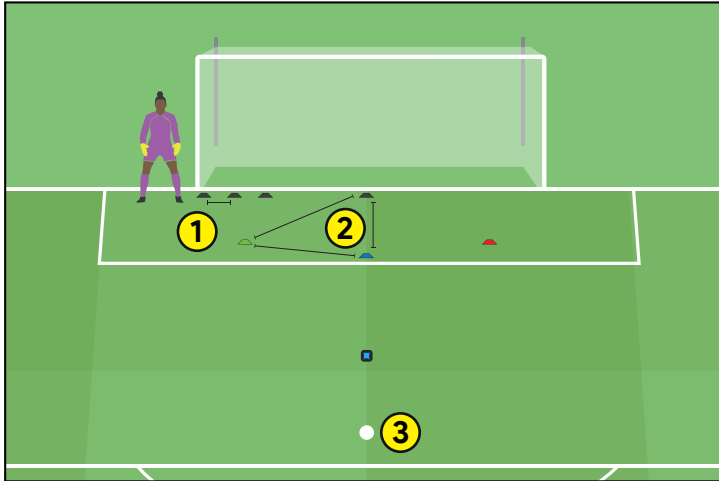


PHASE 3

- ④ Coach/ Keeper2 then volleys the ball at Keeper1. The volley should be aimed around the chest area for Keeper1 to catch.
- ⑤ Keeper1 then secures the ball, throws back to Coach/ Keeper2 and awaits the next colour. Repeat 5/8 times and swap.

ADVANCED

You can advance this drill by adjusting the React3 timer. The shorter the time the quicker you have to be to get to the cone and back. You can also advance this drill by varying the shot from the Coach/ Keeper2. For example shooting some low, some with a bounce or some high claims.

DR3-303
GOALKEEPING FAST FEET & HANDLING

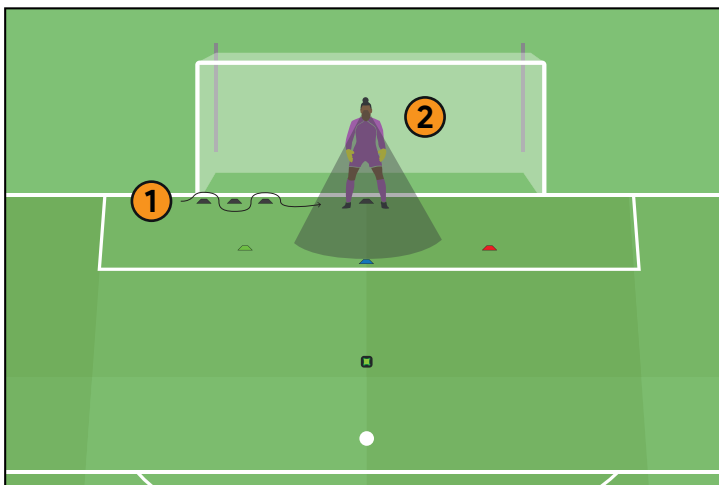
SET UP

PLAYERS NEEDED: 1-2-1 GOALKEEPER TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS

This goalkeeper agility drill is designed to work your reactions, agility and handling skills. This drill will work your quick feet, reactions, handling of the ball when diving left or right and your high claim ability.

- ① 2 yards
(Depending on your space).
- ② 3-5 yards
(Depending on your space).
- ③ Coach/ Keeper2 positioning - 8-10 yards
(Depending on space).



PHASE 1

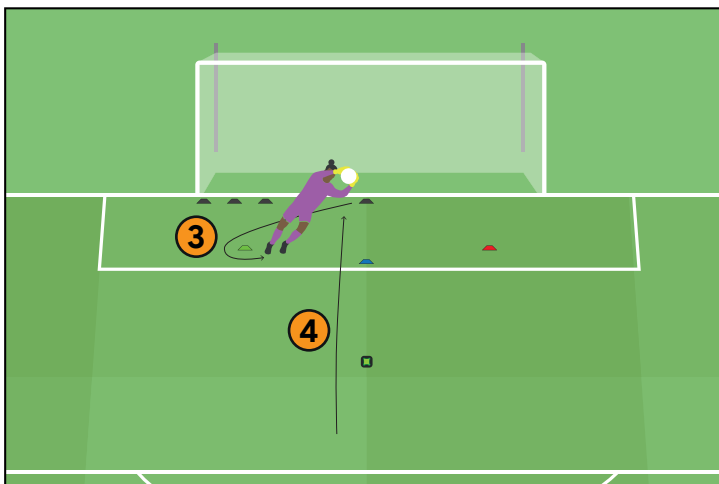
REACT3 TIMER SETTING: Active mode

- ① Keeper1 starts on the first black cone near the post. Keeper1 must do side to side, quick feet through the cones to get to the middle.
- ② Once Keeper1 is at the middle they must scan for the colour shown on React3.

COACHING POINTS

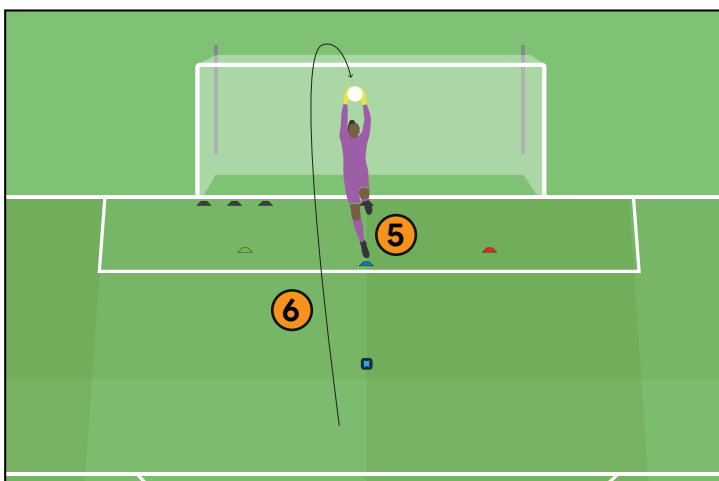
For this drill you should always be on your toes, knees bent and set to react. When moving through the cones, concentrate on your movement, keeping your knees bent and body forward.

When diving across, always keep your eyes on the ball and get to strong hands behind the ball. When claiming in the air, try to extend yourself as tall as possible, springing yourself up from one leg and raising the opposite knee.



PHASE 2

- ③ (When Green or Red) Keeper1 must react by sprinting out to the matching coloured cone and then diving across to save the shot.
- ④ Coach/ Keeper2 must volley the ball down the middle of the goal for Keeper1 to dive across and catch.



PHASE 3

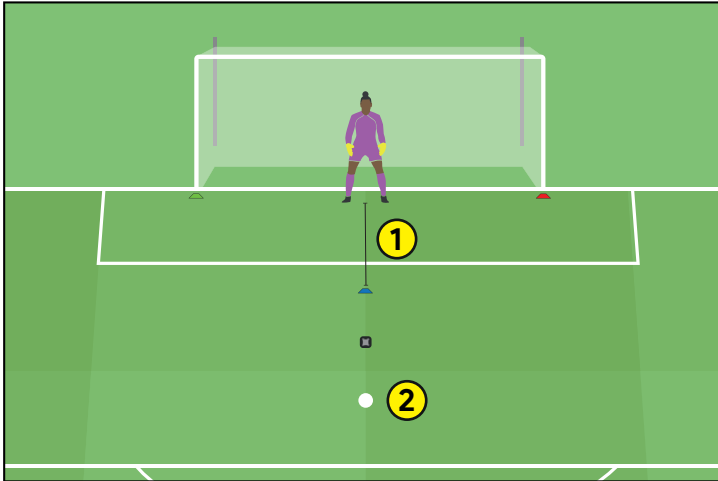
- ⑤ (When Blue) Keeper1 must sprint out to the blue cone and set for incoming ball.
- ⑥ Coach/ Keeper2 must loop the ball in the air for Keeper1 to perform a high claim.

Keeper1 then returns the ball and starts back at the black cone.

ADVANCED

You can advance this drill by making the cones wider apart, this way you have longer to travel and it requires a bigger save when diving. You can also advance the drill by positioning the React3 on the opposite post, this way you will need to scan to the side (scanning for your positioning) to know your next move.

DR3-304
GOALKEEPING SPEED & HANDLING



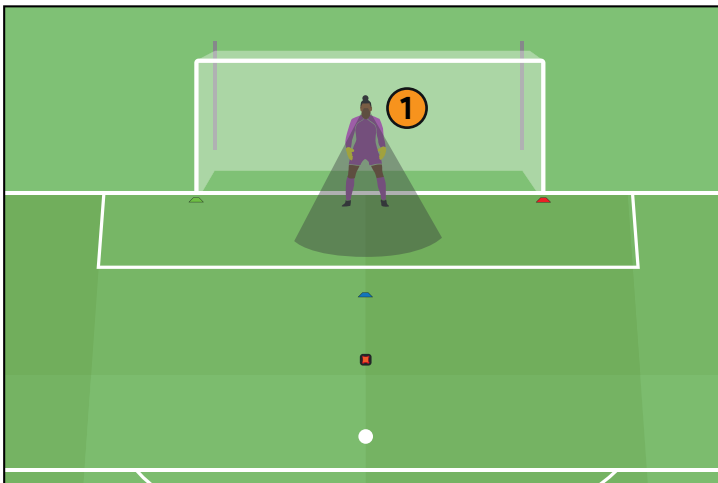
SET UP

PLAYERS NEEDED: 1-2-1 GOALKEEPER TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS

This goalkeeper agility drill is designed to work your reactions, agility and handling skills. This drill will work your reactions, pace across the goal, handling of the ball when diving left or right and your high claim ability.

- ① 5 yards
(Depending on your space).
- ② 10-12 yards
(Depending on your space).



PHASE 1

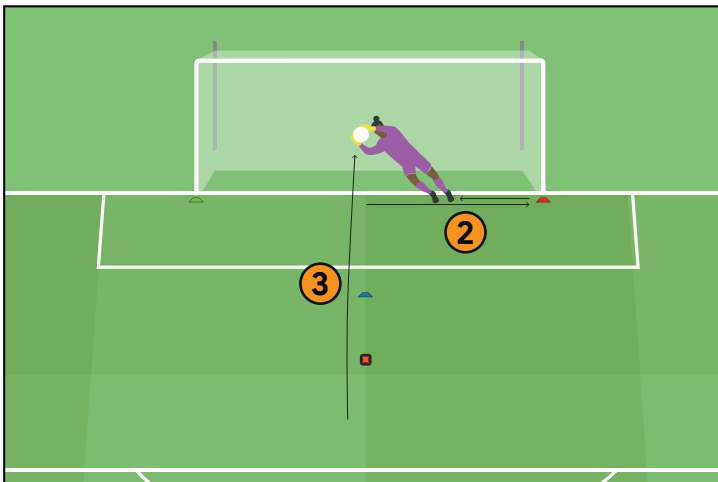
REACT3 TIMER SETTING: 8-10 seconds

- ① Keeper1 starts in the center of the goal awaiting the colour to be shown on React3.

COACHING POINTS

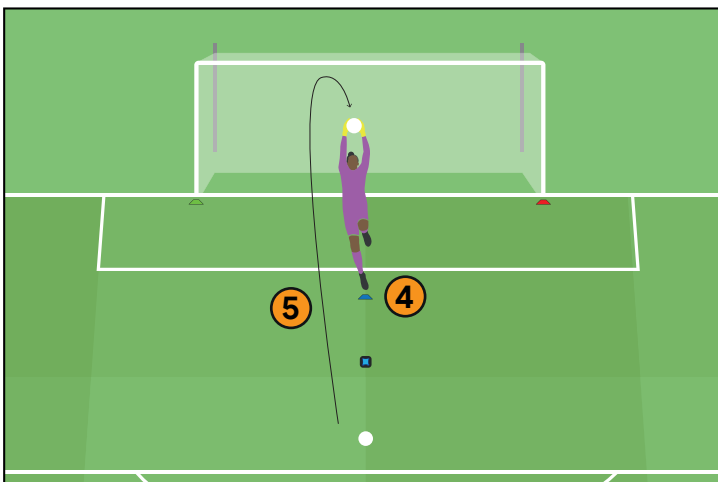
For this drill you should always be on your toes, knees bent and set to react. When moving across the goal, take small fast steps and always face forward.

When diving across, always keep your eyes on the ball and get to strong hands behind the ball. When claiming in the air, try to extend yourself as tall as possible, springing yourself up from one leg and raising the opposite knee.



PHASE 2

- ② (When **Green** or **Red**) Keeper1 must react by sprinting to post by the matching coloured cone and then dive to the middle to save the shot.
- ③ Coach/ Keeper2 must volley the ball down the middle of the goal for Keeper1 to dive across and catch.



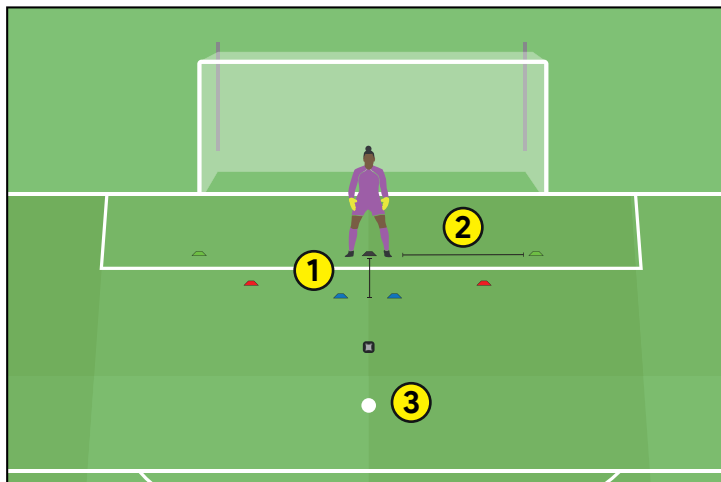
PHASE 3

- ④ (When **Blue**) Keeper1 must sprint out to the blue cone and set for incoming ball.
- ⑤ Coach/ Keeper2 must loop the ball in the air for Keeper1 to perform a high claim.

Keeper1 then returns the ball and starts back at the goal-line.

ADVANCED

You can advance this drill by adjusting the React3 timer. The shorter the time the quicker you have to be to get around the cone and back. You can also advance this drill by varying the shot from the Coach/ Keeper2. For example shooting some low, some with a bounce or some high claims.

DR3-305
GOALKEEPING REACTIONS & HANDLING

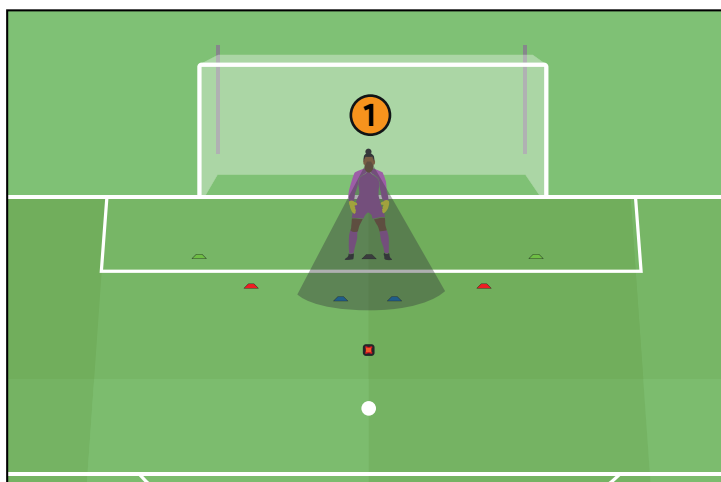
SET UP

PLAYERS NEEDED: 1-2-1 GOALKEEPER TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS

This goalkeeper agility drill is designed to work your reactions, different styles of diving and handling of the ball. This drill will also work your speed to get back up and set for another shot.

- ① 3-5 yards
(Depending on your space).
- ② 5-8 yards
(Depending on your space).
- ③ Coach/ Keeper2 positioning - 8-10 yards
(Depending on space).



PHASE 1

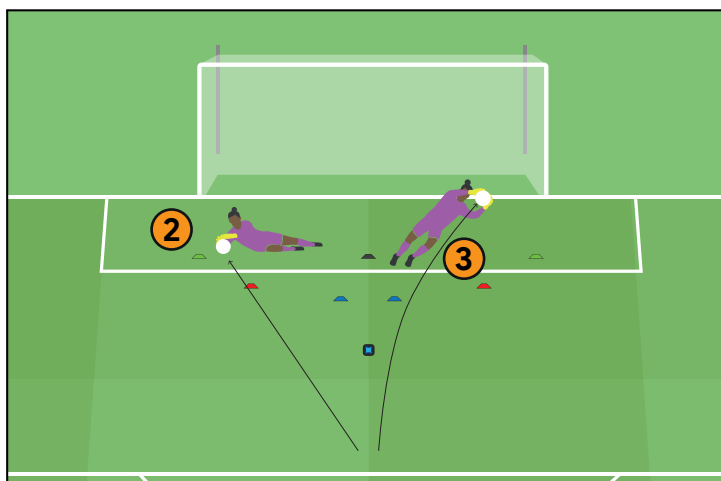
REACT3 TIMER SETTING: 8-10 seconds

- ① Keeper1 starts in the center of the goal awaiting the colour to be shown on React3.

COACHING POINTS

For this drill you should always be on your toes, knees bent and set to react. Concentrate on your speed to get back up and set for the next colour, this can be crucial to goalkeepers.

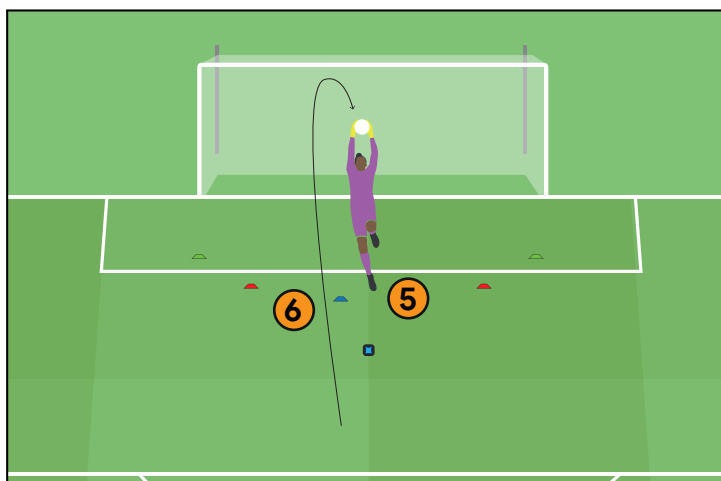
When diving across, always keep your eyes on the ball and get to strong hands behind the ball. When claiming in the air, try to extend yourself as tall as possible, springing yourself up from one leg and raising the opposite knee.



PHASE 2

- ② (When Green) Keeper1 must react by diving down low to save the shot.
- ③ (When Red) Keeper1 must react in the air to save the shot.

(Alternate left and right side orange colour shown)



PHASE 3

- ⑤ (When Blue) Keeper1 must sprint out to the blue cone and set for incoming ball.
- ⑥ Coach/ Keeper2 must loop the ball in the air for Keeper1 to perform a high claim.

Keeper1 then returns the ball and starts back at the black cone.

ADVANCED

You can advance this drill by adjusting the React3 timer. The shorter the time the quicker you have to get back up and set yourself for the next colour.

You can also advance this drill by strengthening the shot pace from the Coach/ Keeper2.