

Driving Balls Back and Forth

Emphasis: Kicking with the instep



Set-up:

Two cones are placed twenty yards apart. Two goalkeepers start even with the cones and face each other.

Objective:

The distance is relatively short so that youth players can focus on technique. The two goalkeepers kick the ball back and forth, with as much accuracy and control as possible.

Progressions:

1. The can serve the ball in from the side and the goalkeeper must control it and serve to the other goalkeeper.
2. Limit the touches to 3 and then drop it to 2 touches maximum.

Coaching Points:

- Lock your ankle.
- Point your toe outward.
- Use your laces.