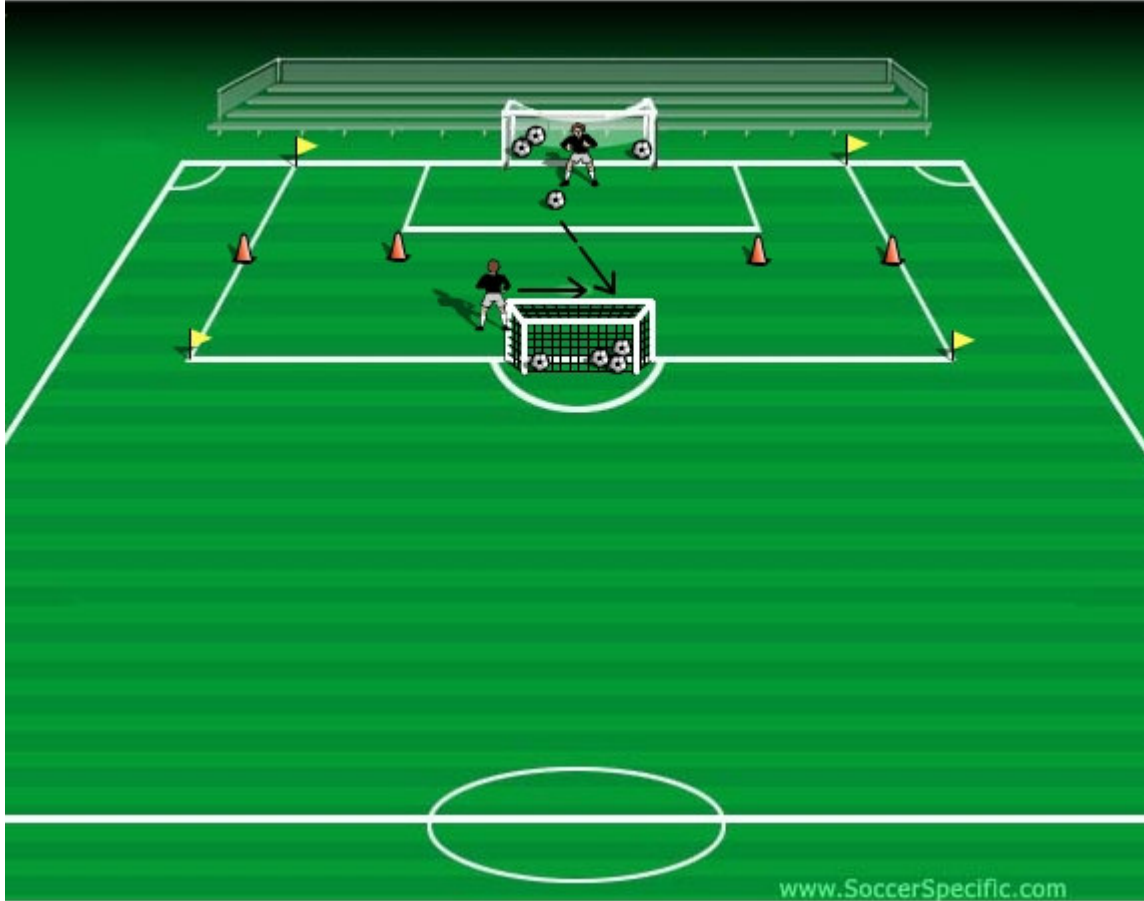


## Goalkeeper Wars

**Emphasis:** Shot stopping, distribution



**Set-up:** Place two regulation size goals, facing each other, 18 yards apart. Lay down a cone line down the middle of the two goals. The playing area should be the size of the penalty box (18x44 yards). A goalkeeper is in each goal with a supply of balls just inside the goal mouth.

### **Objective:**

The goalkeepers must try to score on the opponent by a throw, volley, half-volley, or from the ground. The goalkeepers cannot cross the half way line to retrieve a rebound but may recover a rebound on their own side. If an attempt is held, he/she must distribute from the spot the save was made. If the attempt goes in the net or over the net, the goalkeeper has three steps from his/her goal line to distribute. The first goalkeeper to five wins the game.

### **Progression:**

1. Add two goalkeepers and play 2v2. First team to three points wins.
2. Must throw with the weaker arm and kick with the weaker leg.

### **Coaching Points:**

- React, don't try and anticipate.
- Accurate distribution, don't try and kill the ball.