

# St. Mary's Youth Soccer Training Series

**Topic:** Shot Stopping by the Goalkeeper

**Age/Level:** All

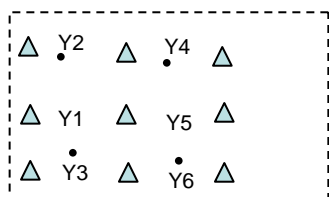
**Type:**

→ Run    .....→ Pass    ●~~~~~→ Dribble



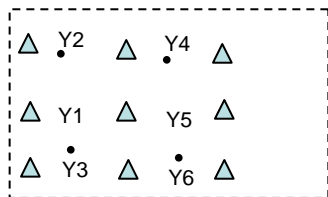
**NOTES:** This session is to progress with shot stopping by the goalkeeper. 75% of the job is dealing with the shot that comes within the body range of the keeper. Key coaching points are early decision, being aware of whether a striker can score from where they are on the field, angles and starting positions, balanced and ready feet, and hands and body position with palms up, body behind the ball, and using fingertips to cushion the save. Thanks to John Kelly.

Progression: 1  
Exercise: Goalie Toss  
Time: 20 Minutes



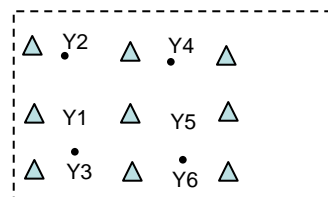
- Set up cones five yards apart in three lines. Separate the lines by 4 yards.
1. Throw the ball from Y2 to Y1 at chest height. Y1 returns the ball to the outside player. Y1 turns and repeats with Y3. 2 minutes. Emphasize use of fingertips and cover the ball.
  2. Y2 tosses the ball high in the air to Y1, who returns the ball and repeats with Y3. 2 minutes. Emphasize timing the catch in the air, using fingertips and covering the ball.
  3. Y2 rolls/bounces the ball to Y1, who returns it and repeats with Y3. 2 minutes. Emphasize always having 2 body parts behind the ball and foot position.

Progression: 2  
Exercise: Diving Saves  
Time: 20 Minutes



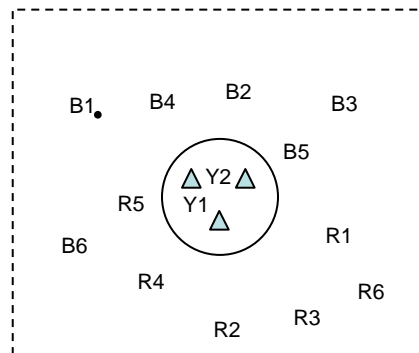
- Same set up as Progression 1.
1. Y1 starts in a sitting position. Y2 throws the ball to Y1. Y1 rolls to side, makes the save and returns the ball. Repeat with Y3. 2 minutes.
  2. Same as Step 1, except Y1 begins in a kneeling position and falls to the side to make the save.
  3. Same as Step 1, except Y1 begins in the squatting position and falls to the side to make the save.
- Emphasize using the ground as a third hand. When diving, do not swing both around and in front, dive backwards, belly flop, or roll onto back.

Progression: 3  
Exercise: Kicking into Saves  
Time: 20 Minutes



- Same setup as Progression 2, except the outside cones are backed up by 2 steps.
1. Y2 kicks the ball on the ground to Y1. Y1 makes the save, returns the ball, and repeats with Y3. 2 Minutes.
  2. Same as Step 1, except the ball is chipped from Y2 to Y1.
  3. Y2 and Y3 try to pass one ball back and forth while Y1 makes saves.
- Emphasize always having 2 parts of the body behind the ball and feet should not be too far apart and always ready.

Progression: 4  
Exercise: Small Sided game  
6v6 Game with keepers  
Time: 20 Minutes



- Set up a triangular goal in the middle of a 40x40 grid. Play an even sided game with both teams having their own keeper. Both teams try to score through any one of the 3 sides of the goal. If the keeper makes a save, his or her team must take the ball outside of the grid before they can attack again. If there are not enough shots on keeper send in a second ball.
- Emphasize can they score from there, angles and starting position, do not stand on the goal line, fall on the ball, and no goal scored is the keeper's fault.