

## Poaching Drill

## Fundamental

## Goalkeeping



**Set Up:** There are 6-8 players set up in the attacking third, starting at the cones. The goalkeeper starts on his line.

**Procedure:** Player A begins the drill with a thru pass to Player B, leading him into the penalty area. The goalkeeper tries to come off of his line to cut out the pass. A new goalkeeper switches in after each shot, and the shooters go to both lines during the drill. After ten minutes, the starting position is switched over to the right side of the field.

### Teaching Topics:

- 1 Set position.
- 2 Angle of approach.
- 3 Decision making.

### Progressions:

- 1 Player A serves a bouncing ball towards goal.

### Coaching Points:

- 1 Cheat off of the line as much as possible before the pass is made.
- 2 Curve the run to the ball and force the shooter to go in one direction.
- 3 Make an early decision to cut the ball out or to move with the shooter.