

Second Save

Fundamental

Goalkeeping



Set Up: Four players are set up in the attacking third, starting at the cones.

Procedure: The goalkeeper begins the drill by coming off of his line to save the first shot from Player A. After the 1st save, Player B sets a ball back for Player C to shoot. The goalkeeper must recover and make the 2nd save at the other post. The speed of the drill can be increased to force the goalkeeper to get over quickly for the second ball. During the drill, each goalkeeper plays two shots and switches out. The shooters rotate clockwise during the drill.

Teaching Topics:

- 1 Recovery runs.
- 2 Concentration.
- 3 Decision making.

Progressions:

- 1 Move the shooters in closer, and only use half of the goal.

Coaching Points:

- 1 Use small, quick steps as you move across the penalty area.
- 2 Play one ball at a time. Make sure of the first save before moving for the second.
- 3 Parry shots from in close and don't try to hold balls that you can't handle.