



## **Worcester County United Field Hockey Academy Coaches Corner #3 - Goalkeeping Drills**

Adapted from Specific training for keepers from Planet Field Hockey  
<http://www.planetfieldhockey.com/PFH/Item-View-2133-68>  
June 27, 2001 By Jools Autret

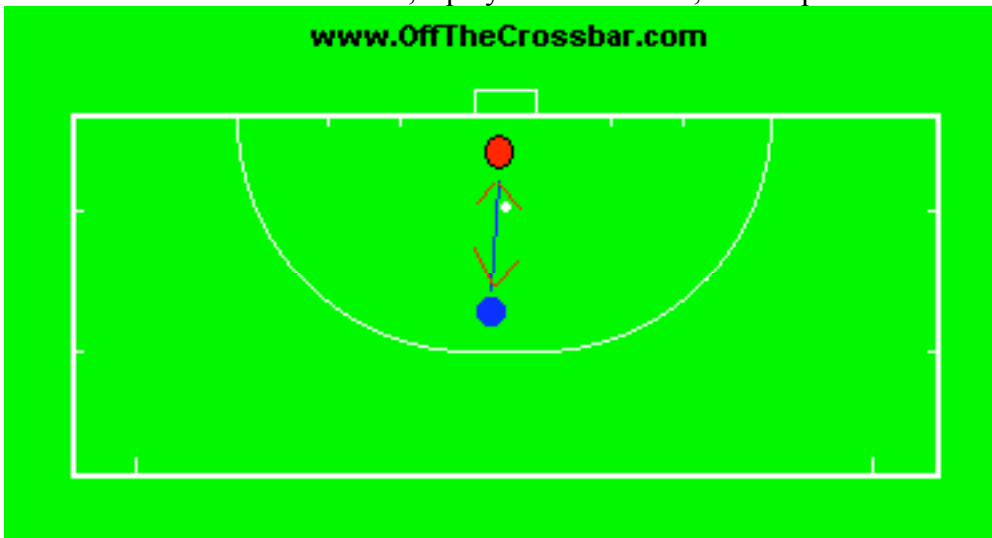
A keeper needs to be technical, skilful. A keeper needs to be sharp, fast and he needs a lot of reflexes. However, a reflex has to be practiced! A reflex is not just a gesture you make by chance. It is (and must be) something repeated a lot of times to become a reflex.

### **FIRST GESTURES...**

A keeper must run to warm up, stretch a bit, especially shoulders. I had two dislocations the last two years.

### **Exercise one:**

The first exercise is a usual one, a player with the ball, the keeper has to kick the ball back to the player.



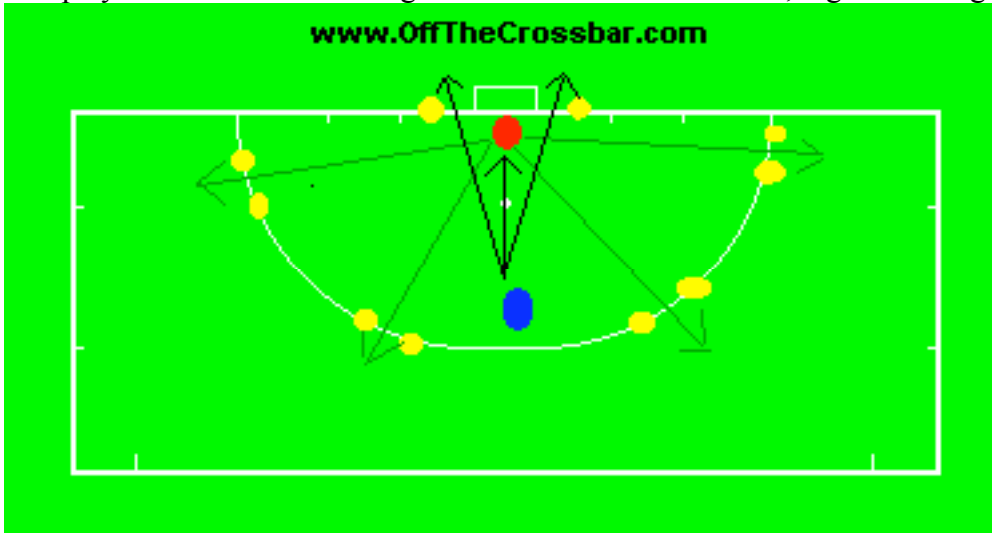


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### Exercise two:

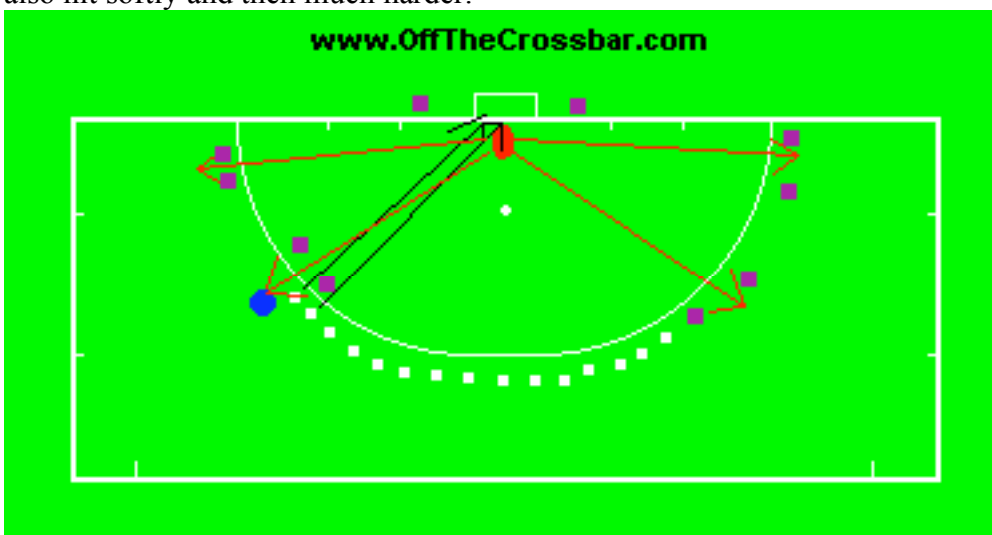
The second exercise is slightly more difficult. The trainer will place some cones to oblige the keeper to make good clearances and sharp ones. The player will have three different possibilities one in the centre and two on each side of the keeper, there the keeper will have to dive to clear and save the ball which cannot go between the cone and the post it must be cleared beyond the cones. For the rest of the cones, the ball will have to be cleared between the cones.

The player can start with the legs and then he can lift the ball, higher and higher.



### Exercise three:

The player takes 15 balls, which he places all around the D. The cones are at the same place, with the same use. The player will hit the ball as quickly as possible and will try to shoot towards the keeper. Like in the precedent exercise, the player can lift the ball and as there are 15 balls he can change whenever he wants. The player can also hit softly and then much harder.

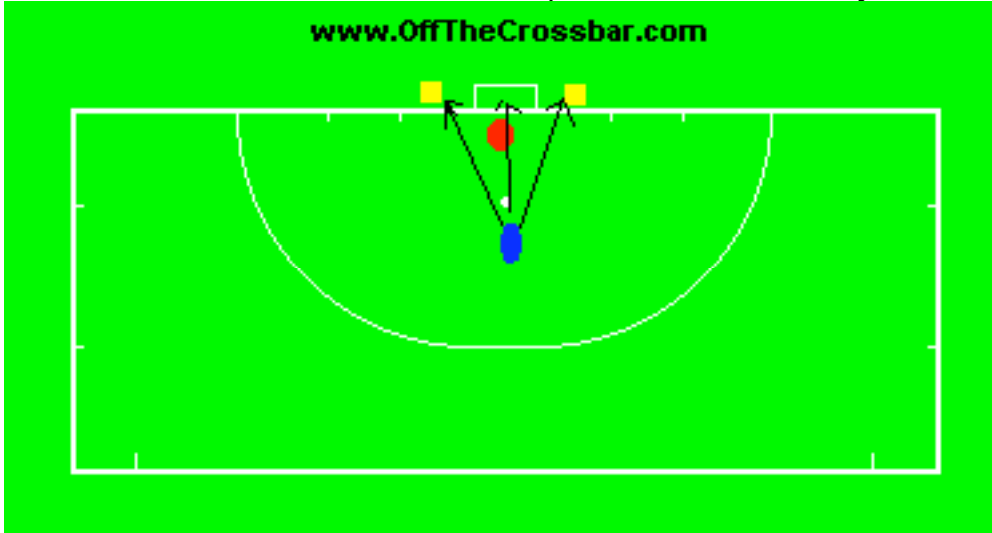




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### Exercise 4:

In exercise 4, the player needs tennis balls and/or golf balls. The GK kneels down, in the middle. Balls are sent on the right and on the left. GK has to dive to clear them and back to his position, 20 balls may be used. The feeder will send the ball with the hands to place the ball more easily.

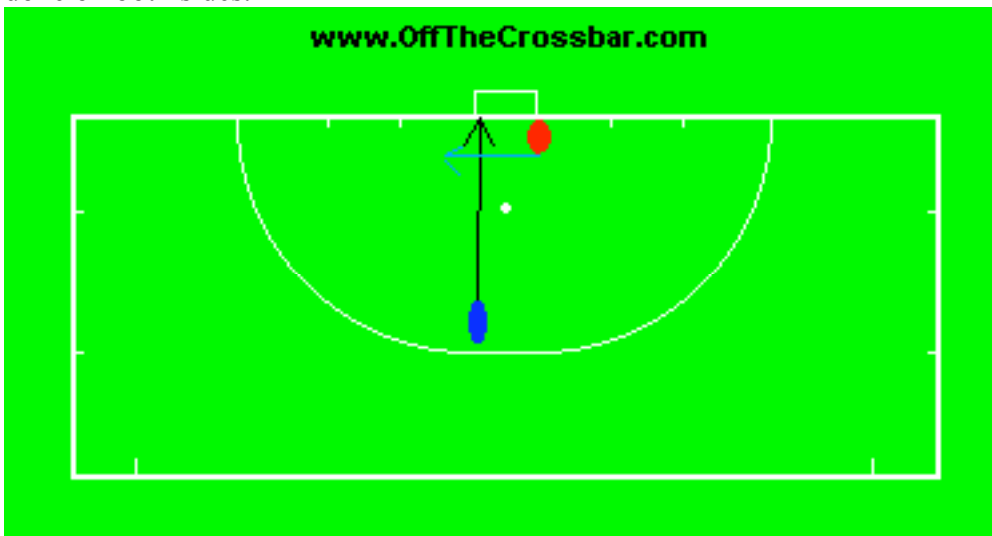


### Exercise 5:

Same exercise, however this time the keeper will stand up and clear the ball only with his stick and/or hand.

### Exercise 6:

In this exercise, the keeper stands by the right post (or the left one...). He looks on his left as if the action were coming from that side of the D. The player stands 5 meters from the opposite post. When the keeper gives a signal, the player hits or sends the ball, either low or high, the keeper has to dive to clear the ball. This can be done on both sides.

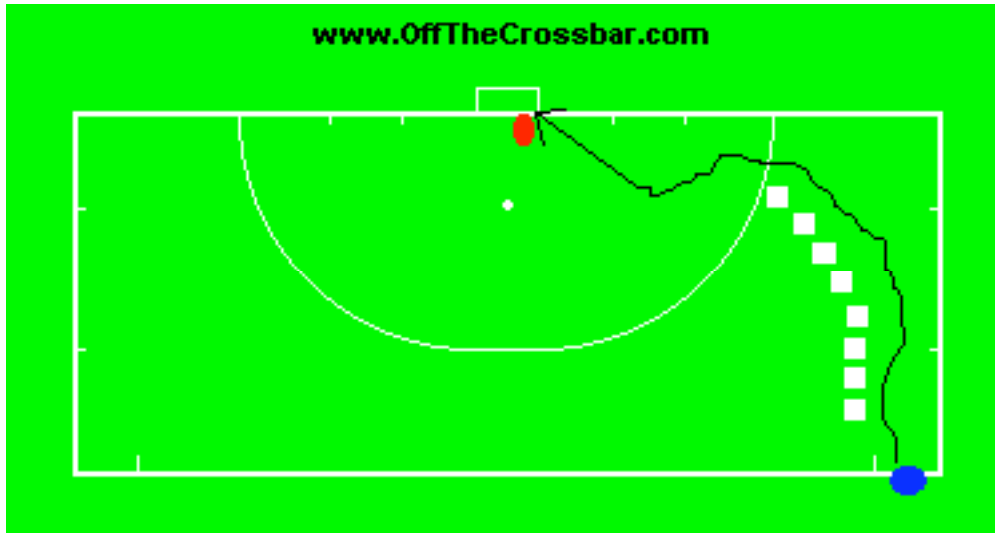




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### Exercise 7:

Then the trainer can organise a 1X1 by different means. This can also be practised on the left hand side.

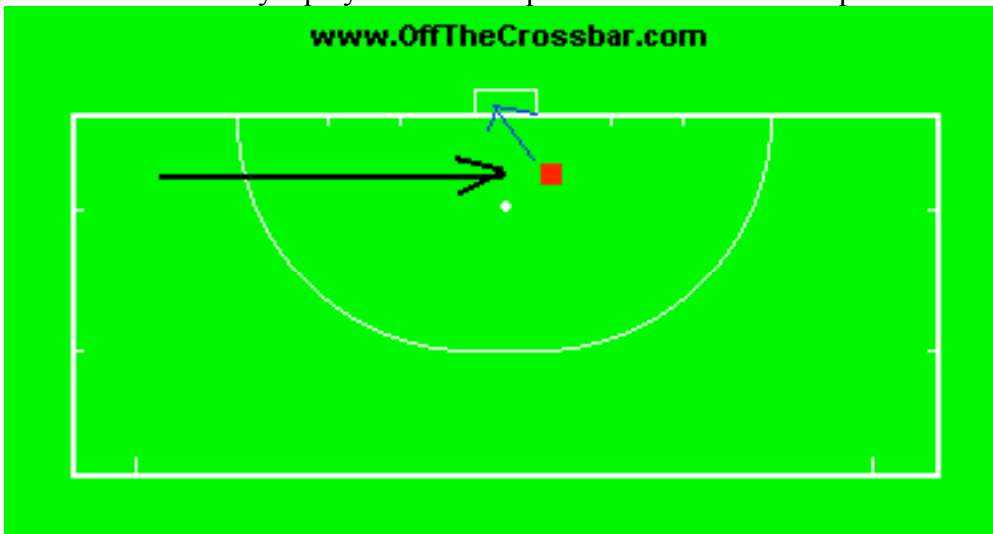


### Exercise 8:

Then two players on each side, as soon as the ball has been hit another ball can be given to the second player.

### Exercise 9:

The ball is struck by a player as hard as possible towards the keeper whose aim is to kick it into the goal.

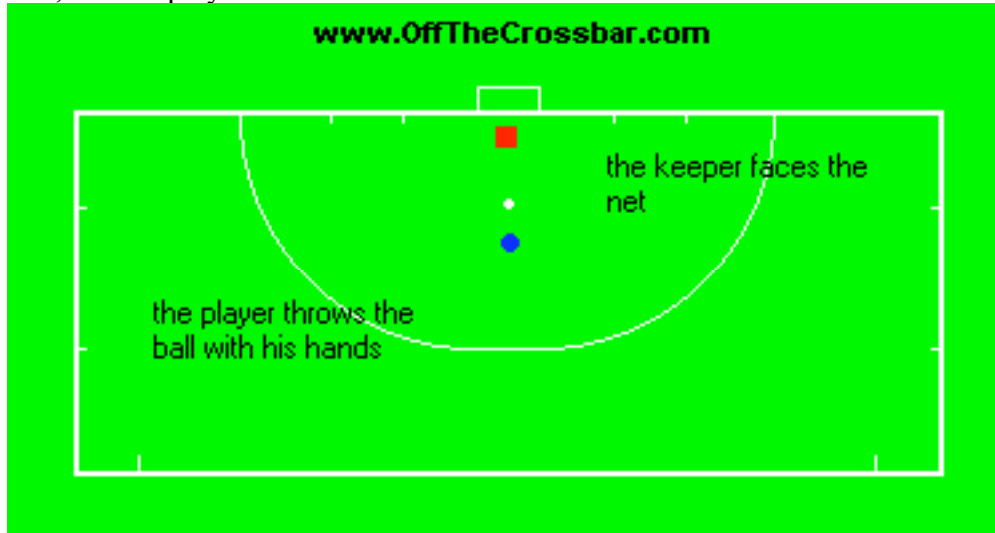




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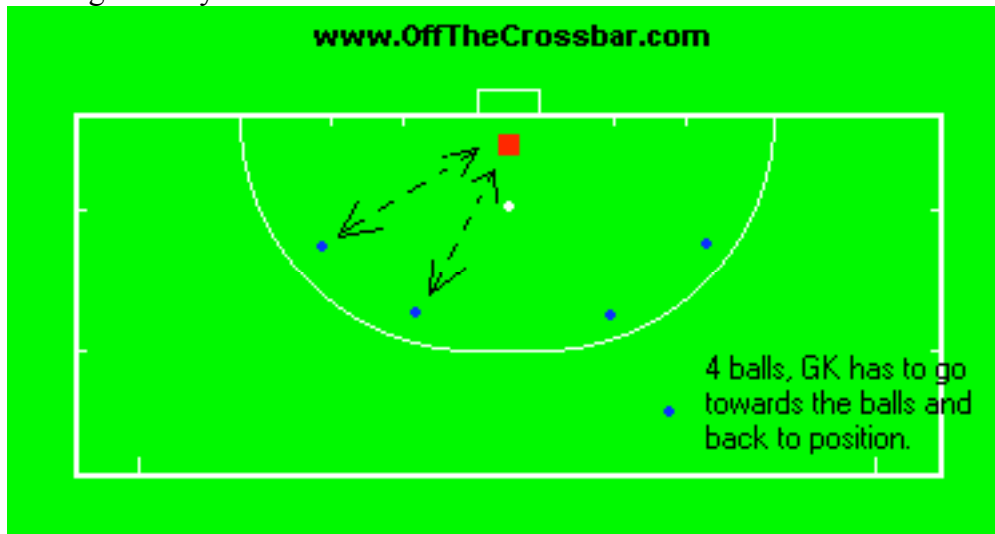
### Exercise 10:

Here the goalkeeper faces the net. At a signal given to the keeper, he turns and a the player will send the ball wherever he wants, the keeper has to save it. An important thing to remember is that the GK has to look at the ball, not the player.



### Exercise 11:

In this situation, there are four balls placed as shown, the keeper has to go towards the first one, does as if he was kicking it and back to his position. The aim is to go back to your position without looking back, without looking where you are.



### Exercise 12:

Like in exercise 9, but this time, the keeper lies down and waits for the signal to get up and save the ball, this must be done on both sides and the ball coming from different positions, not just in front of the keeper.