

Drills for specific strategies of goal keeper

- - The goalkeeper has to have and use ideas, plans and knowledge to save the shots from differently positions and situation
- - Technical exercises with tactical contents
- - Technical exercises: situations which happen often on the games: shots from wing, break throws, back shots, line shots, fast break and 7m shots
- - To save the ball: entry of the saving position and the saving movement
- - Cooperation with defenders to use faking and traps of the shots

Exercises

- - Shot from back position with block
- - Shots from wing
- - Serie shots from differently situation
- - Shots from break throw
- - Shots from the line
- - Shots from wing, back and pivot position
- - Cooperation with defender