



Drill Name: GK Positioning

Set up :

GK Positioning relative to the position of the ball and play on the field.

Instructions:

Ball Location:

Center of Attacking 1/3-GK out to top of penalty arc.

Center of Middle 1/3-GK out to between the six yard line and the penalty spot.

Center of Defending 1/3-GK takes regular position as a line keeper.

Left and Right Attacking 1/3-GK out between penalty spot and 18yd line not past the corner of the goal area.

Left and Right of the Middle 1/3- Between the endl ine and six yard line just outside the goalpost nearest the attack.

Defensive 1/3 of the field-GK takes regular position as a line keeper.

Coaching Points:

1. When goalkeepers are taking on the position of keeper/sweeper they need to be in a "ready to run" stance. This gives them a good starting position to go after balls played over the back line.
2. Make sure GKers are communicating.
3. GKers are to NEVER run with back to ball. Back peddleing to face the field.