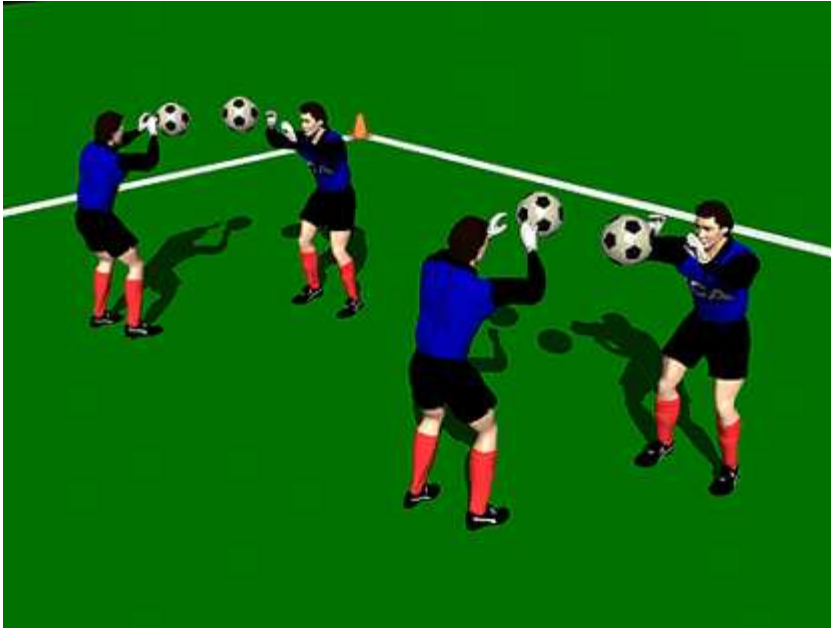
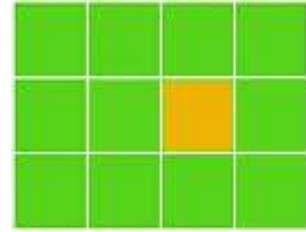


## Goalkeeping – Mini Shuffle Drill



### SET UP



- ▣ Area 10 x 10 yards
- ▣ Work in Pairs
- ▣ 1 Ball each GK

#### Objective of the Practice:

This practice will improve the goalkeepers footwork.

Goalkeepers work in pairs, using one ball each. Keepers are positioned facing each other approximately 2 yards apart and a little to the side.

The keepers work as team mates and serve the ball to each other simultaneously. The idea is to serve the ball just to the side of their team mate so their partner has to shuffle their feet quickly to get behind the flight of the ball and catch it.

Emphasis is on quick footwork. The keepers should not cross their legs when shuffling side to side. The tempo should be high. Change partner after short interval.

