

# Two-Goalkeeper Game

**Category:** Goalkeeping & Shooting  
**Difficulty:** Intermediate ->Advanced  
**Drill of the Week #2**

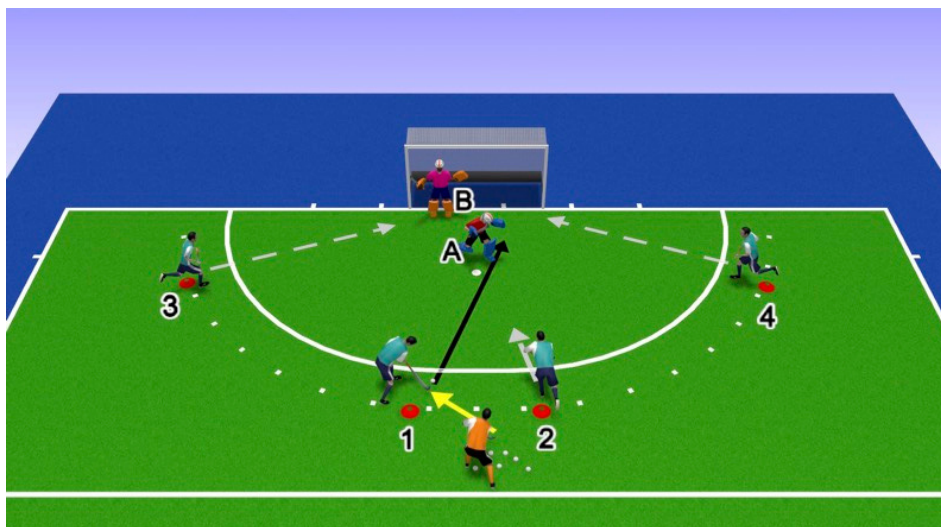
## Two-Goalkeeper Game (15 mins)

**Goal:** To elevate a Goalkeeper's game by utilizing repetition shooting with a blocked view.

**Skill emphasis:** Improve a Goalkeeper's vision in chaos with players in front of them.

**Drill:**

1. Goalkeeper B is the goalkeeper in the cage making saves and spearheading the protection of the cage. During the drill, Goalkeeper A is only there to **BLOCK** the



vision of Goalkeeper B moving laterally and up and down (squat, reach high to the sky...). Goalkeeper A should be moving around in front of Goalkeeper B to change the blocked angles of the vision for Goalkeeper A.

Goalkeeper A is protected with pads and if the shooters hits Goalkeeper A with the ball, then the shooters continue playing the rebound.

2. The drill starts with the coach feeding a ball to (1) who take a quick shot. Goalkeeper B needs to work to find and see the ball around Goalkeeper B.

3. The coach then feeds the ball to player (2) who take a quick shot from the top of the circle. Goalkeeper B needs to work to find and see the ball around Goalkeeper A.

4. Goalkeeper A and B switch positions after a few sets.

5. Once the goalkeepers are comfortable finding the ball around an impediment, player (1) and (2) can play any rebound after the shot.

6. Lastly, add player (3) and (4) coming in for a rebound or tip when player (1) and (2) are shooting.

**Recommended:**

- Allow goalkeepers to get used to part one of the drill, just finding the ball on the initial shot without any tips or rebounders.
- The goalkeeper in front being the blocker (A) can also add a jump over the ball as it is being shot to elevate difficulty.
- The goalkeeper in front being the blocker (A) can also use their stick to redirect and tip the ball with their back to the cage.