



## 4-2-1 Drill

**Category:** Technical: Specialist Skills  
**Difficulty:** Transition Phase

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### Description

#### Drill

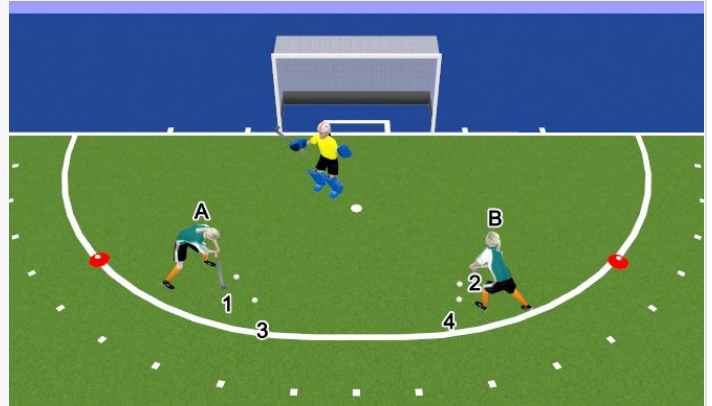
**Objective:** Provide a fast-paced and mentally-demanding drill for goalkeepers.

#### Set Up:

- Arrange two ball piles at 45-degree angles from the goal and about 3-5 yards inside of the circle edge
- Set up a shooter on each ball pile — utilize two shooters or a shooter and a second goalkeeper
- Place two cones on the edge of the circle as a target for goalkeepers to clear below

#### The Drill:

- There are four balls total in each repetition — shooters alternate and get to choose whether they shoot or pass for the other player to take a shot
- Coaches discretion whether to play rebounds or not
- For example: ball 1, shooter A takes a shot; ball 2, shooter B passes the ball to shooter A, shooter A takes a shot; ball 3 shooter A passes to shooter B, shooter B takes a shot; ball 4 shooter B takes a shot



#### Points of Emphasis:

- Encourage your goalkeepers to be set and balanced for each shot
- Emphasize good footwork to change angle and be set quickly if the ball is passed
- Work on one-time clears to the least dangerous areas of the circle (below the cone targets)

#### Recommendations:

- For more advanced goalkeepers, play out rebounds
- For beginner goalkeepers, give them time to adjust and get set before each ball and between passes
- For intermediate or advanced goalkeepers, shorten the time between balls, try one-time shots from passes
- Vary your shots, both in type and distance from the goalkeeper