GK: Moving and Setting at Different Heights & Angles

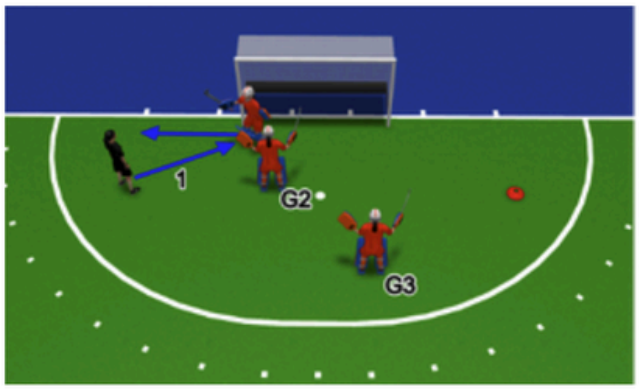
Submitted by Emily Snowden, Founder, The Goalie Trainer

OBJECTIVE

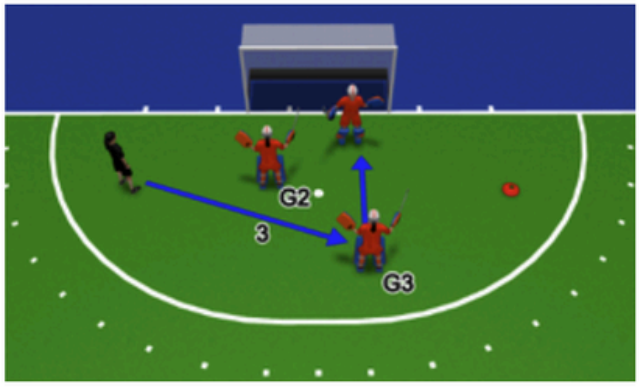
Develop the goalkeeper's ability to move efficiently, set on angle, execute controlled clears, and recover quickly for consecutive saves from different angles.

Scan to view drill video

DIAGRAM







SETUP

Players

- 2-3 Goalkeepers
- 1 Coach

Area

- Defensive circle

Equipment

- Goal
- Balls and Cones

EXECUTION

1. **Ball 1:** The coach rolls a slow ball. The goalkeeper moves to the ball and clears strongly down the baseline.
2. **Ball 2:** The goalkeeper resets as the coach rolls a second ball. The goalkeeper clears to GK2, who returns the ball with a shot. The goalkeeper makes the save.
3. **Ball 3:** The goalkeeper resets as the coach passes to GK3. The goalkeeper moves onto the angle, sets, and saves GK3's shot.
4. Complete the progression in both directions.

POINTS OF EMPHASIS

- Track the ball before, during, and after contact.
- Move onto the angle and set before each shot.
- Meet the ball with the inside of the kicker in positive space.
- Finish each clear balanced and ready for the next save.

VARIATIONS

- Vary the shot height and angle.
- Play all rebounds out on Ball 3.

Drill Booklet Key

- Pass
- Run without the ball
- Dribble
- Shot

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