



## COACHES EDUCATION PROGRAM DRILLS AND GAMES SUPPLEMENT

**Drill Name:** The Goalie Game

**Skills Practiced and introduction:**

- Shooting
- Goalie play – correct positioning on various angles
- This drill allows all players a chance to play goalie and gives them a different perspective about shooting which overall will improve their shooting and allows them to develop a new appreciation for the courage of the goalie.

**Suggested Equipment:** soft rubber ball only and five cones or dots

**Space needed:** Area around the goal

**Players needed:** at least 6 players including a goalie.

**Set – up and execution:** (see diagram)

- Set up the five cones in a semi circle around the goal.
- Place each player at one cone and the goalie in the goal.
- Explain to players that if they are on the left side of the goal they must shoot with their left hand, if they are on the right side of the goal they must shoot with their right hand.
- If facing the goal, the player on the far left side of the cage starts with the rubber ball and shoots.
- Scoring:
  - If the goalie saves the shot he gets two points
  - If the goalie forces the player to shoot wide, or the player misses the goal, the goalie gets one point.
  - If the goalie is brave enough and skilled enough to turn his stick upside down and makes the save with the shaft, the goalie gets three points.
  - If the shooter scores, the goalie does not get any points.
- Once the first player has shot the ball, the second player (going counter clockwise around the semi circle) gets to shoot the ball.
- After the ball makes it all the way around to each player and ends up on the right side of the goal and the last person has shot, each player moves one spot to the right.
- The last person to have shot the ball becomes the goalie.

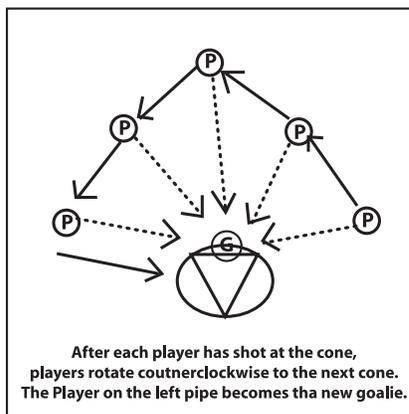


Figure 17 Goalie Game





**Coaching tips:**

- Use proper error detection and correction principles to correct players who move out of position.
- Let players answer themselves and give you reasons as to why they think they are back; players are more likely to correct their mistakes if they themselves realize the mistakes.

**Variations/Progression:**

As you players improve their skills incorporate the following:

- Instead of a coach moving to different areas of the field have six offensive players set up in an offensive formation and pass the ball around while the defense reacts.

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