

Pine-Richland Field Hockey

Summer Training Program – 1000’s Club Goalie Skills

1000’s Club

Goalie Skills

Name: _____

Slides	Dates / Number Completed:
	1000 Completion Date:
Slides with Ball	Dates / Number Completed:
	1000 Completion Date:
Lunges	Dates / Number Completed:
	1000 Completion Date:
Triangles	Dates / Number Completed:
	1000 Completion Date:
Soccer Ball Kicks	Dates / Number Completed:
	1000 Completion Date:
Saves	Dates / Number Completed:
	1000 Completion Date:

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Goalie Skills

Slides:

1. Set up 2 cones 4 yards apart (width of goal cage).
2. Get in a squat position with your head up, weight on balls of feet, and your hands out to sides at hip height.
3. Slide in between cones touching the cone with your hand.
4. 10 touches per set (5 each cone).
5. Focus on staying low and not bobbing up and down especially when you get tired.

Slides with Ball:

You need a partner (ball server) for this drill.

1. Set up 2 cones 4 yards apart (width of goal cage).
2. Slide from cone to cone as the server tosses a ball just outside the cone.
3. Catch the ball with only the outside hand.
4. Immediately toss (underhand) the ball back to the server as you slide to the other cone.
5. 10 catches per set (5 each hand).
6. Go through each variation – Slow, Fast, High/Low

Lunges:

1. Set up 2 cones 4 yards apart (width of goal cage).
2. Get in a squat position with your head up, weight on balls of feet, and your hands out to sides at hip height.
3. Lunge left, reset, and then lunge right.
4. 10 lunges per set (5 each side).

Triangles:

1. Set up 3 cones in the shape of a triangle with 4 yard sides.
2. Start in the center on one side.
3. Get in a squat position with your head up, weight on balls of feet, and your hands out to sides at hip height.
4. Sprint up to cone at top of triangle.
5. Drop step to one side in proper goalie stance and slide down to triangle corner and back to center of side.
6. Repeat sprint to top of triangle and then drop step to other side.
7. 10 complete triangles per set.

Soccer Ball Kicks:

A Size 1 soccer ball is very similar to kicking a hockey ball in pads because like a hockey ball, the small soccer ball will pop up if your head is up or if you do not contact the ball in the perfect spot on your foot.

You can do this drill with a partner or by yourself, kicking the ball against a wall, about 10 yards away. Then, move in closer to work on your reaction time and farther away to work on your power.

Use a line or marker to help with this technique.

1. Start behind the line.
2. Meet the ball as you step over the line with a fluid step-through motion with your weight forward, following through toward your target (wall or partner).
3. Reset back behind the line.
4. Clears should stay low and controlled on the ground.

Saves:

One or more field players are needed to shoot on goal for this drill. You need to go to the field to use the goal cage and be in full goalie gear. Set up in the proper goalie stance. Work on saves and clears as field players take shots on goal.