



## Physical Distance Training – Keeper Wars

### Organization:

Set-up as many grids as you can that are 22 yards long and 20 yards wide. Create a 2-yard zone in the middle that neither player can enter. If you do not have enough goals, you can use corner flags to create goals.

### How to play:

Keepers take turns taking shots on each other. They can use their feet or their hands to shoot. Any shots that come from the middle zone do not count.

### Why:

Fun game that works on keeper's reactions and varied types of saves from close range. Quick action after catching ball for counter attacks.

### Variations:

Increase or decrease to length of the grid.

Keeper can only score with hands or feet.

Play King's Court where winners move up and losers move down. 3-minute games.

Coach can start with shot on keeper. If keeper makes the save then they get to shoot on the other keeper or can play ball back to coach and make a run into the other box to receive a cross.

### Coaching Points:

Quickly assessing and taking the correct position in response to ball position

Diving, parrying, and catching technique

After save, head up and readiness to immediately begin attacking

Correct shooting technique