

GOALIE WARS! EXTRAS

Goalkeeper Training in a
Competitive Environment.



Tony England



Goalie Wars Extras

by

Tony Englund



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For Jake and Tess

Also by Tony Englund and World Class Coaching

[*Goalie Wars: Goalkeeper Training in a Competitive Environment*](#) (2010)

[*Players' Roles and Responsibilities in the 4-3-3: Attacking & Defending*](#) (2011)

[*Style and Domination: A Tactical Analysis of FC Barcelona*](#) (2012)

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Acknowledgements

This e-book supplement is a compilation of a handful of very versatile, effective coaching environments I have tinkered with and/or observed over two decades of coaching goalkeepers.

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Thanks also to Matt Carlson, our lead goalkeeper trainer at St. Croix Soccer Club, whose penchant for finding new and varied coaching exercises for our club goalkeepers is impressive and provided inspiration for several of the exercises included here.

Introduction

This e-book contains additional games and exercises like the ones that were originally published in [*Goalie Wars: Goalkeeper Training in a Competitive Environment*](#) came about through a series of events. My background as a player and the early years of my coaching were built around the goalkeeper position and *Goalie Wars* was my first effort to put pen to paper and share coaching ideas. I have since moved on, both in my coaching and in my writing to do a lot of field-player and team-focused work. In recent months, however, I have returned to the goalkeeping theme in several presentations and have found that I get a lot of requests for good goalkeeping exercises. To that end, I also keep notebooks on quality training that I witness or design, and I found that I had numerous ideas that I wished I had included in the original book. I therefore decided to put these ideas together as a supplement which World Class Coaching agreed to publish as a bonus e-book for those purchasing the original book.

The goal of the current volume is not to continue in the same vein as the *Goalie Wars* book, which was designed in large part for non-specialist team coaches to give them an accessible resource that would allow them to train goalkeepers in pairs alongside the team or in separate goalkeeper training sessions. The current piece can be used by non-specialists or specialists alike and is an effort to lay out twenty of the most efficient and impactful goalkeeper training exercises drawn from a sound goalkeeper coaching curriculum. I have avoided using any material from the *Goalie Wars* book to prevent any redundancy. My goal has been to cull twenty-two years of goalkeeper coaching experience and nearly as long as an active goalkeeper to lay out the best, and often uncommon, exercises for training high-level goalkeepers. Additionally, this set of exercises also includes nearly one hundred variations and progressions which greatly expand the effectiveness and breadth of the material. Each of these exercises has been part and parcel of my training programs working with collegiate, high school and high-level club goalkeepers, and together they form a strong nucleus for raising any goalkeeper's level of play.

Best wishes in your coaching.

Tony Englund



Footwork Cone Lines

Sets of 8 cones, two feet apart

Goalkeepers work through the cone lines using the patterns outlined below. Emphasize quality over quantity of repetitions. Where necessary, be sure to alternate the end from which the sequence starts to assure that patterns are performed with each foot having led. It is recommended that sequences be performed for 40 seconds, followed by 30 seconds of rest before moving on to the next variation.

- Running forward, one foot between each cone.
- Running forward, two feet between each cone.
- Running backward, one foot between cones.
- Running backward, two feet between cones.
- Side-shuffle (no cross-over), one foot between cones.
- Side-shuffle (no cross-over), two feet between cones.
- Sideways cross-over, two feet between cones.
- Forward jumps, landing/take-off from both feet.

- Forward jumps, landing/take-off on one alternating foot.
- Backward jumps, landing/take-off from both feet.

Variations:

- Perform any of the movements above while holding a ball steady in front of the body at chest height (both hands).
- Perform any of the movements above while holding a 5 or 10 lb. weight (or medicine ball) in front of the body at chest height (both hands).
- Add a shot and save in a two-yard cone goal at the end of each sequence. This shot should be a reaction save, between the knees and shoulders.



Footwork Cone Pairs

8(X2) Cones at 2-foot increments

Goalkeepers work through the cone lines using the patterns outlined below. Emphasize quality over quantity repetitions. It is recommended that sequences be performed for 40 seconds, followed by 30 seconds of rest before moving on to the next variation.

- Perform shuffling footwork forward, zig-zagging through the pattern. Remain in ready position throughout. Focus on the quality of the pivot forward and push with each change of direction.
- Perform shuffling footwork backward, zig-zagging through the pattern. Remain in ready position throughout. Focus on the quality of the pivot backward and push with each change of direction.
- Shuffle through the cones zig-zagging as in the first variation, except that after clearing two sets of cones, work back around one set of cones (up two, back one).
- Two-footed jumps for height over the first four sets of cones and then zig-zag with shuffling footwork through the balance of the course.
- Add a shot and save in a two-yard cone goal at the end of each sequence. This shot should be a reaction save, between the knees and shoulders.



Two-Cone Warm-up

2 cones two or three yards apart (depending on age and ability)

This is a simple, but effective and very demanding warm-up useful on both the training ground and also as a pre-game primer. The goalkeeper should work through the sequences, performing each variation in the progression for fifteen seconds, and with twenty seconds' rest between (except where noted).

- Shuffle back-and-forth between cones (easy pace but with good form).
- Shuffle back-and-forth between cones while chest-passing the ball with a server.

Progression:

1. Ball is bounce-passed between the goalkeeper and server.
 2. Ball is rolled on the ground between the goalkeeper and server.
- Figure-8 shuffle around the cones (a bit more pace, but mindful that this is a warm-up sequence).
 - Figure-8 shuffle around the cones while chest-passing the ball with a server.

- Figure-8 shuffle around the cones. Every few seconds, a server tosses a high ball for the goalkeeper to approach and save. Note that the serves should pull the goalkeeper out of the goal.
- Goalkeeper stands behind cone goal. Server passes balls between the cones for the goalkeeper to receive and return with his feet first time. Remember to work both feet.

Progression:

1. Goalkeeper uses first touch to change the angle on the ball and plays ball back with second touch *outside* one of the cones.
 2. Server varies serves in pace and adds bounce, height.
- Goalkeeper starts between the cones and then shuffles around one cone (shuffle behind the cone and return to the goal around the front of the cone). As the goalkeeper rounds the cone, a server rolls a ball toward the opposite cone for the goalkeeper to collapse dive and save. Alternate the side to which the goalkeeper works.

Progression:

1. Serves are thrown (varied heights).
 2. Serves are bounced.
- Goalkeeper shuffles back-and-forth between cones. After a few repetitions, a server dribbles a ball toward the goalkeeper from 10 yards away. The goalkeeper closes down and takes the ball away from the server.
 - Two-footed jumps. Stand between the cones (adjust width as needed) facing as if one were in a goal. Jump side-ways over one cone; jump back to the middle; jump sideways over the outer cone. Given that this is a warm-up sequence, the jumping is not for height, but rather to create rhythm of movement, though each landing should be held for one second.
 - Goalkeeper drops alternately to his chest and back, each time rising to handle a shot from a server from ten yards. Goalkeeper returns the ball via punt or drop-kick.



2-Goalkeeper Cone Goal Technical Work

One 4-yard cone goal

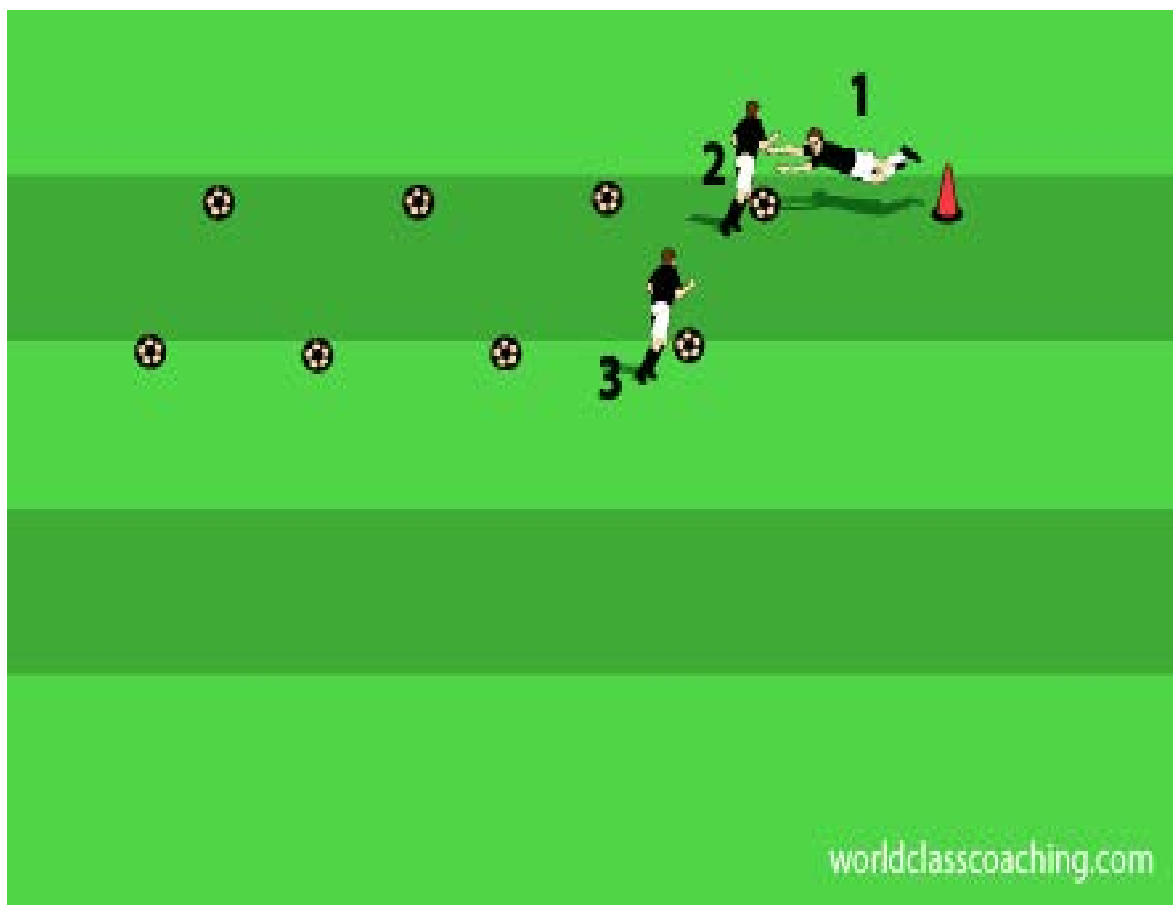
Two goalkeepers stand in the cone goal facing in opposite directions. Two servers, each with a ball supply, stand 6 yards away from the goalkeepers on opposite sides of the cone goal. Goalkeepers take service from one server and then move through the cone goal to receive a shot or serve from the server on the other side. Goalkeepers must attain a set position before each serve is played to them. Train each stage in the progression for thirty seconds and then rest for fifteen seconds between topics. Encourage the servers and goalkeepers to work quickly, but focus on quality as well.

- Servers roll (or pass the ball on the ground) balls for the goalkeepers to pick up. Goalkeepers roll the ball (distribute) back to the servers.
- Servers throw underhand balls for the goalkeepers to catch, with tosses being received between ankle and waist height. The goalkeepers must turn their palms up, tuck in their elbows and cleanly catch the ball. Goalkeepers pass the ball back to the servers with their feet.

- Servers throw balls, attempting to bounce the serve as close to the goalkeeper's feet as possible. Goalkeepers adjust their feet (behind the ball) and tuck elbows in behind the ball, focusing on clean handling. Goalkeepers toss the ball back to the servers.
- Servers chest-pass the ball for goalkeepers to catch at shoulder height. Increase the pace of the serve with each repetition. Goalkeepers chest-pass the ball back to the servers.
- Servers toss high balls for the goalkeepers to save. Servers should toss underhand, putting arc and height on the ball, and serving so that the goalkeeper can move forward to make the save. Goalkeepers jump from one foot and receive the ball at the highest possible point. It is also important to observe landing positions for goalkeepers to assure the ball is being held in a safe position and the feet are well placed to insure a stable platform.
- Servers pass balls on the ground to the right cone of the goal. Goalkeepers collapse-dive (left, or right) to save and then roll the ball back to the server.

Progression:

1. Servers toss balls underhand and knee-high for goalkeepers to dive and save.
 2. Servers bounce balls for goalkeepers to save.
- Servers punt balls for goalkeepers to save and punt back. Servers should target knee-to-shoulder-high balls on the frame of the goalkeepers.
 - Servers drop-kick balls for goalkeepers to save and drop-kick back. Servers should target knee-to-shoulder-high balls on the frame of the goalkeepers.
 - Servers dribble toward the goal and goalkeepers close down the server and take away the ball.
 - Servers either shoot or dribble and try to beat the goalkeeper.

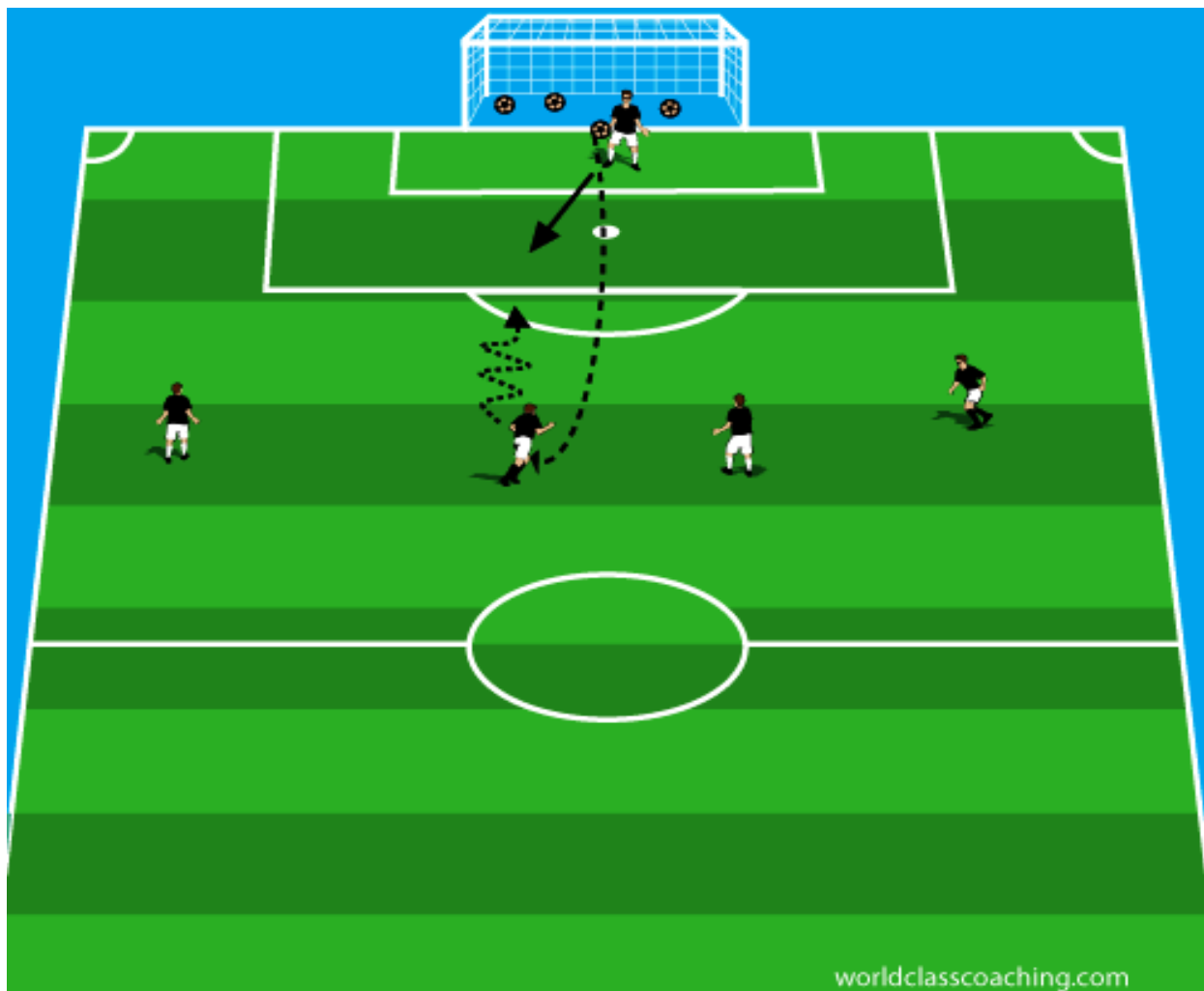


Advanced Blocking Line

10x15 yard area

This is an expansion of the blocking line exercise introduced in the *Goalie Wars*. The goalkeeper (1) blocks player 2 and then recovers and gets forward immediately to block player 3's effort.

Emphasize to the attackers that their responsibility is to give the goalkeeper quality repetitions and insure the goalkeeper's safety. For the goalkeeper, leading with the hands, being aggressive (get into the attackers' feet) and also recovering quickly are critical coaching points. After the goalkeeper has worked through all eight balls, reset the lines and start from the other end so that the goalkeeper works his left side as well.



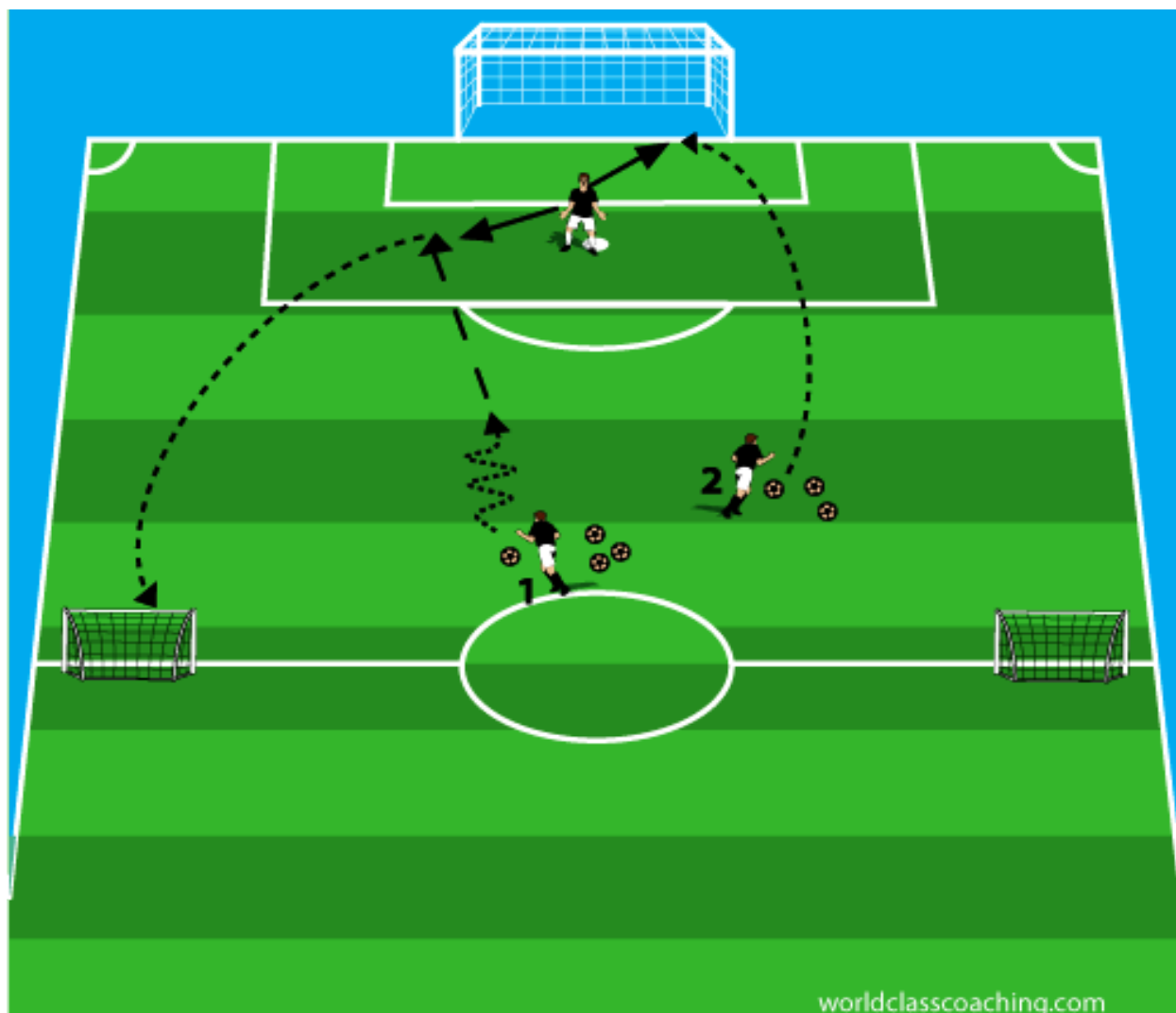
Thrown Distribution and Breakaways

1/3 field

Here the goalkeeper pulls a ball from the goal and distributes (throws) to any field player. The receiving player controls the ball and goes full speed at goal. The goalkeeper closes down and stops the breakaway. This is a useful environment for training goalkeepers in distribution and dealing with 1v1 situations and also for the idea of transition. Goalkeepers are the start-point for significant transition with their distribution, and the sudden switch from defending to attacking and back is important both mentally and tactically. Further, poor distribution often leads to quick attacks by opponents and the goalkeeper must orient himself quickly for the challenge.

Variations:

- After the distribution, the goalkeeper must recover to deal with a shot from distance and then a breakaway.
- The goalkeeper hits goal kicks which are fielded and served forward to another attacker who then attacks the goal.
- The goalkeeper hits punts or drop-kicks to be fielded and served forward to another attacker who then attacks the goal.



Back-pass and Distance Shooting

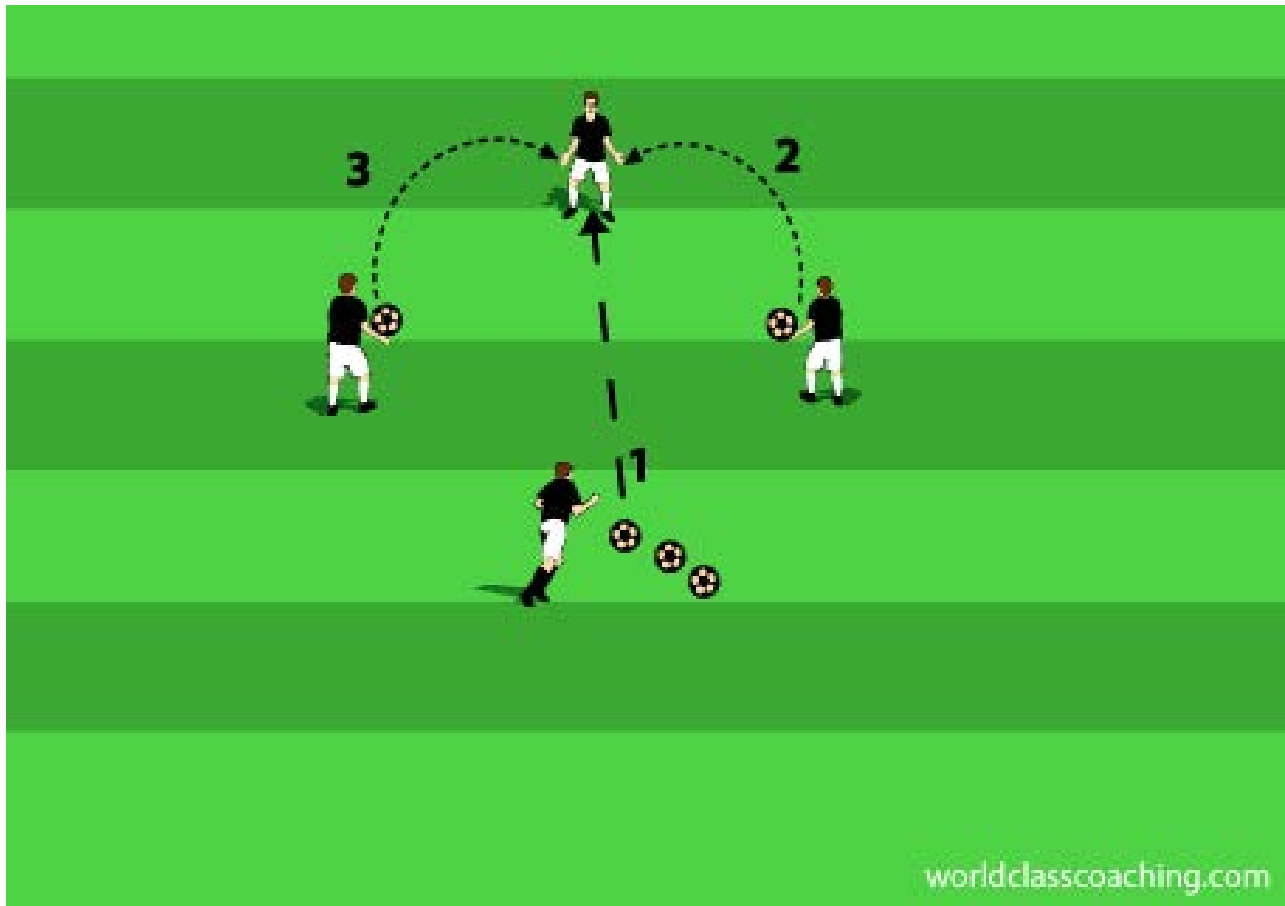
½ field

In the base exercise, player 1 dribbles toward the goal from his starting point (cone) thirty-five yards from goal. The goalkeeper shows wide of the goal and calls for a back-pass. Upon receiving the back-pass, the goalkeeper plays the ball to either target goal before recovering to his starting point. Meanwhile, player 2 attempts to chip the goalkeeper, shooting as soon as the goalkeeper passes the recovery cone (nine yards from goal, between the six-yard box and the penalty spot). Attackers change roles.

Variations:

- The goalkeeper must play first-time.
- The goalkeeper must play two-touch.
- The shooter varies service: Lofted, driven, etc., as well as the distance and angle of the shot.
- Add a chaser who follows the back-pass and pressures the goalkeeper's clearance. Adjust the timing of the chaser's run to get the desired level of pressure.
- Back-passes are bounced.

- Back-passes are chipped in and dealt with in the air by the goalkeeper (first or second-time clearance).
- The goalkeeper is served a high, bouncing ball that he comes out to head away from the chaser.



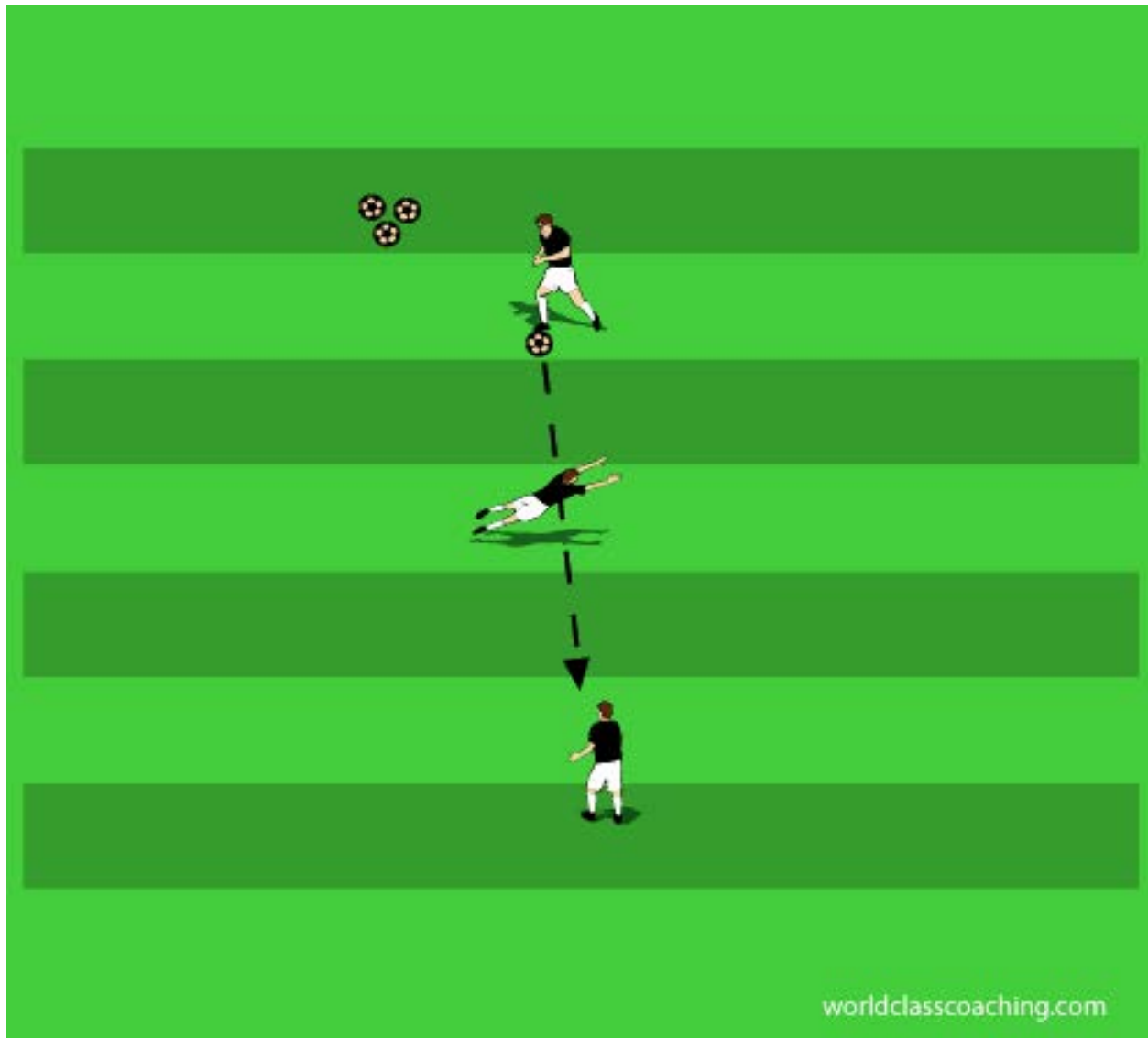
Shot-stopping and Touch Training

10x10-yard area

The goalkeeper takes service in sequence from the central shooter (#1) and then tosses from the side players (#2,#3), who stand four yards away and toss the ball underhand in an arc (shoulder high or higher) for the goalkeeper to catch with one hand. This type of training, mixing service as well as shot-stopping with finesse, helps the goalkeeper focus and sharpen key skills. This is a very good warm-up exercise for advanced goalkeepers, as the format lends itself well to many variations and efficient training.

Variations

- Service from 2 and 3 is in shot form, while 1 tosses balls for the goalkeeper to alternately catch with one hand or box back.
- 1 serves high balls (toss or short punt) for the goalkeeper catch with one hand while 2 and 3 serve (hand or foot) diving practice to the *outside* of the working goalkeeper.
- 1 dribbles and the goalkeeper closes and smothers or blocks; 2 and 3 serve (hand) balls for the goalkeeper to recover and catch.
- Many other variations exist. Mix active shot-stopping with static touch training.



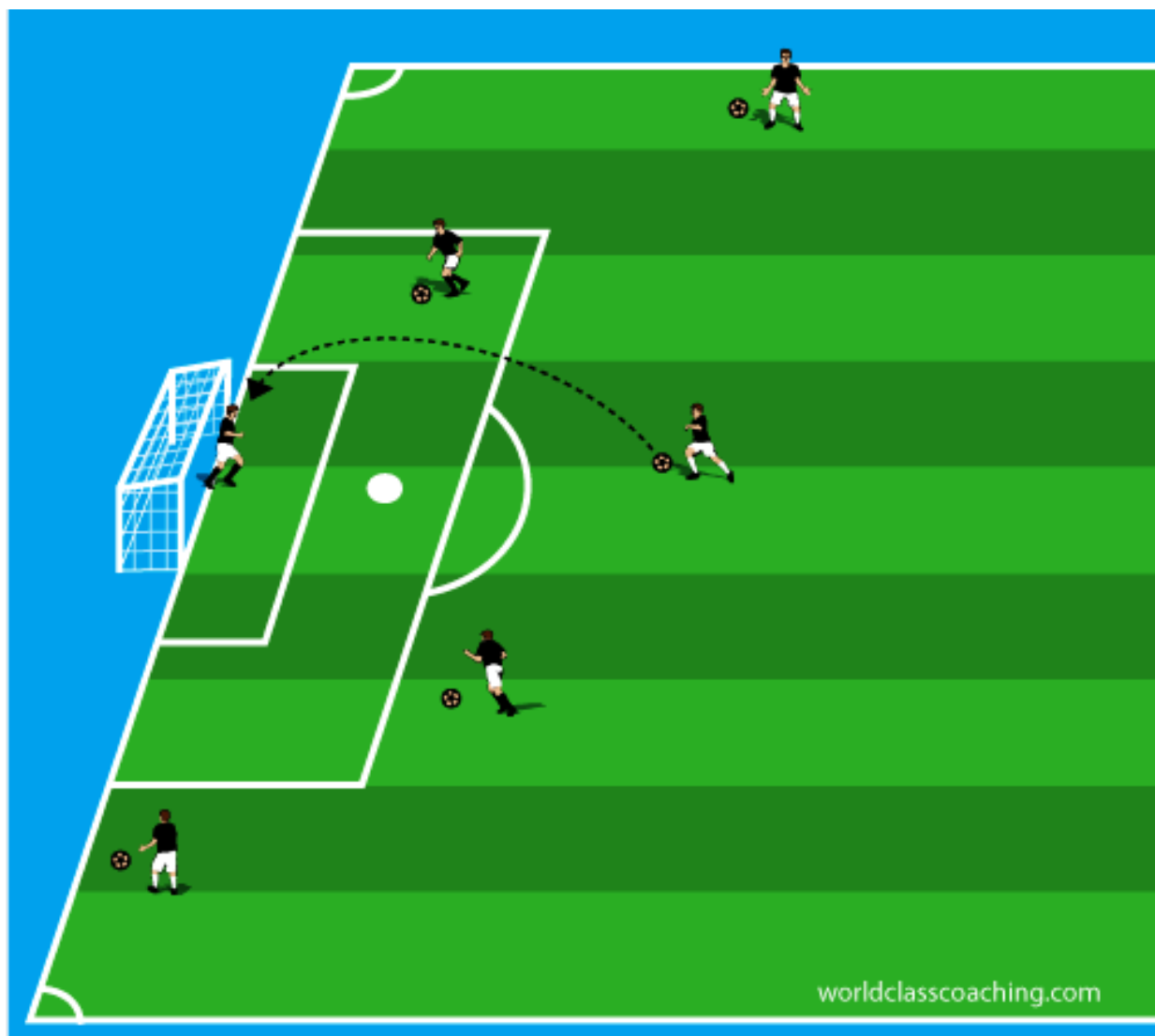
Dodge-Ball and Shot-Stopping

10x15 yard area

Two field players pass balls along the ground, trying to plunk the goalkeeper (careful not to over-hit the ball or hit the goalkeeper in the head...). The goalkeeper lies on his front side and lifts up to dodge the ball. Periodically, a field player calls 'shot!' and the goalkeeper must recover to his feet and save a strike from the attacker. This should be a fast-paced, fun warm-up, fitness and reactions exercise.

Variations:

- Field players can pass balls in the air (forcing the goalkeeper to stay down) as well as along the ground.
- Goalkeeper lies on his back.
- Place cones 5 yards apart to form a goal in which the goalkeeper lies. Now passes by field players are to be stopped as often as possible by the goalkeeper, who still lies in a prone position to start. Field players continue to call shots for which the goalkeeper must recover to his feet to save.



Angle Shooting

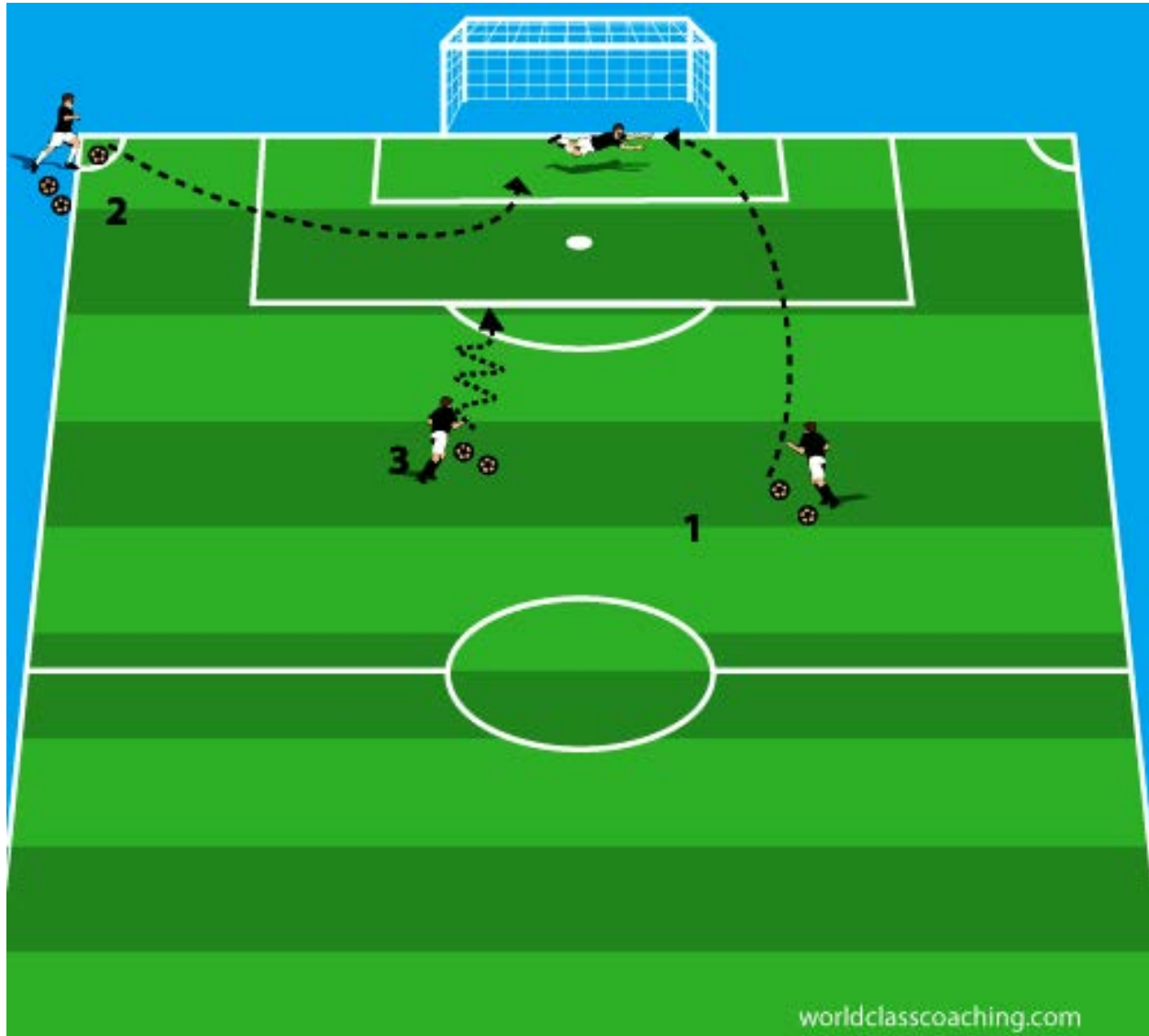
1/3 field

This is a simple, yet invaluable exercise for teaching and tuning angle play for goalkeepers at any level. Field players with soccer balls spread over the entire area from which a shot at goal can be played (here, as a warm-up, all but one of the players are set to shoot from outside of the area). Here the goalkeeper can focus on finding both the proper angle within the goal from which to confront the shooter and also the distance from his line that the goalkeeper can venture (cutting more angle and receiving the ball earlier) while still avoiding being chipped. Encourage the shooters to continue to find new angles and distances from which to challenge the goalkeeper.

Variations:

- Shooters hit moving balls (two-touches to shoot), creating a more realistic angle assessment for the goalkeeper.

- Shooters alternate driven and lofted serves, compelling the goalkeeper to adjust angles accordingly.
- After each serve, the shooter runs into the area for the next serve, there to press the goalkeeper and finish any rebound.
- Every third serve is a cross and two runners need to enter the area to try to finish.
- Every third shot must be taken from within the area. This variation requires the goalkeeper to recognize the need to play more aggressively when she recognizes the closer shooting distance.
- Every fifth service is a breakaway. Now the goalkeeper must get off of his line and close down a shooter near the goal.



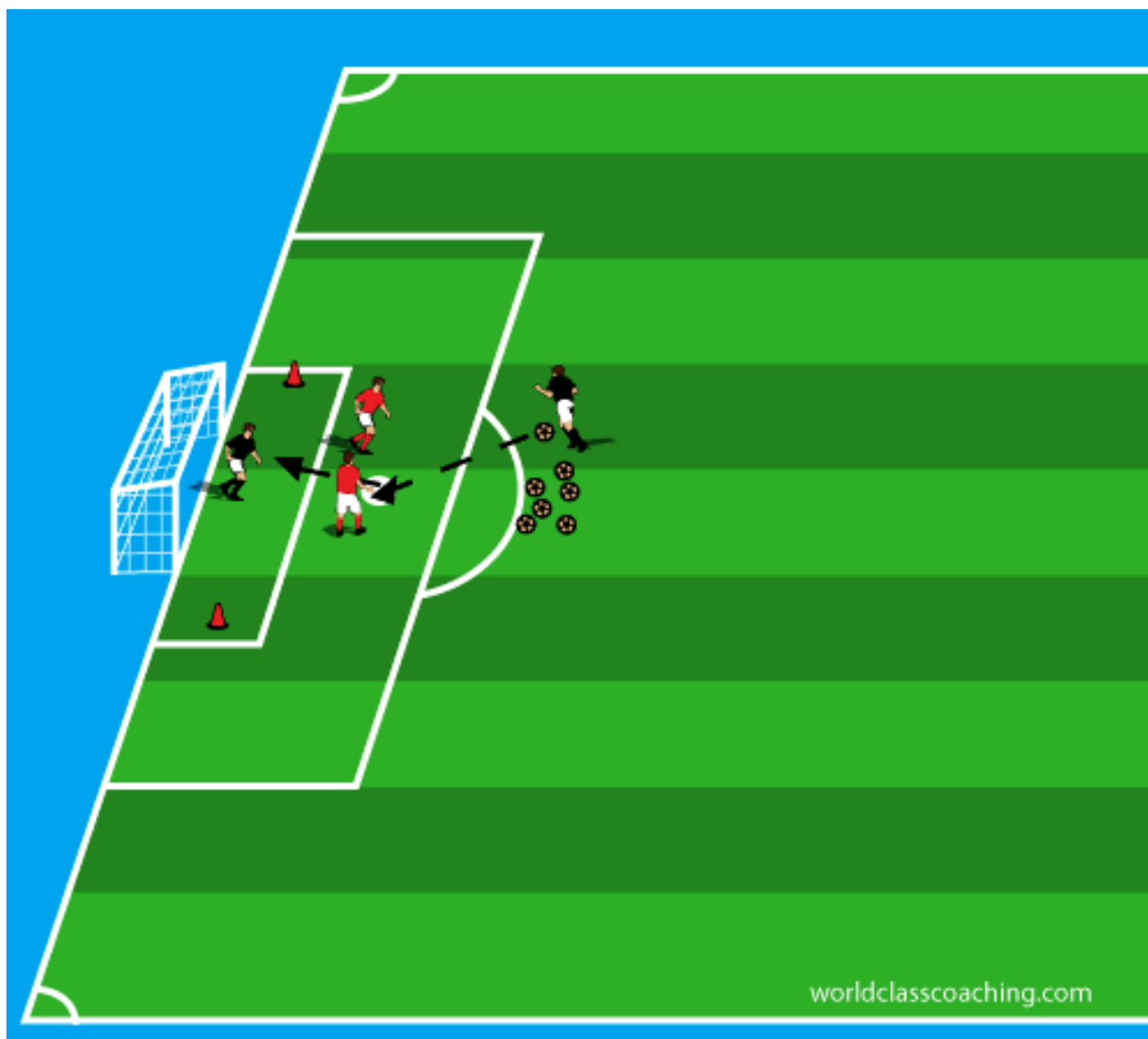
3-Tier Goalkeeper Workout

1/3 Field

Three shooters (#1, #2, #3) with ball supplies are arrayed as shown. The first shooter attempts to beat the goalkeeper from distance. The second server sends in varied crosses for the goalkeeper to field. Finally, the third attacker attempts to finish break-aways. The goalkeeper deals with the shooters in sequence.

Variations:

- Add a finisher before goal who looks to finish crosses and rebounds (he sits out the break-away in each sequence).
- Vary distance and types of shot.



Shooting Gallery

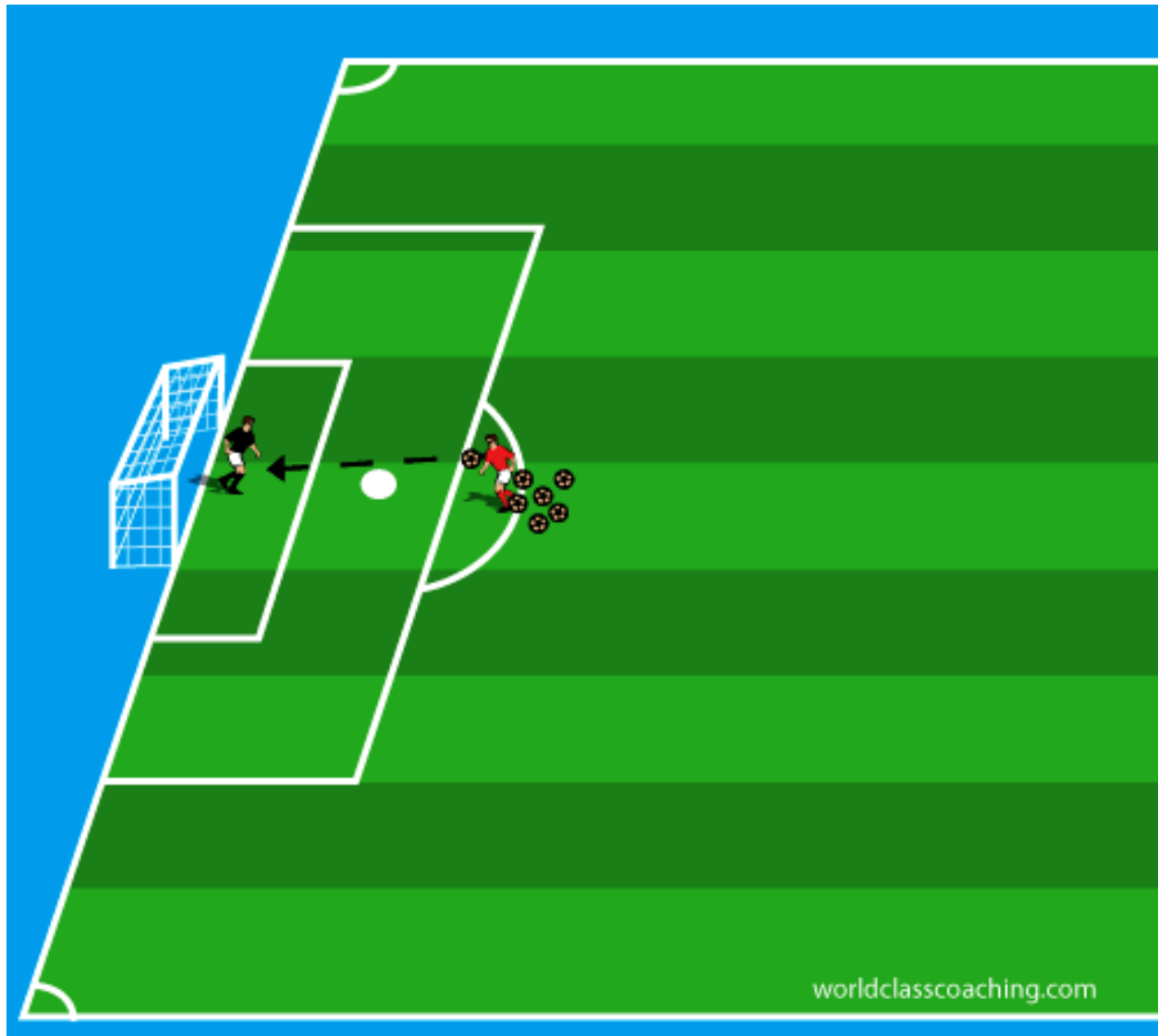
18-yard box

This is a fun exercise wherein goalkeepers work on tipping and reactions. Several shooters gather at the top of the “D” with a large ball supply. The goalkeeper must stay within three yards of the goal. Other goalkeepers gather between the 6-yard box and the penalty spot. This latter group attempts to tip shots (with their hands or feet or their head) into the goal, while the goalkeeper tries to deal with the shots and deflections. No rebounds are played. Any player who tips the ball into the net becomes the next goalkeeper. If a shooter scores directly (i.e. no tip), the goalkeeper who has been in the tipping area for the longest period of time becomes the next goalkeeper. Each save counts as one point for the goalkeeper, and each tip that goes into the goal is also worth one point. Encourage the shooters to vary their placement and pace.

Variations:

- Rebounds are live and goals off of rebounds result in a point.

- The active goalkeeper must look at his toes until the ball is struck (have one of the shooters call out 'shot!' as the ball is hit). This shortens the reaction time for advanced goalkeepers.



Snowball Fight

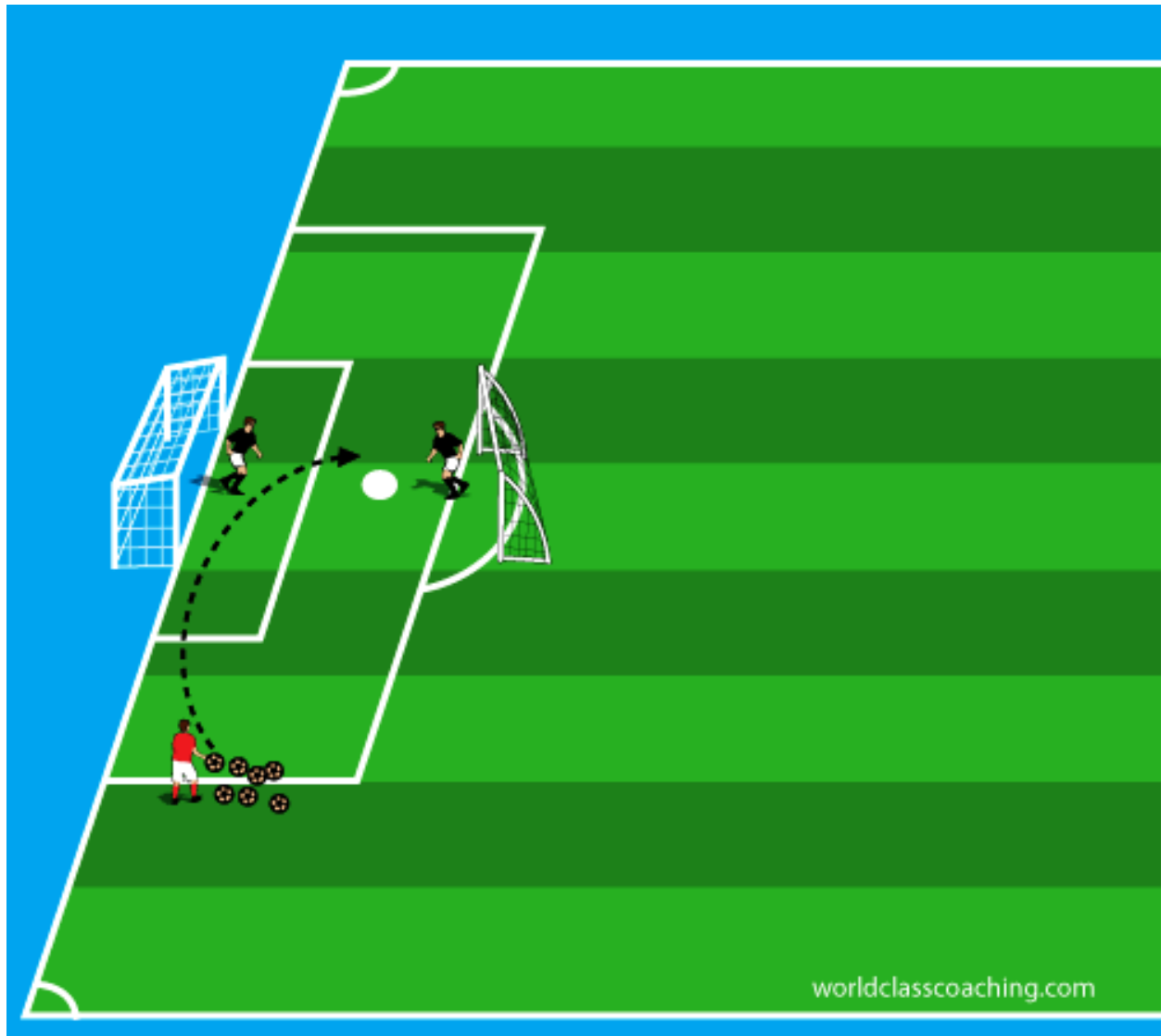
18-yard box

One goalkeeper is in the goal and another is at the top of the “D” with a large ball supply. The attacking goalkeeper throws balls for the goalkeeper to save. Encourage the attacking goalkeeper to use good throwing form and to vary the service (speed, target area, height). To start and with younger goalkeepers, allow the defending goalkeeper to recover before the next serve is played. It may be necessary with older goalkeepers to back the server up another 3-4 yards. Play for one minute and then change roles, keeping track of the number of goals scored.

Variations:

- Move the server back a few more yards and challenge the server to throw hard and go through the ball supply as quickly as possible.

- The server can punt or drop-kick serves.
- The server can shoot balls.
- The server can dribble to goal 1v1.



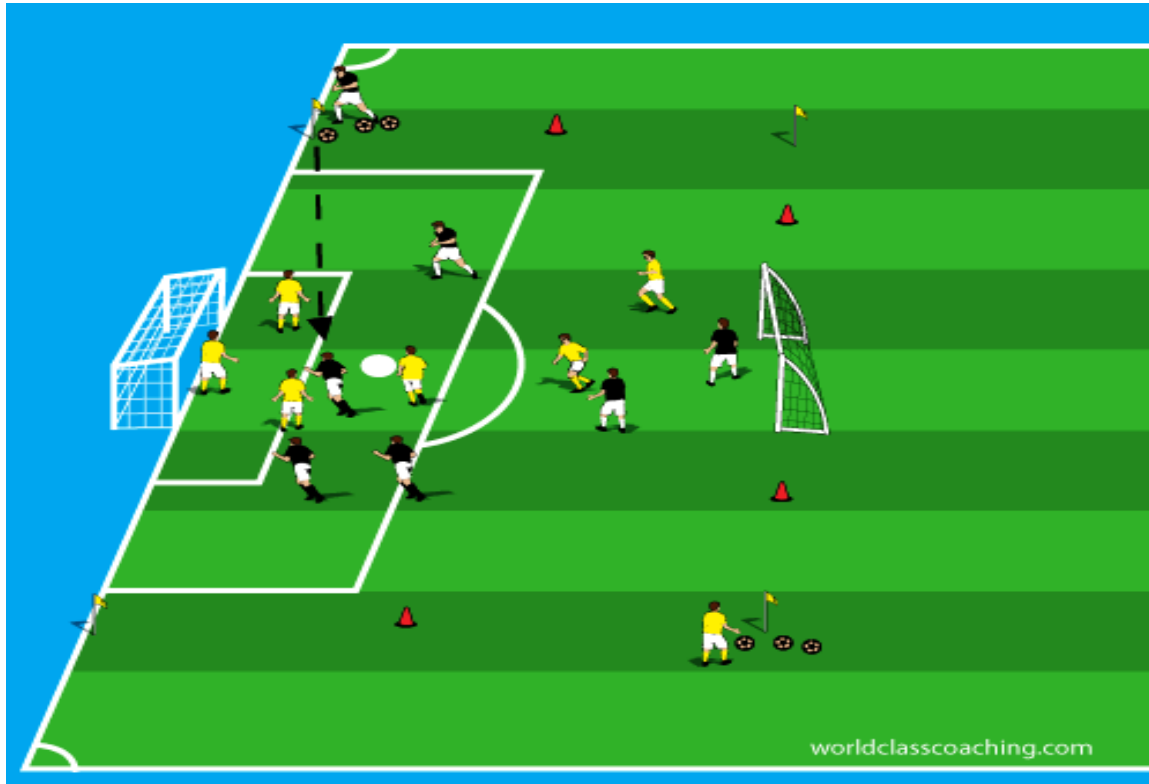
Up for Grabs

18-yard box

Two goalkeepers in full-sized goals, one at the top of the 18-yard box and the other on the end line. A server stands at the side of the 18-yard box equidistant between the two goals. Prepare a large ball supply. The server tosses balls in the air between the two goals for the two goalkeepers to control. The goalkeepers duel in the air. The goalkeeper winning possession must then put the ball on the ground and try to score in his opponent's goal. If the opponent makes a save, he can try to score in his opponent's goal as well. Keep score and play to fifteen points.

Variations:

- Serves are punted into the area.
- Serves are driven or lofted from the ground (crossed).
- Goalkeeper winning ball can throw the ball into the opponent's goal.



Flankenspiel for Goalkeepers

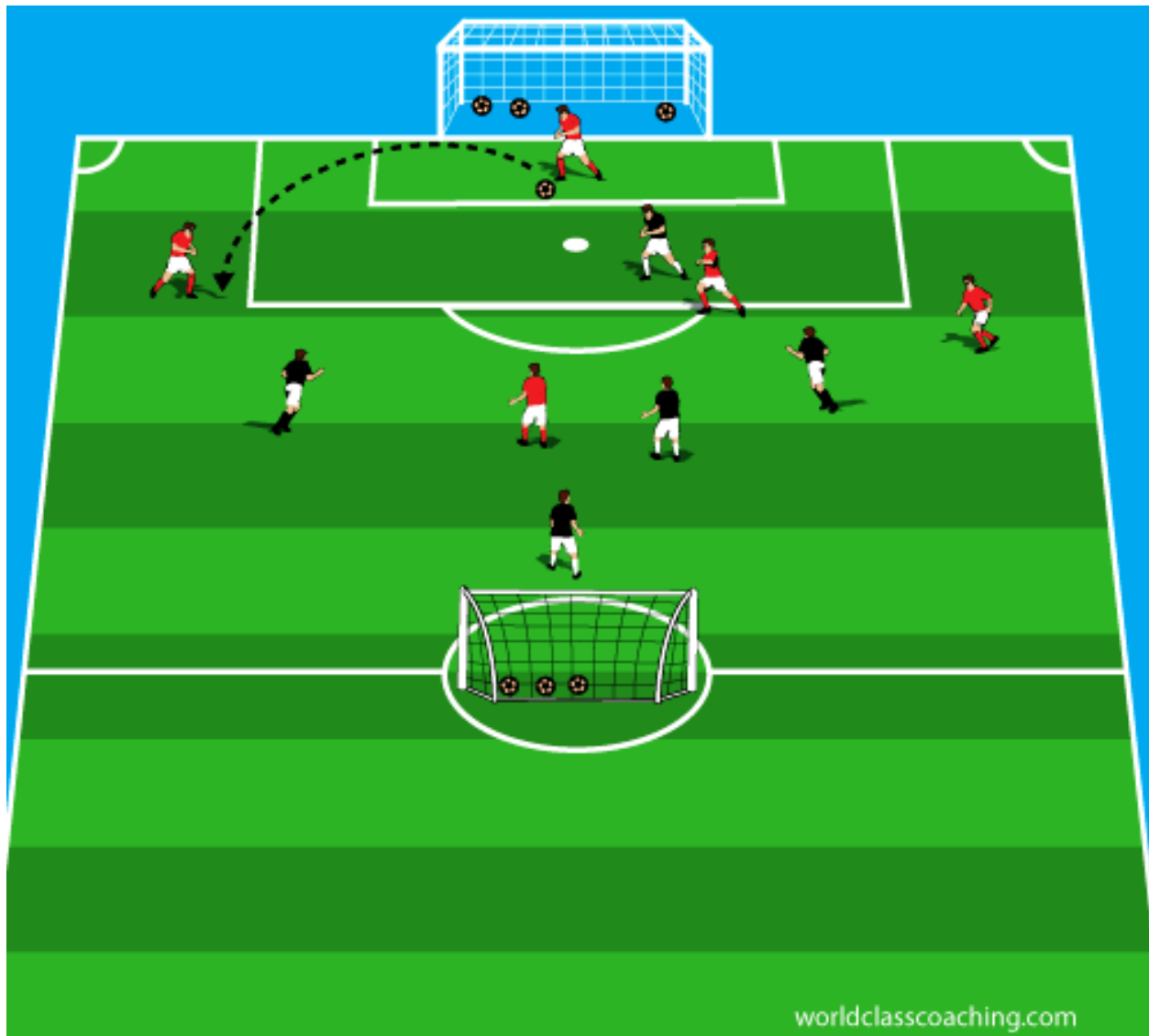
40x36 yard area with two full-sized goals

Divide the group into two equal teams (6v6 plus goalkeepers is ideal). This is a competitive game environment in which all restarts are crosses. Each team provides a crosser on one corner of their opponents' end line. The teams alternate restarts played from their crosser. Play is live as long as the ball remains in the area. As soon as a goal is scored or the ball leaves the area, a cross restarts play. Rotate the crossers every three minutes.

Coach the goalkeeper

- Deal with crosses. This is a terrific environment for getting quality repetitions under pressure handling crosses. The goalkeeper's starting position, ability to close on the ball, technical handling (catching, boxing, punching, tipping) can all be assessed.
- Running the defense. As players filter back in to defend a cross, the goalkeeper must assure that marking assignments are sorted out and play more aggressively where an opponent remains unmarked (try to cut out or interfere with the cross).

- Reaction saves and rebound play. Any ball that drops must be covered and any ball that drops to an opponent must be pressured. There are many opportunities in this environment to simulate game conditions before goal.
- If the goalkeeper gains possession of the ball, she can throw or distribute the ball with her feet or shoot at her opponent's goal. Encourage the goalkeeper to play aggressively in possession, testing her range and moving in support of play.

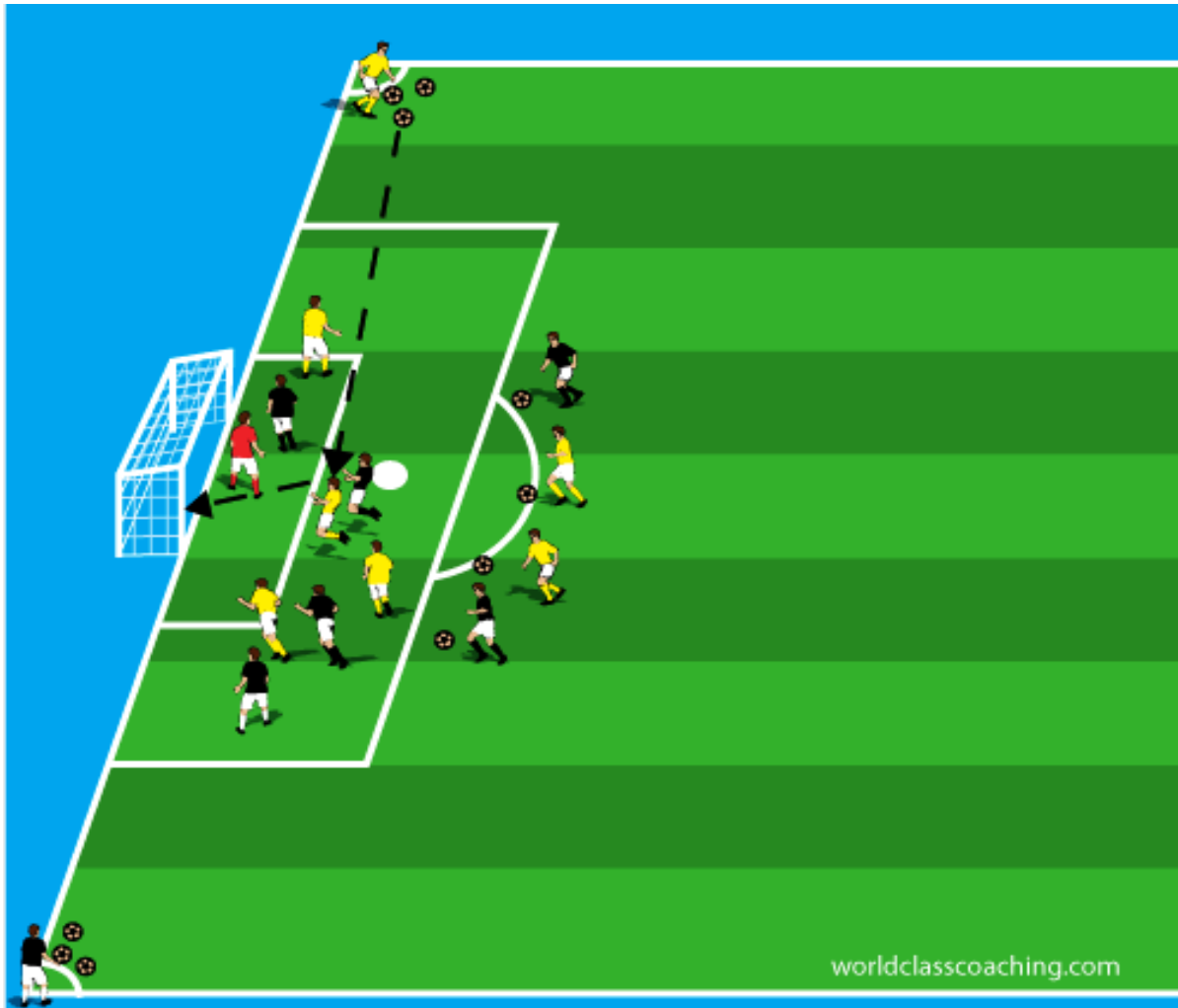


4 vs. 4 plus Goalkeepers with Extra Responsibilities for the Goalkeeper

40x40 yard field.

This is a standard small-sided game with goalkeepers. However, this environment can be used to familiarize and reinforce in the goalkeeper tactical responsibilities and communication in particular. The game features no corner kicks (goal kick) or kick-offs (team conceding goal restarts with a goal kick). Otherwise, it's a standard game. Any or all of the following restrictions can be utilized.

- All restarts through the goalkeeper.
- After any restart, the goalkeeper must be played in the course of possession before a goal can be scored.
- Each time possession is regained, the goalkeeper must be played before a goal can be scored.
- Award points for goalkeeper communication to organize the group's defending.
- Award points for goalkeeper communication to organize the group's attacking.



Team Trains 'Keeper

1/3 field

Divide the group into two teams. Each team places a crosser at one of the corner spots with a large supply of balls. Each team also places four players inside the area and the remaining field players, each with a ball, spread across the top of the 18-yard box. The players inside the area attempt to score for their team. Restart points are selected by the goalkeeper, who calls out the name of the server. Balls served from the corners are available for both teams to finish and the goalkeeper to control. The players at the top of the box can either shoot for goal (in which case the players in the area must clear the 6-yard box so that the goalkeeper has the opportunity to deal with the shot), or pass in to players

from their team in the area. If the goalkeeper gains possession of the ball, she distributes the ball into open space inside the box. Play for ten minutes and then rotate the servers and attackers. The goalkeeper earns a point for each outstanding save.

Coach:

- The goalkeeper's communication in conducting restarts: Sharp, decisive and early.
- The goalkeeper's ability to deal with crosses in traffic.
- The goalkeeper's ability to stop shots from distance with congestion near the goal.
- The goalkeeper's ability to make reaction saves and deal with rebound situations in front of goal.

Variations:

- The players on the perimeter can be used for support.
- The players on the perimeter can strike any ball that pops out to them in the run of play.



2v2+4 + Goalkeepers

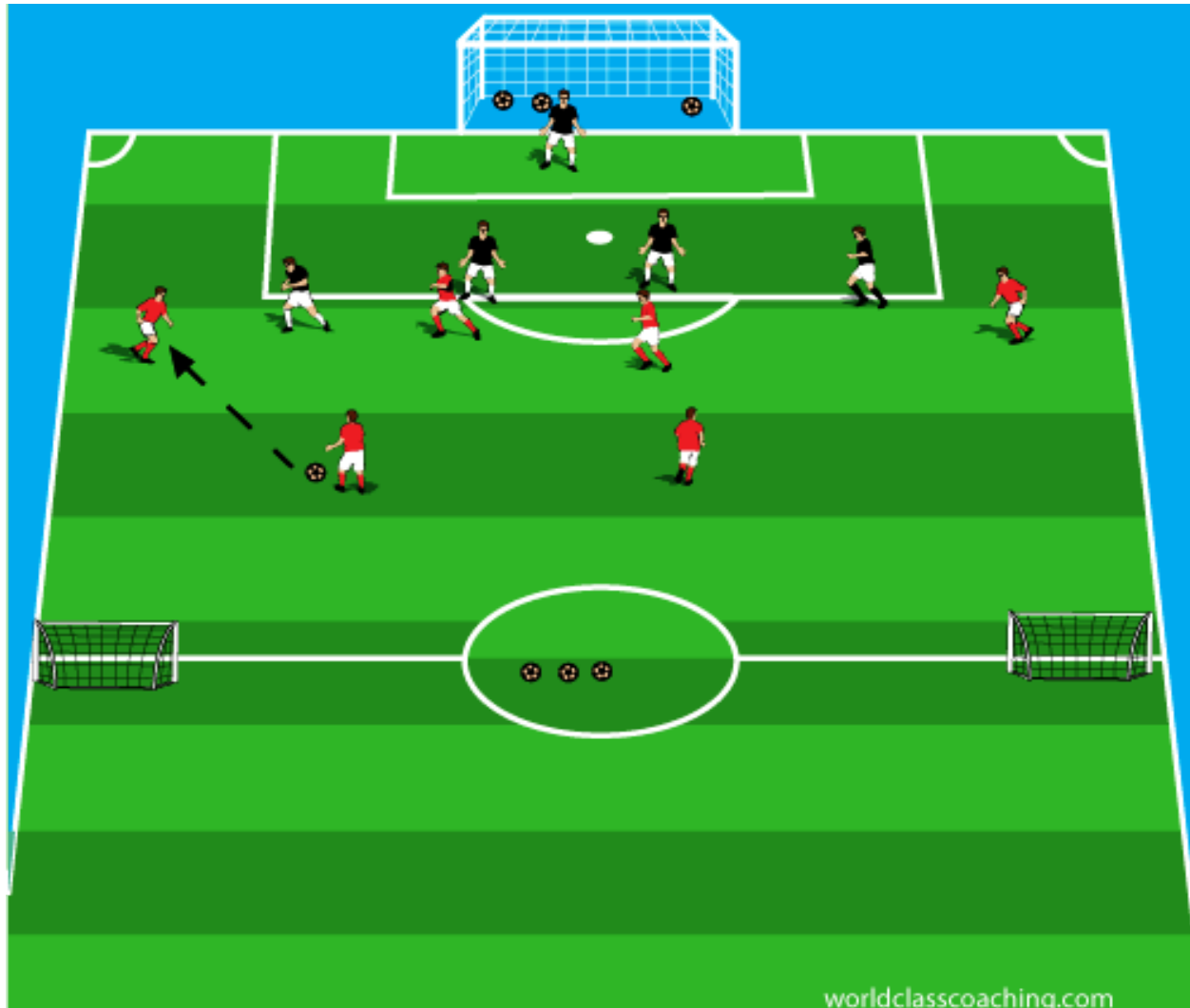
24x24 yard area

Play 2v2 plus two attacking end line target players for each team with goalkeepers. All restarts are from the goalkeepers, who are encouraged to play with their feet and in support of the ball when their team is in possession. End line players are limited to one touch and cannot shoot or be tackled. The goalkeeper cannot shoot.

This is an excellent environment for sharpening the goalkeeper's ability to distribute and support possession in attack and work with defenders in an overload situation on defense. The goalkeeper and defenders will be forced to concede some space and defend in critical situations (i.e. short crosses and rebounds) before goal. Communication to prioritize threats is an important point of emphasis. Rotate the end line targets every two minutes.

Variations:

- Goalkeepers can shoot. This variation will open up the game, creating immediate shooting angles for the attacking team. This will force the defending goalkeeper to play higher and challenge shooters.



6 vs. 4: The goalkeeper Working with the Back Line

½ field

Play 6 vs. 4 plus the goalkeeper on ½ field. This traditional setting is still an outstanding environment from which to work with the goalkeeper to coach and coordinate with the back line. A short list of proposed training topics is below. The main theme, from the point of view of coaching the goalkeeper, is for the coach to be able to spend time with goalkeeper in a game setting imprinting the coach's tactical preferences.

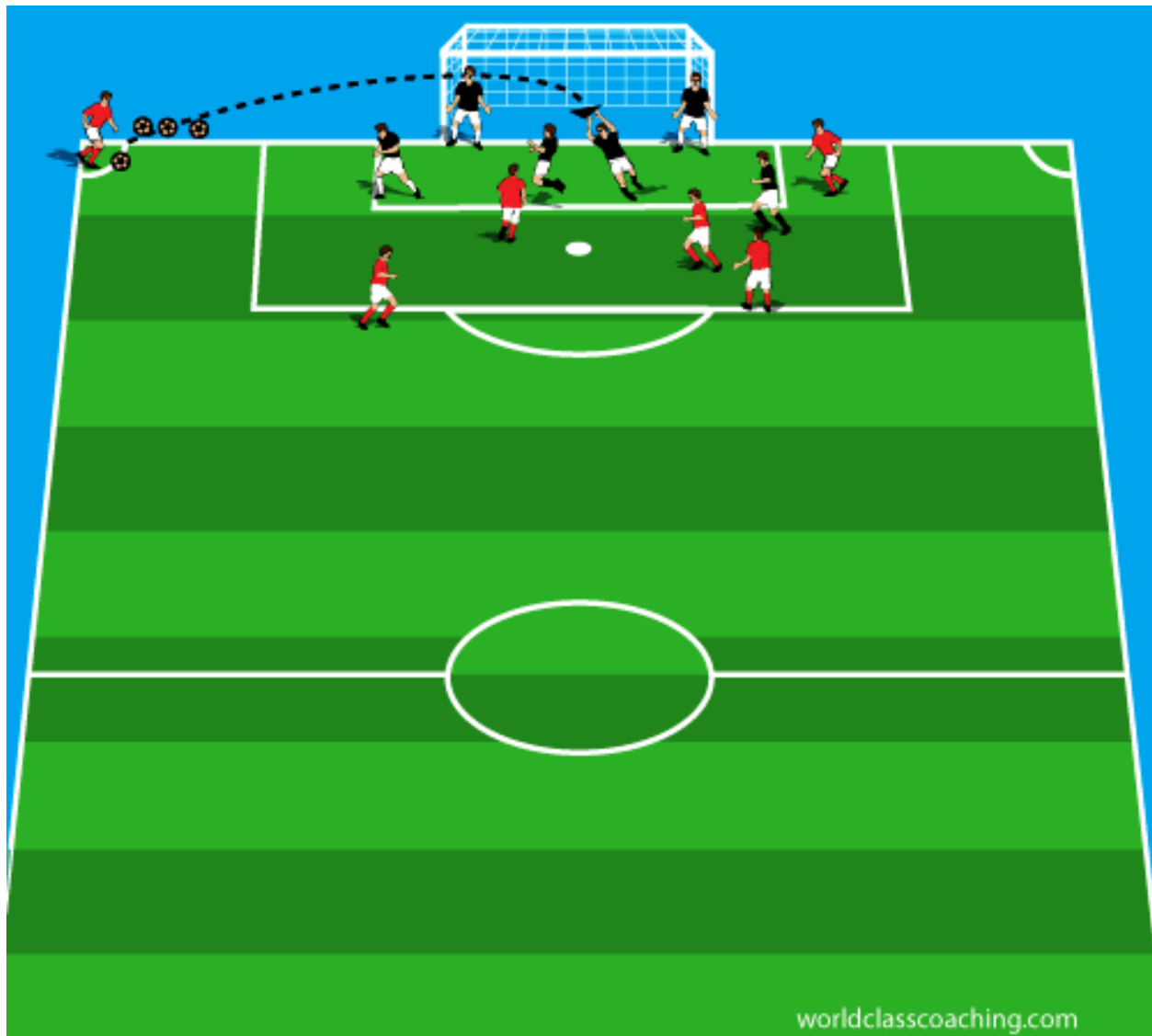
Training topics:

- Goalkeeper coordinates back line movement without ball.
- Goalkeeper coordinates back line possession.

- Goalkeeper coordinates marking of back line.
- Goalkeeper and back line dealing with through balls.
- Goalkeeper and back line defending crosses.
- Goalkeeper and back line defending set-pieces.
- Goalkeeper distribution to back line.

Variation:

- Add two counter goals (shown) for the defending team to play into.



Corner Kick Game

1/3 field

Divide the group into two teams. Each team takes 5 consecutive corner kicks while the other team defends. The ball is live inside the 18-yard box after the serve. Give one point to the attackers for a goal and a point to the defenders for a first-time clearance that leaves the 18-yard box (except for a ball played over the end line, which results in another kick for the attackers). Goalkeepers form their own

team and receive one point for each clean handle of a cross (ball held or ball punched or kicked clear of the area). Play several rounds, encouraging the attackers to try short corners and serves and runs that vary the pressure on the defending group. Demand that the goalkeeper organize the defense before each kick and make early calls regarding whether he will be handling the ball or wanting it cleared by the defending group. Finally, also coach the goalkeeper to clear the box area immediately after the ball leaves the 18-yard box.

Conclusion

This collection of exercises represents many of the exercises used on a daily basis to train elite goalkeepers at the club and collegiate level. Though this collection does not, in and of itself, represent a curriculum for high-level goalkeeper training and development, the use of these exercises and their many variations on a regular basis will certainly improve and sharpen the skill set of any goalkeeper. It is hoped that the twenty base exercises (plus nearly one hundred variations and progressions) in this volume, in combination with the fifty base exercises and dozens of variations introduced in the original *Goalie Wars* book, will form a useful, engaging and effective library of training exercises for specialists and team coaches alike.

About the Author

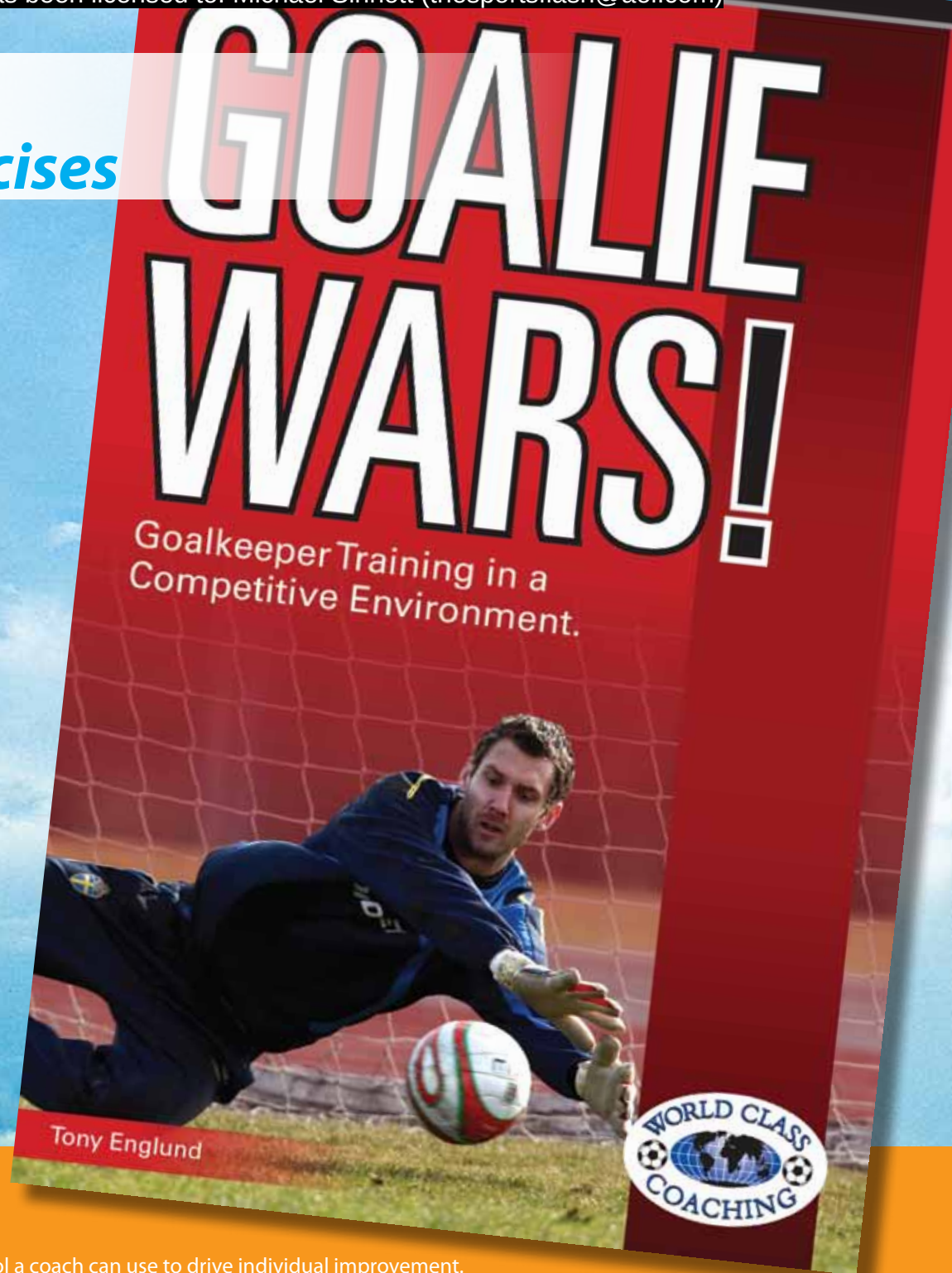
Tony Englund was selected among the original cadre of five consultants for the National Soccer Coaches Association of America (NSCAA) Club Standards Project. He holds more than a dozen coaching awards from the NSCAA, including the Premier, Director of Coaching and National Goalkeeping Diplomas. A frequent presenter at clinics in the Midwest, Tony has also presented webinars for the NSCAA and he serves also serves as an Associate staff coach for the organization.

Tony's teams have earned numerous state titles, a Midwest Regional League Championship and national top fifty ranking, and he has been recognized at the state level as the Minnesota State High School League Coach of the Year.

More than a dozen of Tony's former players have gone on to play soccer at the NCAA Division I level, and in 2011 one of his collegiate goalkeepers completed the year with the lowest goals against average in the nation.

Tony is the author of five books published by World Class Coaching.

For Many More Exercises

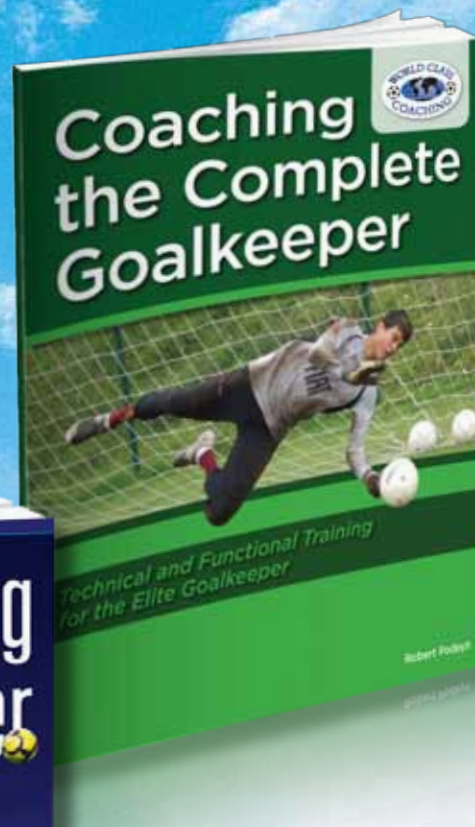
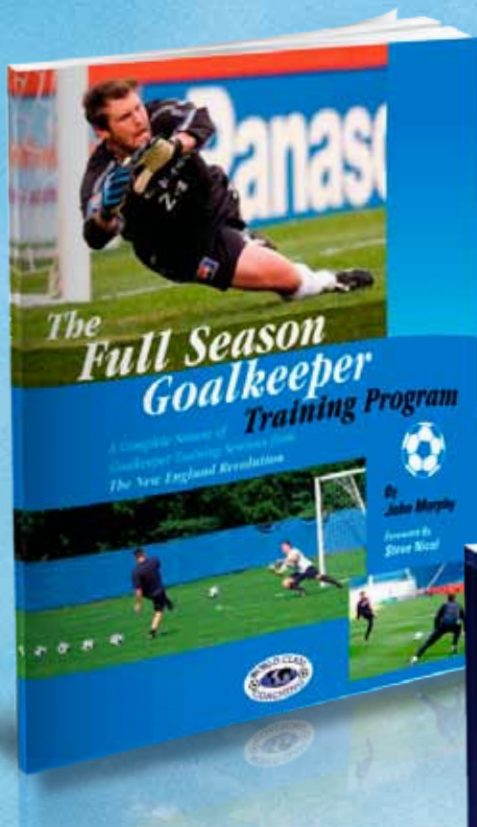


Competition is the single best tool a coach can use to drive individual improvement. Drills and exercises that focus on specific technical aspects are important but when the pressure of an opponent is added, performance is pushed to new heights. The natural opponent for a goalkeeper is a striker but an equally competitive situation can be created by having two goalkeepers compete against one-another.

Goalie Wars! shows you how to maximize the intensity and productivity of training session for the most specialized position in soccer. Training goalkeepers in pairs is one of the most economical and motivational methods you can use to bring out the best in your keepers.

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