

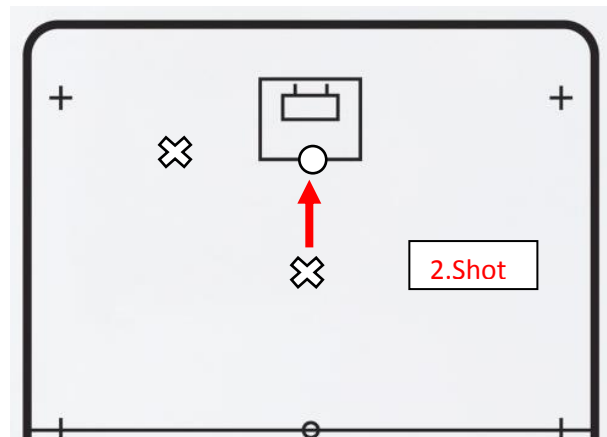
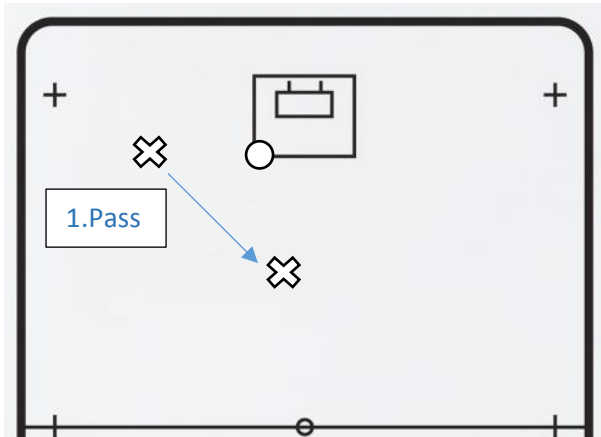


Floorball Goal Keeping Drills



Goal Keeping Drills

1.



Equipment needed: rink, balls, sticks and goalkeeper gear.

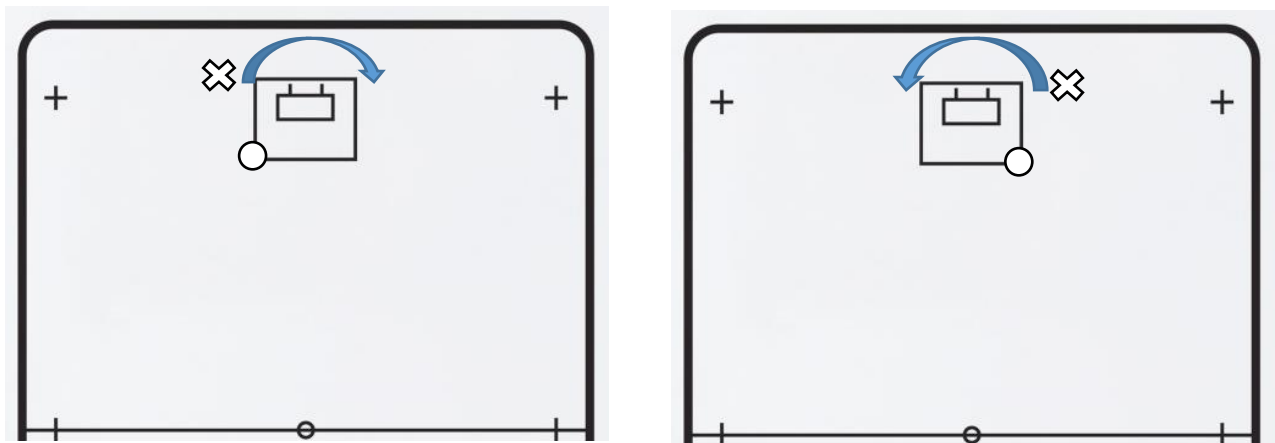
Instructions:

- Instruct the goalie to begin on the right post watching the player with the ball.
- Instruct the player at the post to pass the ball to the player in front of the goal.
- Instruct the player in front of the goal to take a shot on the goalie.

Learning:

The goalie must react quickly to the change in the point of attack and make a save. This drill can be sped up or slowed down to cater for all abilities.

2.



Equipment needed: rink, balls, sticks and goalkeeper gear.

Instructions:

- Instruct a player to run back and forth behind the goal with a ball.
- Instruct the goalie to react to where the player moves, covering the post at which the attacker is closest.
- Instruct the goalie to watch over their shoulder for the movement of the attacker.

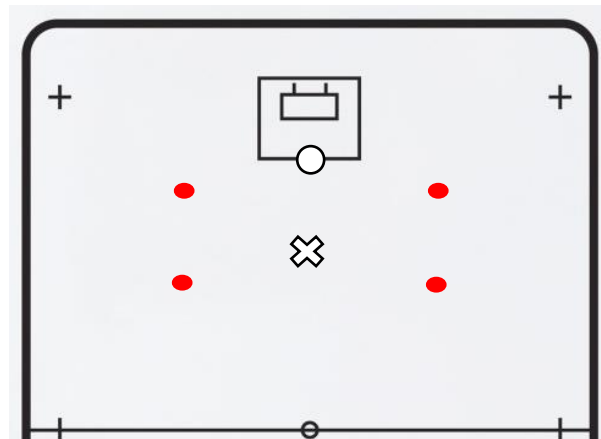
Learning:

This drill trains both movement and reaction. The goalkeeper should aim to keep up with the speed of the attacker.

Progression:

Encourage the attacking player to change up the direction they move, challenging the goalkeeper further

3.



Equipment needed: rink, balls, sticks and goalkeeper gear.

Instructions:

- Instruct a player to begin in front of the centre of the goal with four balls set up in a box around them.
- On the whistle, the player should retrieve one ball after another and take shots on the goalkeeper from different angles.
- The goalkeeper must react quickly to the incoming shots.

Learning:

This drill trains reaction and encourages the goalkeeper to make saves under pressure at speed. The drill can be sped up or slowed down. The balls can also be positioned further away from the goal or more toward the centre of the rink.

Resources

The following are some useful online resources where you can find many more drills to use in your coaching sessions. Many of the sites include video tutorials and detailed descriptions of drills and are a great go-to resource if in need of freshening up your training sessions and furthering your coaching knowledge.

- www.Floorballcoach.org
- <https://www.specialolympics.ie/WHATWEDO/SPORTS/Floorball.aspx>
- <https://www.youtube.com/watch?v=7WtDa2fP9Qk>
- <http://resources.specialolympics.org/Taxonomy/Sports Essentials/ Sports I nfo/Floorball.aspx>