



FREE DRILL: GOALIE

★ CLOSER

COMPETITIVE REPS

INDIVIDUAL SKILL

GAME BASED

AGES

6U+

PLAYERS

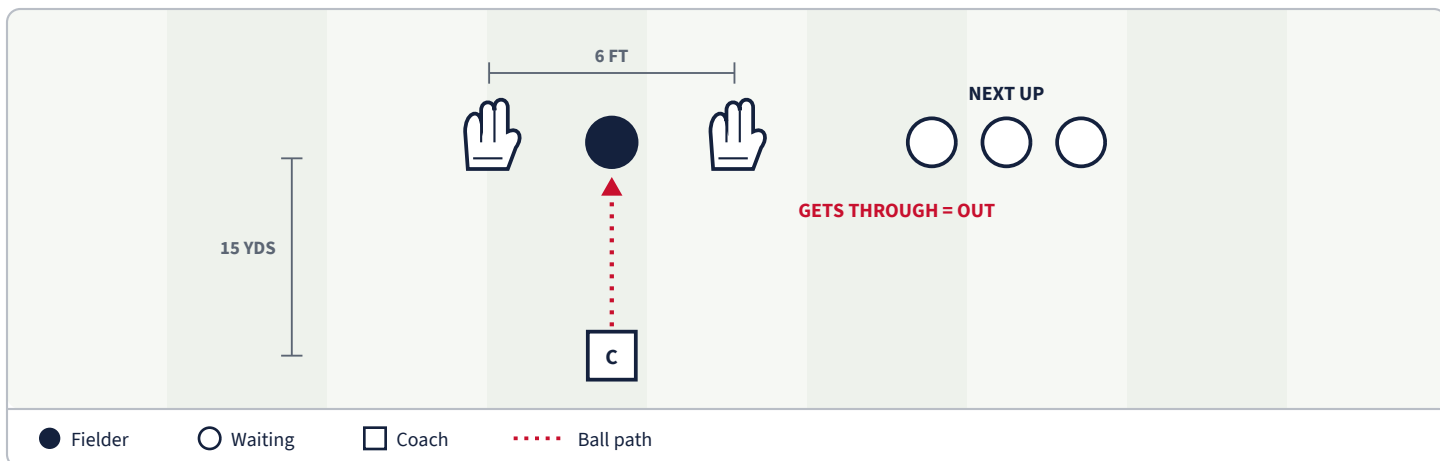
3 to 12

TIME

10 to 20 min

EQUIPMENT

2 gloves for goalposts, bucket of balls



WHY IT MATTERS

Kids learn the most important infield rule without a lecture... stop the ball first. A knocked down ball is still a chance at an out. A ball through the goal isn't.

HOW TO RUN IT

- 1 Set two gloves on the ground 6 feet apart as goalposts.
- 2 One player stands in the goal, the rest wait in line.
- 3 Coach hits or throws grounders from about 15 yards.
- 4 Ball gets through the goal and that player is out, next one in.
- 5 Last player standing wins.

COACHING CUES

- Get low and stay wide
- Stop the ball first... don't reach
- Glove down, body behind it

— MAKE IT EASIER

Move the gloves closer together and roll the ball.

+ MAKE IT HARDER

Widen the goal or hit it harder.

COMMON MISTAKES

Reaching with just the glove instead of moving the feet. Standing up tall and letting it go under.

SAFETY

Use softer balls or tennis balls with younger kids. Hit firm, not hard, and keep the line off to the side.

COACH'S NOTES

Your team loved Goalie?

There are 13 more infield drills, sample practice plans, and blank templates in Infield Drills That Work by BJ Corey.

drillsthatwork.com