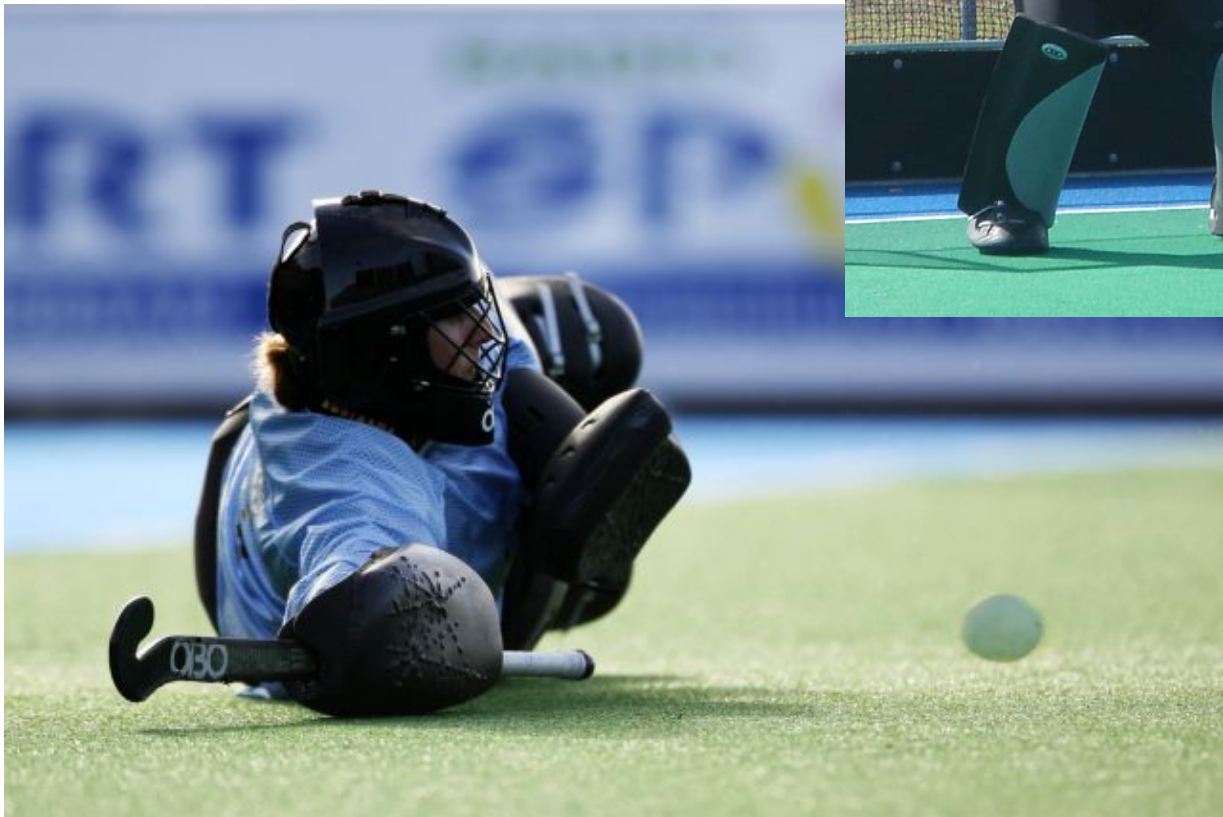


HOCKEY

NEW ZEALAND

Goalkeeping Games



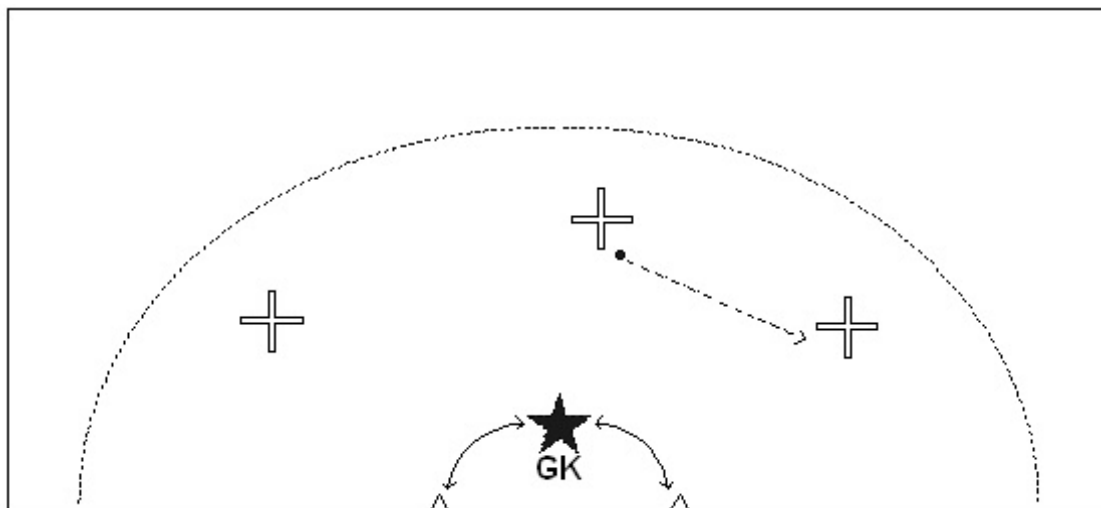
Title: Cut the Angles

Objective: To familiarise goalkeepers with cutting the angles and promoting wide saves through spaces

Equipment Needed:

- Hockey Sticks
- Hockey balls
- Goalkeeper(s)

Setup:



Description:

- Goalkeeper sets up in the goal
- 3 attackers (could be other goalkeepers) pass a ball amongst themselves looking for an opening to shoot gently
- The Goalkeeper must move in an arc – covering the angle from the shooter to the goal. This arc should be no further than 2m from the goal
- Look to use short sideways steps to manoeuvre around the goalmouth
- If the attackers score – they get one point, if the goalie saves the goal, they get one point. If the Goalkeeper saves the ball ejecting it from the circle, they get 2 points

Variations:

- Encourage the attackers to use different types of shot – flick, hit, push depending on player/GK ability
- Use a tennis ball instead of a hockey ball

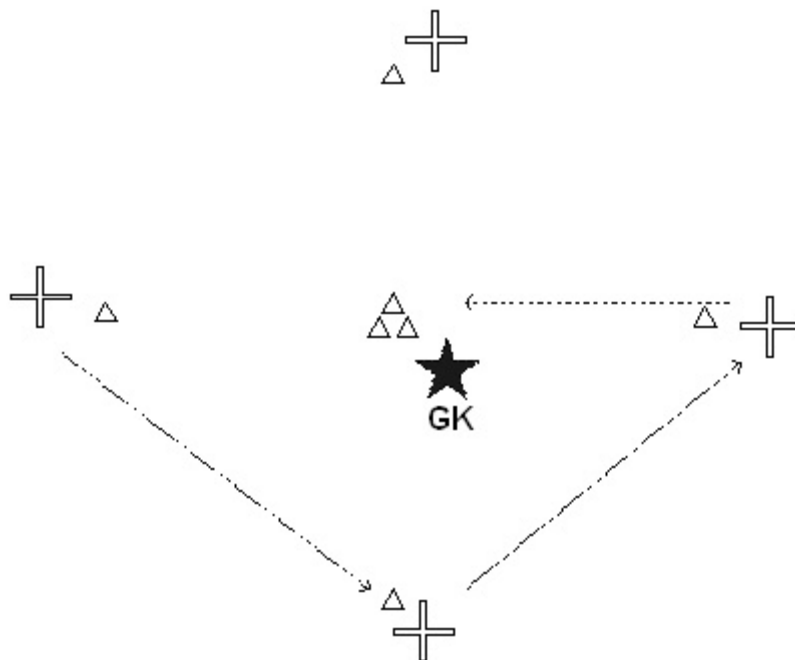
Title: Guard Duty

Objective: quick movement, balanced and focused

Equipment Needed:

- 8 x cones (or more)
- 1 x ball
- Hockey sticks

Setup:



Description:

- Goalkeeper stands in middle and their aim is to protect the cones from the ball
- The other players stand at the other four cones and try to hit the cones in the middle
- They do this by passing the ball from player to player in order to confuse the goalkeeper and knock the cones over
- The goalkeeper needs to keep the ball in sight at all times and circle around the cones so the players cannot get a good shot at the ball
- Push passing only

Variations:

- Add more players in so they are standing in a circle
- Players can pass across the circle and goalkeeper can try and intercept if they can
- Widen the circle so that if players wish they can try and beat the keeper one on one instead of trying to pass around the keeper

Title: Juggles

Objective: Improve hand/eye/feet co-ordination and focus

Equipment Needed:

- Goalkeeping Equipment
- 1x hockey ball per goalkeeper
- 3 x tennis balls if needed

Setup:



Description:

- This is a game that a keeper can play while their team is warming up or doing a drill that doesn't involve the goalkeeper
- The aim is to keep the ball in the air by bouncing it off their goalkeeping gear
- They can use any part of their body except the back of their stick (like in the game)
- Goalkeeper keeps score of how many times they can hit the ball in the air with their gear and try to beat it each time

Variations:

- Bouncing the ball on their stick only, using both face and edge
- Feet only/hands only
- Spin around while the ball is in the air and catch it on their glove/stick
- Alternatively take gloves off and try juggling three balls at once, if not confident use tennis balls

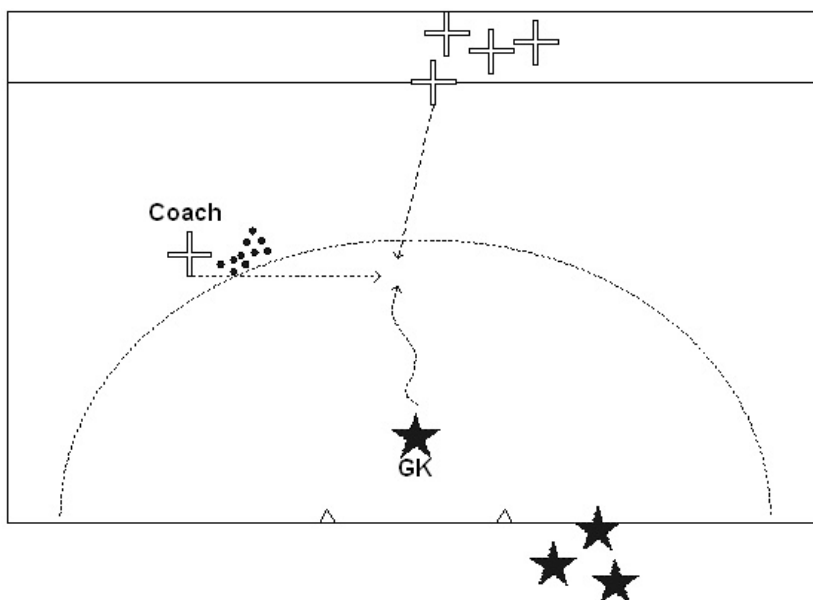
Title: One on One

Objective: To familiarise goalkeepers with the one on one situation and to improve their decision making

Equipment Needed:

- Hockey Sticks
- Hockey balls
- Goalkeeper(s)

Setup:



Description:

- Best played with 2-3 goalkeepers and 5-6 attackers
- Players start at about 25m line and goalkeeper starts at penalty spot
- Coach rolls a ball into the circle but not too easy for the goalkeeper to get to
- Both the player and the goalkeeper must try and reach the ball and either score or save respectively
- Goalkeepers are one team, attackers are another
- Both teams score points and the one with the most after 10 balls wins
- Goalkeepers rotate as do attackers
- If the goalkeeper fouls the player (by tripping them up etc) a penalty stroke will be taken
- Coach keeps score and acts as umpire
- Ensure the GK is making the correct decision – whether to attack the ball, or allow the player possession, channel, and cut the angle for the shot

Variations:

- Instead of coach rolling ball in attackers dribble the ball into the circle themselves
- Change the angle of input – ie get the ball rolled from the baseline, or from behind the player, or from the opposite side of the field
- Change the pace of the ball as it gets fed into the circle

Make the losing team of the round do something silly like skipping around the turf or hopping on one leg, ask winning team to decide what the 'punishment' will be

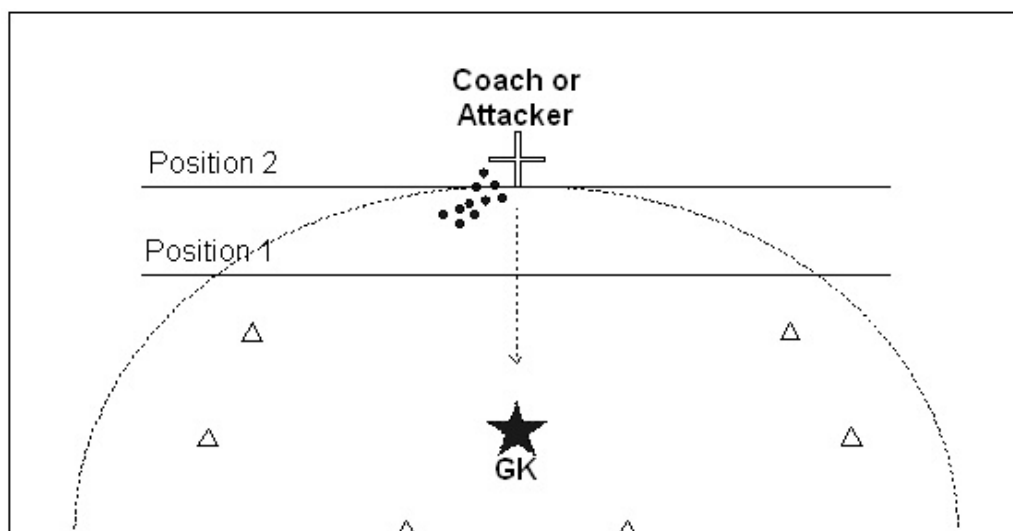
Title: Reflex Saves

Objective: To improve reactions and glove work

Equipment Needed:

- 15-20 x tennis balls
- tennis racquet
- hockey stick
- 4 x cones

Setup:



Description:

- Starting at position 1, the coach/player throws the balls at the goalkeeper. Aiming at mid to upper area of the goal so the keeper needs to use gloves and stick
- The goalkeepers aim is to save and clear the ball accurately to score points. They need to focus on deflecting the ball downward so they can then clear it wide by a controlled kick through the target
- 3 Points are awarded for scoring through a target, 2 points for saving and clearing the ball and 1 point for saving it but not controlling it so they can clear the ball
- The goalkeeper keeps track of their score after 1 round (10 shots), which they can then try and beat following rounds
- After 2-3 rounds at number 1 position, the coach moves back to number 2 and hits the ball at the goalkeeper with either a tennis racquet or hockey stick
- The goalkeeper this time has to save the ball and clear wide in one movement by using the glove or stick to **deflect** the ball wide or over the backline
- Again points are awarded 3 for between the base line and the first cone, 1 for between the cones and 2 for a controlled **deflection** over the back line

Variations:

- Try bouncing the ball at the goalkeeper, this makes it harder to save
- Do some high ones that fall into the goal, and start with the goalkeeper near the penalty spot so they have to run back and jump high to clear the ball
- The best way to save these type of shots (high lob) is to jump and push the ball over the top of the goal

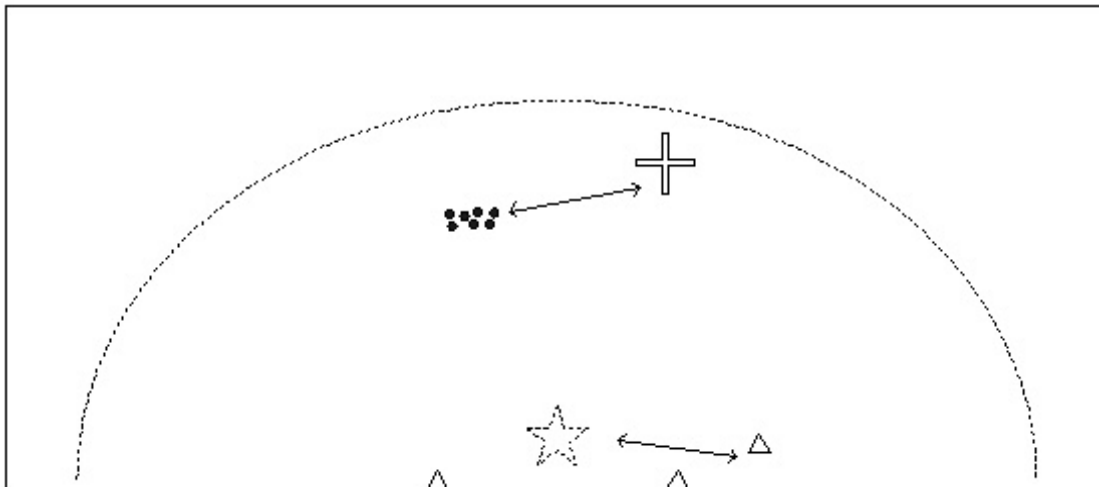
Title: Shoot - Save

Objective: Goalkeeper balance, fitness and agility, also striker fitness and agility

Equipment Needed:

- 2 x cones
- 6 x hockey balls

Setup:



Description:

- Players begin at starting positions shown above
- On the word 'GO' player runs to the ball and the goalkeeper runs to the goal
- Player shoots then run to cone and back again, goalkeeper saves the shot then runs to his/her cone and back again to save another shot
- Play continues until all balls have been shot
- Importance is on goalkeeper readiness for the shot and balance and position while running
- After one set reposition the cones so the goalkeeper is running from the other side and saving shots from a different angle
- Keep score on how many shots the keeper saves

Variations:

- Only goalkeeper runs, and different players shoot from various angles
- Alternate sides, so goalkeeper runs first to one side and back, saves a shot then runs to the other side and back
- Goalkeeper uses side steps instead of running
- Use tennis balls instead of hockey balls
- For advanced goalkeepers, they can run to the cone perform a slide to clear a stationary ball and then get back up and return to the goal for another shot
- The striker should wait until the keeper is 90% ready and then shoot

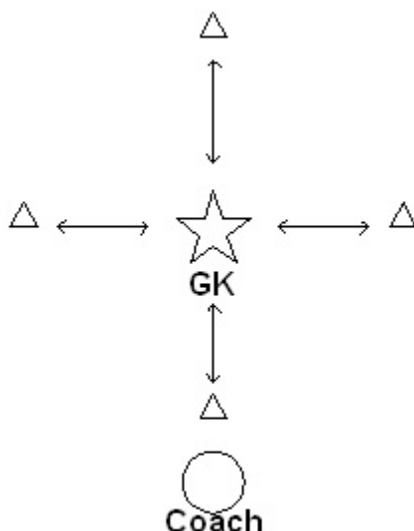
Title: Simon Says (for Goalies)

Objective: to familiarise goalkeepers with different types of movements they will need to make and check they are using the correct technique for each movement

Equipment Needed:

- GK Gear
- Balls
- 4 Cones

Setup:



Description:

- Like Simon Says except with goalkeeper movements
- For example "Simon says: left kick" goalkeeper show a left kick motion
- Other goalkeeping movements you can use:
 - right sidestep
 - jump (with gloves up)
 - run backwards
 - on the ground (goalkeeper lies down as they would in a game)
 - on your feet (goalkeeper gets up as they would in a game)
 - back to ready stance
- You could also add in silly things to make the game more fun such as spin around, or hit your head with your glove
- After each direction goalkeeper remains in that position until a new movement is called
- If a goalkeeper makes a mistake like moving when the person didn't say Simon says they have to do a 'punishment' e.g. run around the cones 3 times or do 5 star jumps

Variations:

- Add a ball, for example "Simon says left kick" roll a ball to the keeper who has to kick it back to you. Try and roll it in the centre so they have to move to use the correct foot
- Play with more than one keeper so they can take turns at being Simon

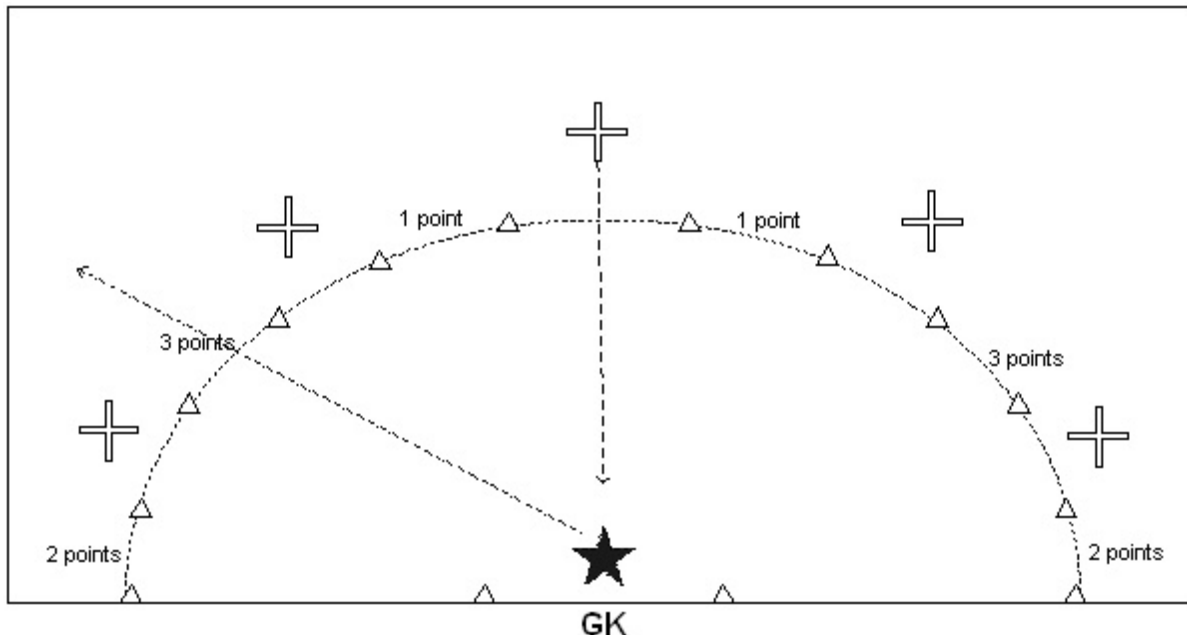
Title: Target Practice

Objective: To practice clearing the ball wide

Equipment Needed:

- GK gear
- 12 x cones for targets
- 10+ balls

Setup:



Description:

- 5-6 Attackers are spread out around the edge of the circle. Each attacker has 2-3 balls
- Starting from the left (or right) each attacker has a shot at goal
- The aim for the goalkeeper is not only to save the ball but clear it through 1 of the targets around the edge of the circle
- Points are awarded each time a goalkeeper clears the ball through one of these targets. 3 points are awarded for the middle targets, 2 for the targets closest to the base line and 1 for the targets closest to the top of the circle
- The attackers can also score points. 1 point for scoring in the middle of the goal and 2 points for scoring in between the cone and the post
- Attackers continue shooting from left to right until they have had 2-3 shots each (depending on how many balls they each have)
- Since the purpose of this game is for the goalkeeper to focus on clearing wide, the next attacker should wait until the goalkeeper is ready before taking their shot
- Once the attackers have finished shooting the goalkeeper and the attackers see who has the most points (GK vs. All attackers) to see who has won that round

Variations:

- Goalkeeper calls a name and that person shoots instead of going from left to right
- Players only wait until goalkeeper is 90-95% recovered before taking their shot
- Goalkeepers choose a target to aim at before the shot is taken. If they get it through that gate (on either side) they get 5 points e.g. 1, 2 or 3 doesn't matter if its left or right side

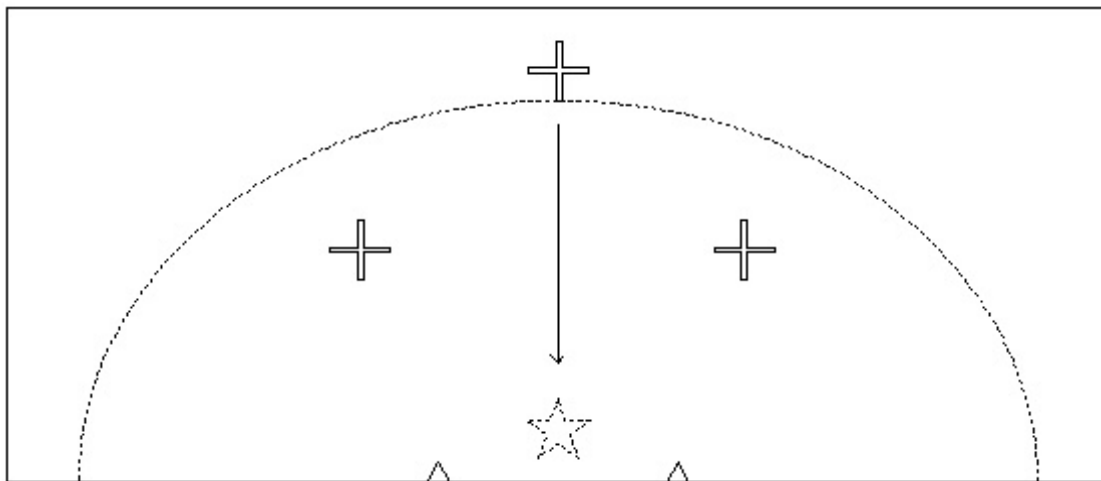
Title: Tennis Hockey

Objective: Mini game for goalkeepers, focus on saving the ball wide and not back into players

Equipment Needed:

- 1 x hockey stick each
- 1 x goal

Setup:



Description:

- 3 Players vs. Goalkeeper
- Basically a 3 on 1 situation
- The serve comes from a hit at the top of the circle
- Players attack from top of circle and play continues until a goal is scored or ball goes out of play
- Scoring is like tennis, games, sets etc
- If the players score a goal they get a score of 15, likewise if the goalkeeper clears the ball out of the circle or *deflects* the ball over the backline then the GK gets a score of 15 and so on
- Coach acts as umpire, normal hockey rules apply

Variations:

- Rotate goalkeepers after every game e.g. first to 40
- Rotate field players after each game

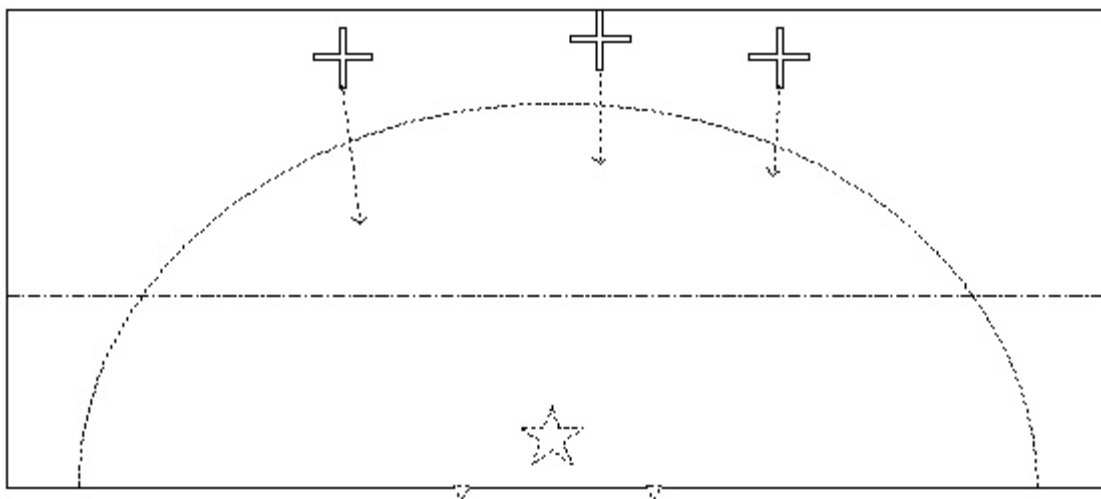
Title: What's the Time Goalie?

Objective: Fun game for young goalies; teach them to keep their eyes open and judge distance

Equipment Needed:

- 1 x ball per player
- 1 x goal
- 1 x hockey stick per player

Setup:



Description:

- Same idea as the children's game "What's the time Mr Wolf?"
- GK stands facing the goal
- Players start at least 15-20m away
- Players ask "What's the Time Goalie?"
- Goalkeeper answers a time e.g. "3 o'clock" so each player takes 3 steps forwards while dribbling their ball
- Players keep asking and moving (2 o'clock = 2 steps, 5 o'clock = 5 steps and so on) until they have crossed the 5m line
- Once players cross a marked line about 5m away they shouts 'NOW' and shoots and the goalkeeper has to spin around and stop the shot
- The players can have a (flick/scoop/push) shot at goal one at a time
- Once players have had their shot they go back to the start line and the game continues
- Goalkeepers and players count their own scores

Variations:

- Players have a ball between 2 and they pass it between them as they move towards the goal
- For older players, instead of having a shot they must try and get the ball around the goalkeeper in a 1 on 1 situation
- Have one "hitter" at the top of the circle and the players who have moved in then deflect the ball