

## **Box Drill:**

- 1 coach to call out numbers, 1-4 Goalkeepers, 4 – 10 cones (4 cones per keeper)
- Create a 4-cone box with each side 4-5 yards long
- Assign each cone a number 1-4, in any order (you may change orders throughout the drill)
  1. Goalkeeper(s) begin in the middle of each box
  2. Coach calls out a number, the keeper touches the corresponding cone with hand and returns to the center as quick as possible
  3. Once the goalkeeper is back in the middle, the coach continues to call out a number
    - Throughout the drill switch the numbers of each cone, add commands like left and right (collapse dive) and up (jump for a high ball)