

## GOALIE DRILL

### PURPOSE

To develop positioning and ball-handling skills for keeping a ground ball in front of the body

### EQUIPMENT

A bucket of baseballs, gloves, cones

### TIME

1 to 2 minutes per person

### PROCEDURE

1. Set up two cones 8 to 15 feet apart, depending on the age and ability of players.
2. One player stands between the cones.
3. Another player serves as backup.
4. The coach throws grounders between the cones, and the player tries to stop the ball with his glove before it gets behind him, just as a hockey goalie would sweep away a puck.
5. Award a point for every ball the player stops.
6. Coaches can practice this drill with either a predetermined number of throws to each player or with a time limit.
7. Once done, the fielder moves to the back of the line, the backup becomes the fielder, and the next person in line becomes the backup.

### KEY POINTS

This is one of the few drills that teaches players to stop the ball rather than catch it. Learning to knock the ball down while keeping it in front of the body is just as important as catching it with a glove. In game situations many hits are too hard to handle flawlessly; however, with the right mind-set, players can be confident about making the play if they learn to keep the ball in front of them. This drill also emphasizes the importance of keeping the ball in front of the body if it is mishandled or dropped.

## GOALIE DRILL

1. Players should not try to anticipate which side the coach will throw to.
2. The players can dive toward the baseball if they can do so safely.
3. It is important that players move toward the ball instead of just reaching for the ball with their arms while staying in one place.
4. Because this drill involves two players at a time, try to assemble as many of these stations as you can to keep as many players as possible actively participating. Assistant coaches or even other players can throw the ground balls.

