



## WOMEN'S WIDE STEP WARM UP DRILL

### DRILL SPECS:

**Drill Theme:** Goalie  
**Field Location:** Attack Zone  
**Time Needed:** 10 Min

**Drill Style:** Skill  
**Field Position:** Goalie  
**Skill Level:** Basic

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### OBJECTIVE:

Warm up your goalie by over emphasizing the step across the crease and making saves by bringing your body behind the ball.

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### DRILL DESCRIPTION:

Have your goalie get in goal and start on the right post with their right foot touching the post. The coach will stand about 7 to 10 yards away and look to shoot a ball at the left post. When the shot is taken the goalie will take the fast, long step across the crease and look to make the save.

The step requires a quick jump and keeping your eyes on the ball.

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### SKILLS PRACTICED:

- Goalie Play

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### VARIATIONS:

Vary where the shot on goal comes from each time to vary the movements.

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**DRILL DIAGRAM:**

