

ACTIVITY #1

Set up: Warm-up. Goalkeeper Tag. Inside penalty area. 12 goalkeepers, four balls and four pinnies (yellow).

Instructions: The four goalkeepers holding pinnies are "taggers" and try to tag the goalkeepers without the ball. If you are in possession of a ball then you cannot be tagged. Goalkeepers must distribute the ball using proper distribution. If you are tagged, hand over the pinnie and you become one of the four "taggers". If the goalkeeper runs out of the area, they automatically take over the role as a "tagger".

Coaching Points: Focus on communication, movement with and without the ball, reactions, proper technique distributing as well as catching. Distribution includes; throwing underhand and overhand, rolling, and bouncing. Progressions include making the space smaller and/or taking away balls. In this diagram Player "A" must distribute to Player "B" before Player "C" tags him/her. Player "D" throws to Player "E" before Player "F" tags him/her.

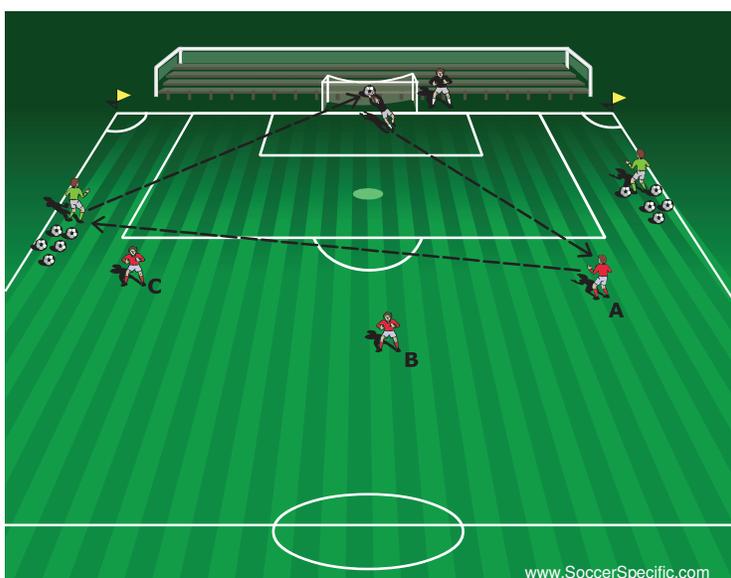


ACTIVITY #2

Set up: Double Save. Use the goal area, 4 cones, balls, and use multiple goals so everyone is working. Two goalkeepers are working at once.

Instructions: The goalkeeper faces the corner flag, turns and makes a save from a volley from the server "S" in front of the first cone. The goalkeeper must roll the ball back to the server and get set in front of the second cone for a one time finish and save. Next goalkeeper in line performs the same sequence. Progression includes striking a half volley and strikes from the ground. In this diagram #1 is on the way to making the save from a volley service and #2 has just made the second save from the ball struck first time.

Coaching Points: Focus on proper footwork across the goal, getting your feet "set" for the shot and clean handling. The serves must be accurate and with proper pace to ensure flow within the activity. Switch the roles of the goalkeepers after 3-6 sets.



ACTIVITY #3

Set up: Find The Open Target. 2 servers from the flanks, 3 targets and 1-2 goalkeepers working. Multiple goals can be set up for economical training.

Instructions: Balls are served from the flanks and the goalkeeper must make the save. The goalkeeper must find the target that is facing him/her and deliver the ball. Vary the distances of the targets to work on long throws, mid range throws and rolling balls. Progression includes assigning a number or letter to each target and while the ball is in the air the coach shouts "A" and the goalkeeper must know exactly where to throw the ball. In this diagram the coach has shouted "A" so once the goalkeeper catches the ball he/she must find target player "A". "A" then distributes back to the flank player where the play originated from. Alternate sides and switch the roles after a designated amount of reps.

Coaching Points: Communication, verbal and non verbal, decision making, starting position, timing and use of the proper distribution.

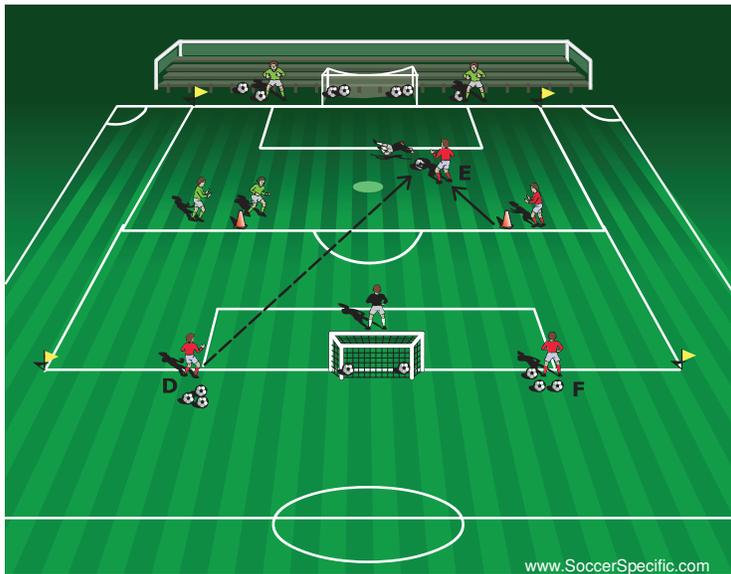


ACTIVITY #4

Set up: The grid size is 44X36, two penalty areas. Multiple goals, all field players can be used as well.

Instructions: The green players "A" and "B" alternate serving to the green player "C" making sure to vary the services forcing the goalkeeper to make different decisions. The ball can be played to feet, played as a thru ball or chipped into a 50/50 situation. In this diagram, "B" has served to feet creating a shooting opportunity inside the penalty area. Alternate the green and red players and switch the goalkeepers after each chance at goal in order to keep them fresh.

Coaching Points: Focus on the starting position of the goalkeeper, decision making, clear and precise communication; "keeper" or "away", timing, and bravery.



ACTIVITY #5

Set up: The grid size is 44X36, two penalty areas. Multiple goals, all field players can be used as well.

Instructions: In this diagram Player "D" has played a thru ball and created a 50/50 breakaway situation. Player "E" has run onto the ball and challenged the goalkeeper. Player "F" will serve next creating a different angled ball making it different than the previous service. Challenge the goalkeeper and try to be deceptive. Services can be driven hard at the players on the cones so they have to take the pace out of the ball and work on their first touch.

Coaching Points: Focus on the starting position of the goalkeeper, decision making, clear and precise communication; "keeper" or "away", timing, and bravery.