

## GK Ladders

Two groups in two ladders, 10 yards past ladder for shots 4x each pattern

Patterns:

Single in/out with feet, low ground server

Backwards diagonal, mid level from ground service

Side alternated low ring up/down lead foot, low or mid dive or front smother

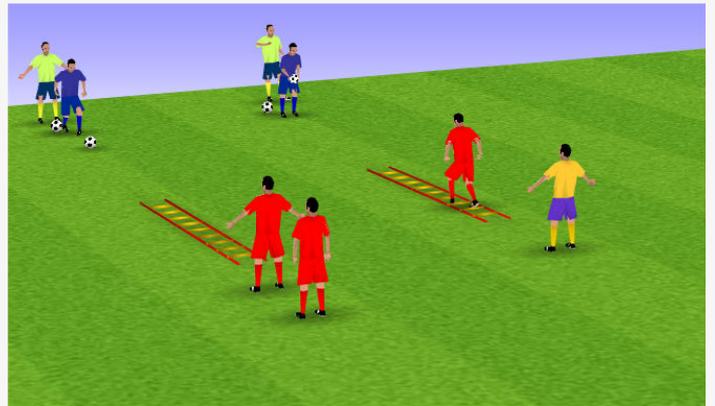
Single leg high hop, volley to midrange

Iggy Shuffle, volley to high ball

Dynamic stretch as needed

If bad service, must sprint to get it.

Coaching Points: hands in front, bend at knees, level shoulders, eye on ball, feet under body



## High balls early serves

Groups of three: Use kickback goal instead of red cones in middle  
 One in Goal, Two servers with one on each outside 18 yard box.  
 GK starts in push up and gets up to server one for high ball shot, distribute back then get other side high service. Push up after two shots.

Get six shots then rotate positions. All distribution should be back to feet of server. 2x of each service.

Second round: driven balls to near or far post two touch minimum on server

Third round: Volleys on serves, distribute back to hands...clean catch or burpee penalty

Fourth round: add player in front of GK, open long shots to land inside 6 yard box or shot on frame. If server misses goal, must sprint to get ball and return to server cone.

CP: Communication, footwork to get up, eye on ball, call keeper early, catch at highest point, body behind ball or under it, land balanced, low set to get up on high shots, tip or parry



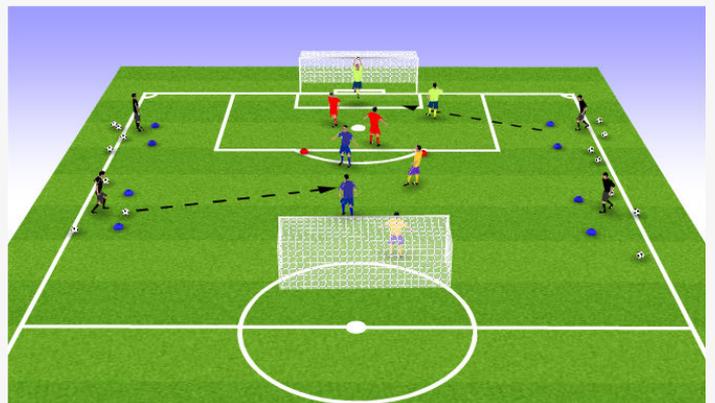
## GK 2v2+2

2 games of 2v2 plus 2 neutral servers on outside:

Servers must serve ball within 3 touches between the blue cones for early serves in the box. GK can make save then put ball on ground and become field player while teammate changes to GK. Once ball on ground it stays on ground until save. Rotate after three minutes.

Add additional neutral attacking player in middle or play 2v1 in middle for older players. May need to separate fields for safety and space available.

CP: organize, communication, balance to catch ball, eye on ball, distribution decisions, position for early cross, angle to server, footwork across frame



## GK Handball

### 4v4 GK Handball

two steps, can't smack out of hands, only steal passes or catch shots

Score by distribution into goal with hands to teammate for finish

Goalkeeper hand distribution only.

CP: Team shape, communication, eye on ball, both hands behind ball, distribution technical

