

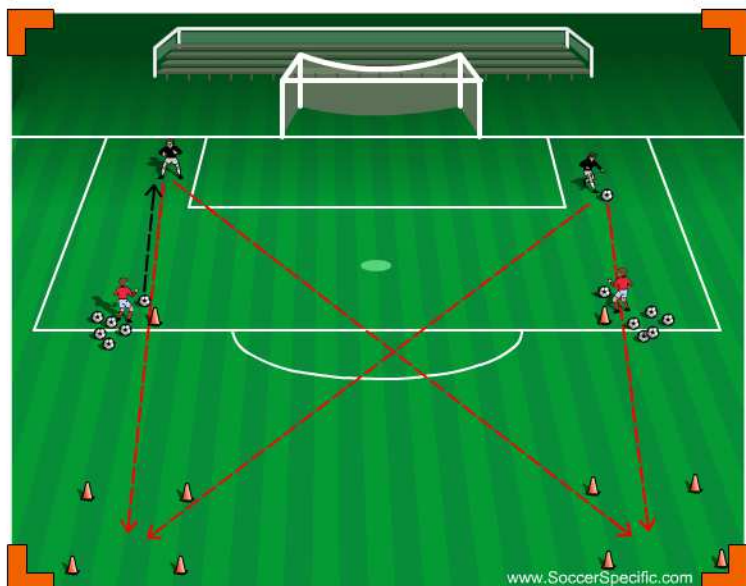
### ACTIVITY #1

**Set up:** Warm Up: Two goalkeepers are positioned around the six-yard box as shown. Two servers (1,2) are positioned just outside the 18-yard box with a supply of balls.

**Instructions:** The ball is played on the ground by player (1). Goalkeeper takes touch with left foot and plays ball with right foot to player (2). He then takes the ball from player (2) across the body and plays to player (1) with left foot.

**Progression:** Extend the length the Goalkeeper has to kick the ball, Players 1 and 2 can move to the position on 3 and 4. Goalkeepers can also throw, kick from hands to increase range and different distribution techniques.

**Coaching Points:** Awareness of space and players movement before pass is played. Weight and angle of pass. Encourage use of both feet.

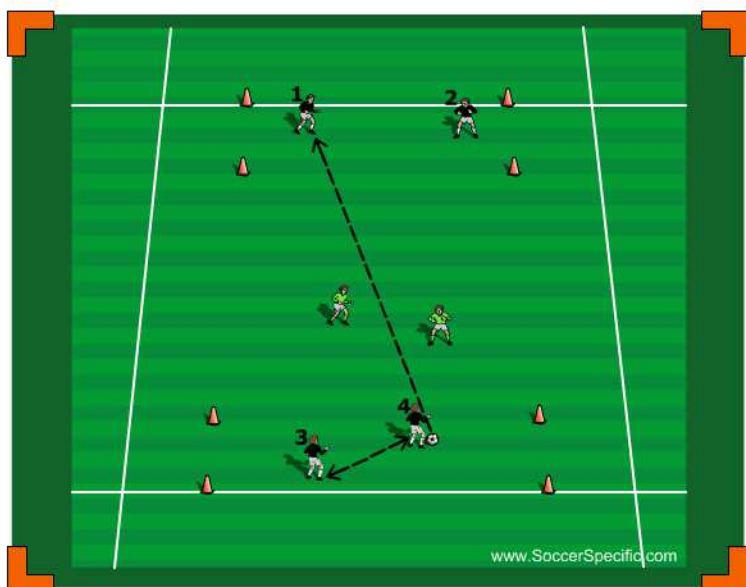


### ACTIVITY #2

**Set up:** Two goalkeepers are positioned inside the 18-yard box as shown. Servers (1,2) are positioned approximately 10 yards away with a supply of balls.

**Instructions:** Players (1) and (2) pass to the respective goalkeepers. They then, in turn, take a touch and try to pass the ball into the coned areas. **Progression:** This practice can be varied by: Limiting the amount of touches, Servers pressuring the goalkeeper, diagonal passing into opposite coned area.

**Coaching Points:** Body shape, type of kick for situation, toes under ball for height, lock ankle for driven pass. Take a touch if required. Ensure the accuracy.



### ACTIVITY #3

**Set up:** Four goalkeepers (1,2,3,4) are positioned inside grids approximately 30 yards apart. Two additional players (goalkeepers should be used if available) are positioned in the central area as shown.

**Instructions:** The goalkeepers in the box pass the ball back and forth. One of the goalkeepers takes a touch and tries to find the other goalkeepers in the opposite grid. Players in the middle area should attempt to stop the ball from going into the opposite grid. **Progression:** Players use left foot only, right foot only, weaker foot.

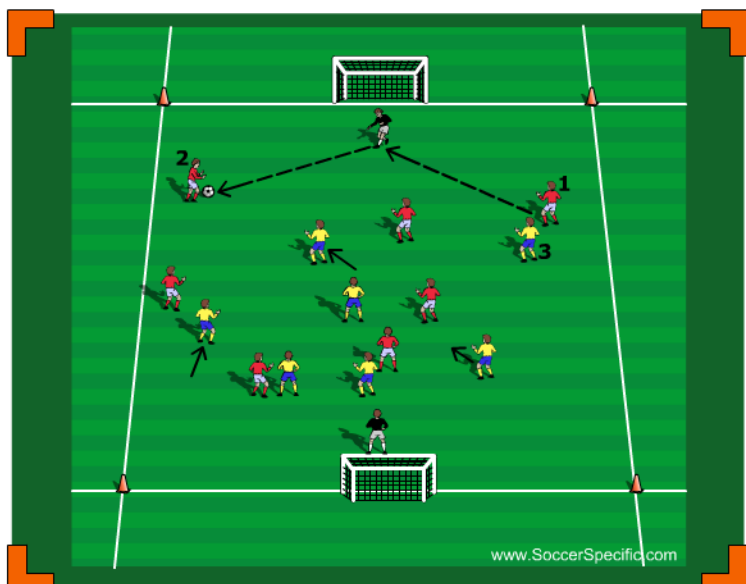
**Coaching Points:** Weight, angle and timing of passes. Body shape depending on if the pass is lofted or driven, plant foot next to ball, good posture. Accuracy is important must land in box and advance to must be played to opposite goalkeeper.

#### ACTIVITY #4

**Set up:** Conditioned Game: An 8v8 is organized as shown (numbers may vary depending on size of squad).

**Instructions:** Both teams compete for possession of the ball and attempt to score in their opponent's goal. Goalkeepers are encouraged to show good distribution with hands as well as feet. \*In this diagram, Red (1) is being pressured by Yellow (3). Red (1) opts to pass to the goalkeeper -the goalkeeper has quickly taken a touch and distributed to the "front foot" of Red (2).

**Coaching Points:** Coach goalkeepers to play to a defender's stronger foot, play the pass to the safe side of the player. Encourage a variety of passes.



#### ACTIVITY #5

**Set up:** Cool Down: One team is organized with one ball each. The other team moves freely with NO ball.

**Instructions:** Half the group dribble freely in a defined area, whilst the other half follow, then stop to perform various static stretching activities. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.

**Coaching Points:** Ensure the players slow the work rate down over the course of the cool down and decrease their heart rate. Players should also be encouraged to perform static stretches 2 hours after the end of the training session.

