

ACTIVITY #1

Set up: Warm Up:

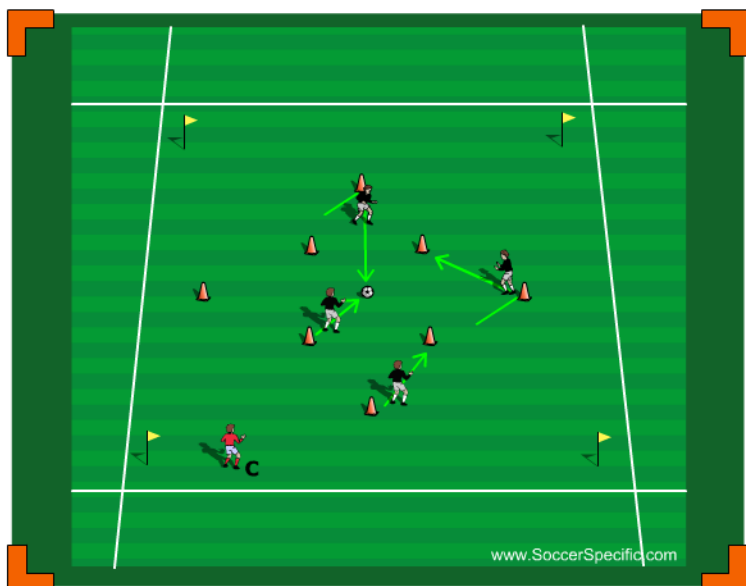
Four goalkeepers are positioned inside a coned area as shown. Cones are approximately 5-10yds apart.

Instructions: Goalkeepers move between balls or disks, listening to calls from the coach. Side Ways, Skipping, heels up, knees up, etc

Coaching Points:

Perform various dynamic movements / stretches - lunges side-lunges, leg swings etc

Leg movements, and flexibility - ensure players are moving freely and not in an awkward fashion.



ACTIVITY #2

Set up: Skill Practice Exercise: Sequence Passing

Four goalkeepers are positioned inside the 20x20yd coned area as shown.

Instructions: Goalkeepers move in the box area passing the ball to each other in a sequence defined by the coach - for example: Coach calls "1,4,2,3" - layers must pass in that sequence.

Progressions:

Different ball can be used, rugby ball, tennis balls, and footballs.

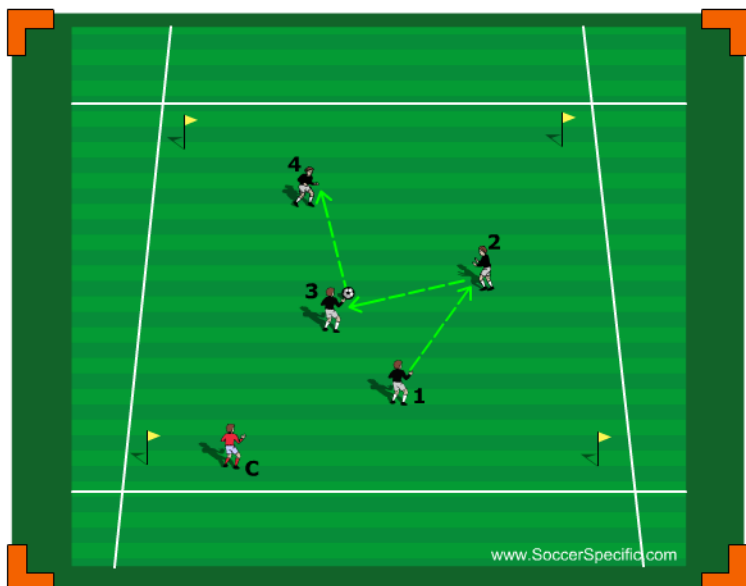
To progress the exercise add a 2nd ball and vary the choice of throws between the goalkeepers. Loft Throw, over arm throw etc.

Coaching Points:

Hands in front of body

Hands behind the ball to catch

In below chest height use the "basket" to catch - curved arms into body



ACTIVITY #3

Set up: Technical Practice:

Cones are placed as shown. Two goalkeepers (A) are positioned with balls at one side of the area as shown.

Instructions: Goalkeepers (B) vary movements through cones - lateral, forward, side-shuffle etc - before receiving a ball from (A). Goalkeepers (A) can vary their service - volleys, half-volleys, throws, high balls, low balls etc.

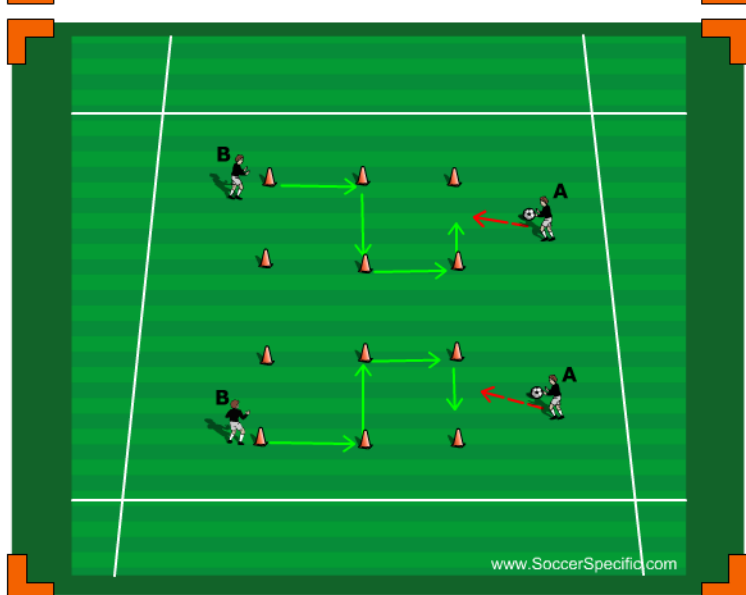
Change servers after assigned number of reps.

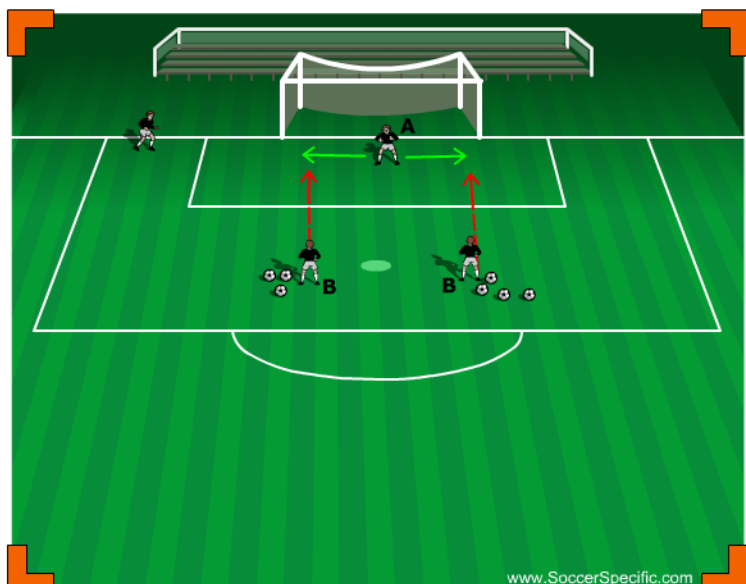
Coaching Points:

Quality of technique -

Footwork through cones

Hands in front of body, "W" shape (hands behind the ball), If below chest height take ball into the basket (curved arms into body),





ACTIVITY #4

Set up: Technical Practice:

Goalkeeper (A) is positioned in goal: Goalkeepers (B) are positioned approximately 12 yards away with a supply of balls and act as servers. The fourth goalkeeper performs stretching / abdominal training routine.

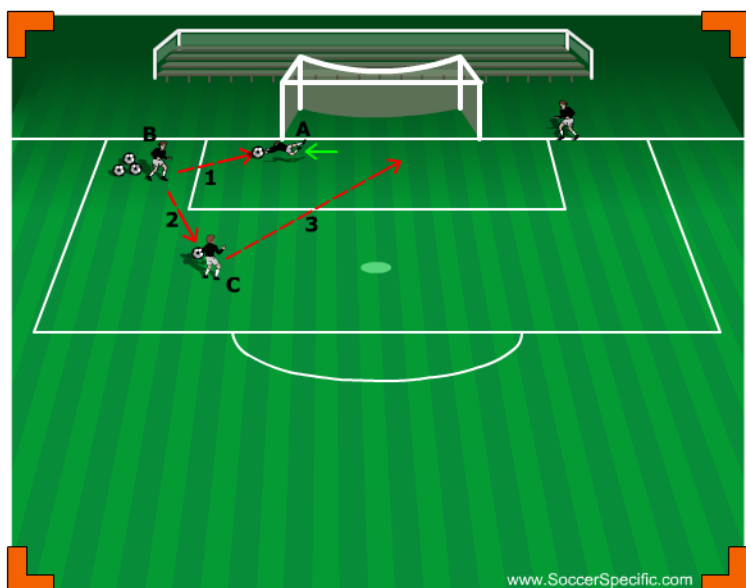
Instructions: Goalkeeper (A) moves laterally receiving varied delivery from both servers (B). Servers vary type of ball -

- (1) Low service
- (2) Medium Balls
- (3) High Balls

Perform 8-10 repetitions - then switch working GK to avoid fatigue.

Coaching Points:

- (1) Short Step Forward, (2) Hands forward of body line, (3) Head and eyes looking at the ball, (4) Chest facing out, (not a swimming pool dive) (5) Ball on ground, then keeper takes ball with one hand behind and one hand on top of ball, use ground as third hand. (6) Back to feet as quickly as possible. (7) Push off with hand and leg keeping body weight forward.



ACTIVITY #5

Set up: Technical Practice:

Goalkeeper (A) is positioned in goal: Goalkeepers (B) are positioned at two different angles as shown. The fourth goalkeeper performs stretching / abdominal training routine.

Instructions: Goalkeeper (A) moves laterally receiving a "near-post" shot from (B). Player (B) then quickly passes a "cut-back" ball to (C) - the goalkeeper (A) must quickly regain his feet to adjust to this new ball position. (C) then attempts to score towards the far-post area - goalkeeper must attempt to save all shots.

Rotate goalkeepers after 4-6 repetitions.

Coaching Points: (1) Short Step Forward, (2) Hands forward of body line, (3) Ball on ground, then keeper takes ball with one hand behind and one hand on top of ball, use ground as third hand. (4) Back to feet as quickly as possible, (5) Push off with hand and leg keeping body weight forward



ACTIVITY #6

Set up: Conditioned Game:

Goalkeepers join the other players for a 5v5 - 8v8 (depending on numbers) small-sided game.

Instructions: Both teams compete for possession of the ball and attempt to score in their opponents goal. Teams are encouraged to shoot from distance to test the goalkeepers.

Progression:

Players awarded extra points for shooting / scoring from own half.

Coaching Points:

Goalkeepers must anticipate the play - be ready.

Focus on previous technical aspects - handling, footwork etc.

Communication with teammates.