

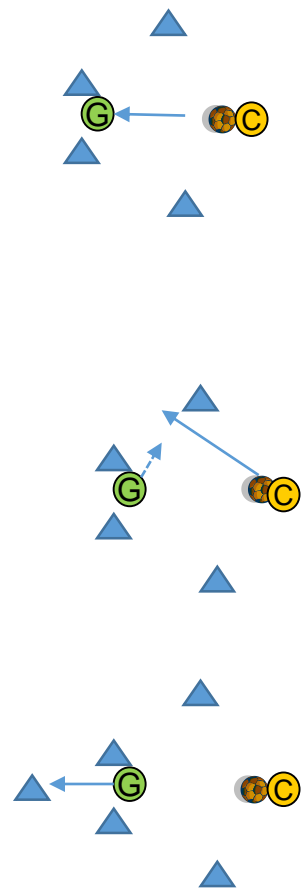


# Goalkeeper sessions



## Organization

## Coaching Points



Two cones 3 yards apart with two other cones placed 2 yards diagonally – Goalkeeper in center

Ball is served from 5 yards away for the GK to

- Pass back taking 2 touches
- On the ground for the GK to scoop up
- At the goalkeepers knees to catch low
- At the goalkeepers nose to catch high
- Above the goalkeepers head to force a jump

Now the side gates are used to make the goalkeeper dive

Once all have been run through we serve randomly and keeper decides which technique to use based on pace and place of shot

Now a back cone is added 5 yards away and Goalkeeper moves to back cone and gets set in gates

### Feet

- Be set and ready to move to the ball
- Use the foot that the ball cones to
- Ball out of feet on 1<sup>st</sup> touch and move on touch
- Keep head up

### Hands low scoop

- Step behind the ball
- Keep head down
- Scoop up and standup tall ready to distribute

### Hands low

- Get hands behind the ball
- Come forwards
- Keep hands in front of body line
- Forearms parallel

### Hands High

- Hands reach slightly over ball
- Look through the window created by hands and elbows
- Use leg to drive into the air

### Diving –

Small lateral steps

Collapse or extend the knee pending on distance

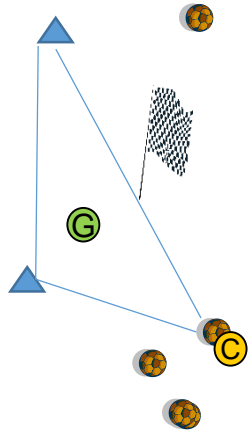
Dive forwards and not backwards

### Random service

Prioritize using feet if possible and work up the surfaces above



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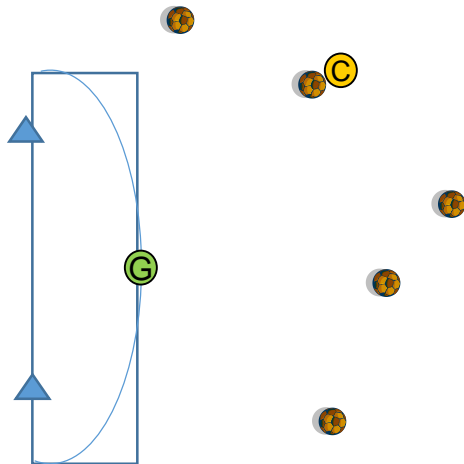
## Organization

Goalkeeper is now in a full sized Goal  
 Flag placed in the middle of the goal on six yard line  
 Area of goal to aim at for striker is indicated in shaded area below  
 Ball is positioned wide and 10 yards from the goal

- Coach shoots in the goal
- GK touches far post before getting set to save in near post
- Service comes from coaches hands
- Goalkeeper touches ball in coaches hands and coach looks to score over keepers head
- GK touches coaches ball- coach can either serve high or put ball at feet to shoot

## Coaching Points

- Be aware of triangle scoring area
- Get set and ready to save
- Hands should be away from body to give ease of movement to all saves
- Change position slightly to favor each foot of the server
- React /don't guess
- For high shots choose whether to catch or tip the ball
- Tipping – keep palm flat and fingers together and help the ball over the ball



Full sized goal  
 Balls positioned randomly around the goal area  
 Goalkeeper has an arc of cones that go from 6 yard box to six  
 Goalkeeper moves along the arc to make saves

- Goalkeeper should be positioned on the arc on a line with the ball and the center of the goal
- Be set after strikers 1<sup>st</sup> touch