



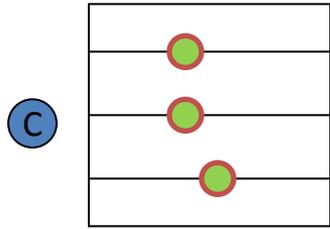
Goalkeeper Session

Objective- To give a basic introduction to goalkeeping



Organization

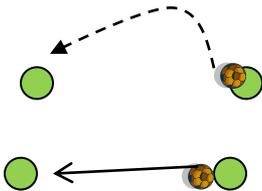
- Goalkeepers stand in middle of a 12 yard line
1. Coach calls left or right .GK' gets to the side of that line as quickly as possible to touch cone
 2. Coach calls out Turn and goalkeeper gets set facing the opposite direction
 3. Coach calls out forward or backwards and the Gk moves to the next line in front or behind
 4. Combination of 1,2&3



Coaching Points

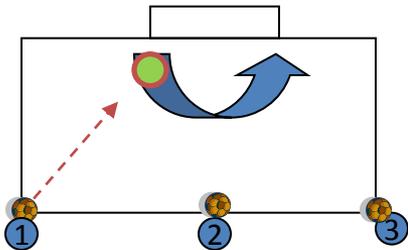
- Balance** - Feet-Shoulder width apart with knees bent , weight on balls of feet
- Feet** - Short steps don't cross- For balance and save preparation
- Head** -Keep head looking forward and steady
- Position of hands** – Waist high neutral position fingers and thumbs pointing at striker ready to save

- In pairs 1 ball 5 yards apart
- Players roll the ball on the ground
- Players throw the ball to knees of other player
- Players throw the ball head height
- Players serve the ball at random heights



- Gorilla position**- Shoulders over feet, knees bent ready to save
- Low**- Pinky fingers together/ Elbows together
- High Hand position** – wrist close together/ get behind the ball/ Elbows in and locked

- In groups of 4 outside the penalty area One goalkeeper and 3 servers
- Goalkeeper scores 1 point for every save and minus 1 point for each goal conceded
1. Coach calls out a number and they try to score
 2. Servers can either shoot the ball or pick it up and throw it into the goal
 3. Servers have 1 ball between the 3 of them and can either throw it to each other or shoot



- High** – Catch in front of face and
- Positioning**- behind the ball on a line with centre of goal and the ball
- Movement around the goal** – moves on an arc covering the goal
- Movement towards shooter**- moves forward to narrow the angle
- Getting set**- When the ball is inside the playing area of the attacker the GK should get set



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Final Game –Area 15x 15 yard square with 4 age appropriate goals on the outside

4 goalkeepers and 2v2 in the middle

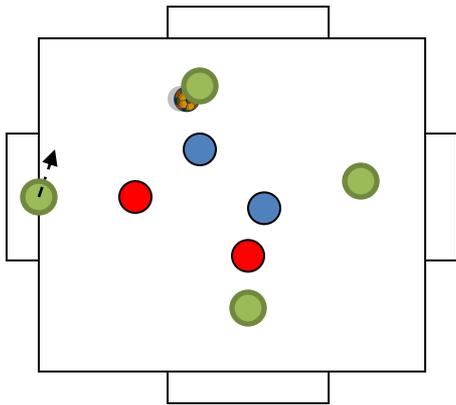
Goalkeepers get one point per save they make and minus one for every goal conceded

1. Play for 3 minutes and change
2. Goalkeepers can also shoot to score

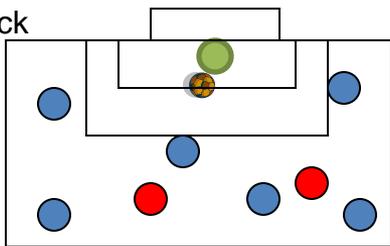
Coaching Points

Reacting to the ball- As the ball moves so should all four keepers

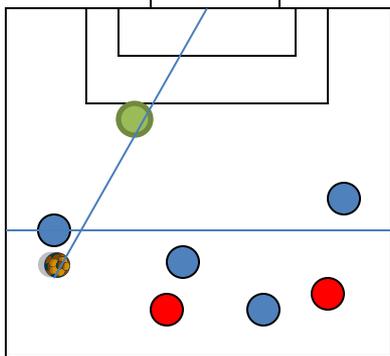
Preparation to react –Body shape/ knees bent weight on toes/hands in neutral position



Goal kick



Pushing up



Functional -area full field

6v6

Coach to improve the following

1. Communication from goal kicks
2. Positioning with the team
3. Positioning with the ball

Goal kicks – make the team get a good shape with width and depth. Make the two central players move at different angles creating 4 options

Positioning – as the team moves up the goalkeeper moves up to cover the Defender

Positioning with the ball- Gk should be on a line with ball and center of goal