

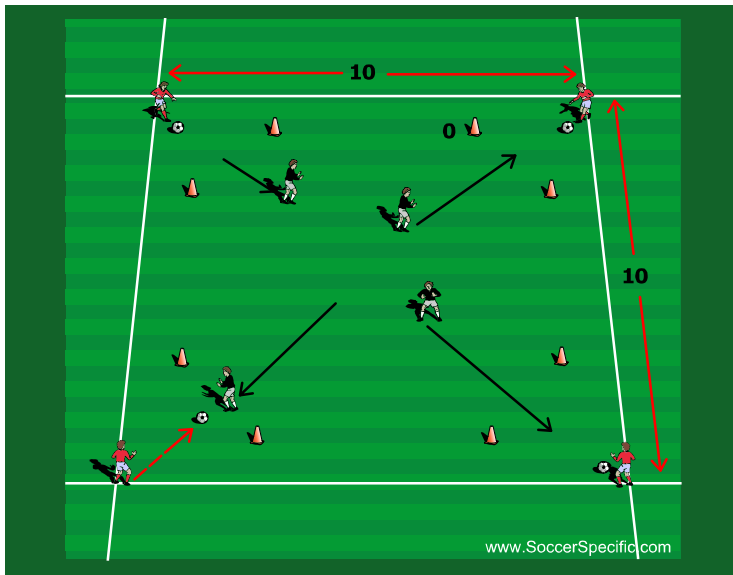
ACTIVITY #4

Set up: Basic Handling.

Instructions: Black starts by coming into goal and setting for a pass to feet, black controls the ball and passes it back to red. Black then moves back in a sideways motion, goes towards cone, then gets into line with the next red and repeats the process. All GKs will move through the gates, and then come back the opposite way (practicing moving both ways). After this, the black will swap with the reds and they will repeat the process.

Progression: Scoop (pick up), W-shape (catching around chest high to above head), Palms-up (catching around waist to chest high), High catch above head, Dives (as soon as GK moves from cone then they must set early for the shot).

Coaching Points: Techniques of: kicking, saving, handling, footwork and getting into line.

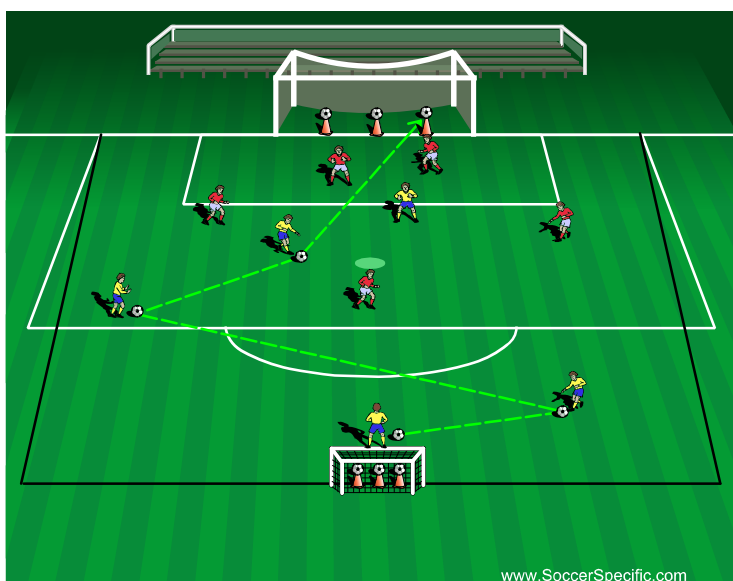


ACTIVITY #5

Set up: Footwork, agility, saves and decision making.

Instructions: GK must move around the areas, then move towards a goal to receive a pass from any server. 1. Pass to feet, pass back move off. 2. Pass to scoop, pass back move off. 3. Pass to midriff and above, w-shape catch, pass back, move off. 4. Move towards high catch, pass back move off. 5. Pass for step dive, pass back, move off (dive both directions). 6. Any other saves which are relevant to session.

Coaching Points: Key factors: footwork, agility, quickness across the ground, various saves and catches.



ACTIVITY #6

Set up: Fun game to finish.

Instructions: Cones are put in the goal and players must try and knock the balls off ASAP to win. When all balls are knocked off, the team wins. GK can tackle with hands (diving on the ball in any part of the area). Good for 1 v 1 techniques.

Coaching Points: The goalkeepers have worked really hard throughout the session, so we are giving them a bit of fun to finish on. The techniques they will work on are: passing, receiving, basic handling, saves, catches and striking techniques. When the game is over, the players should perform a cool-down.