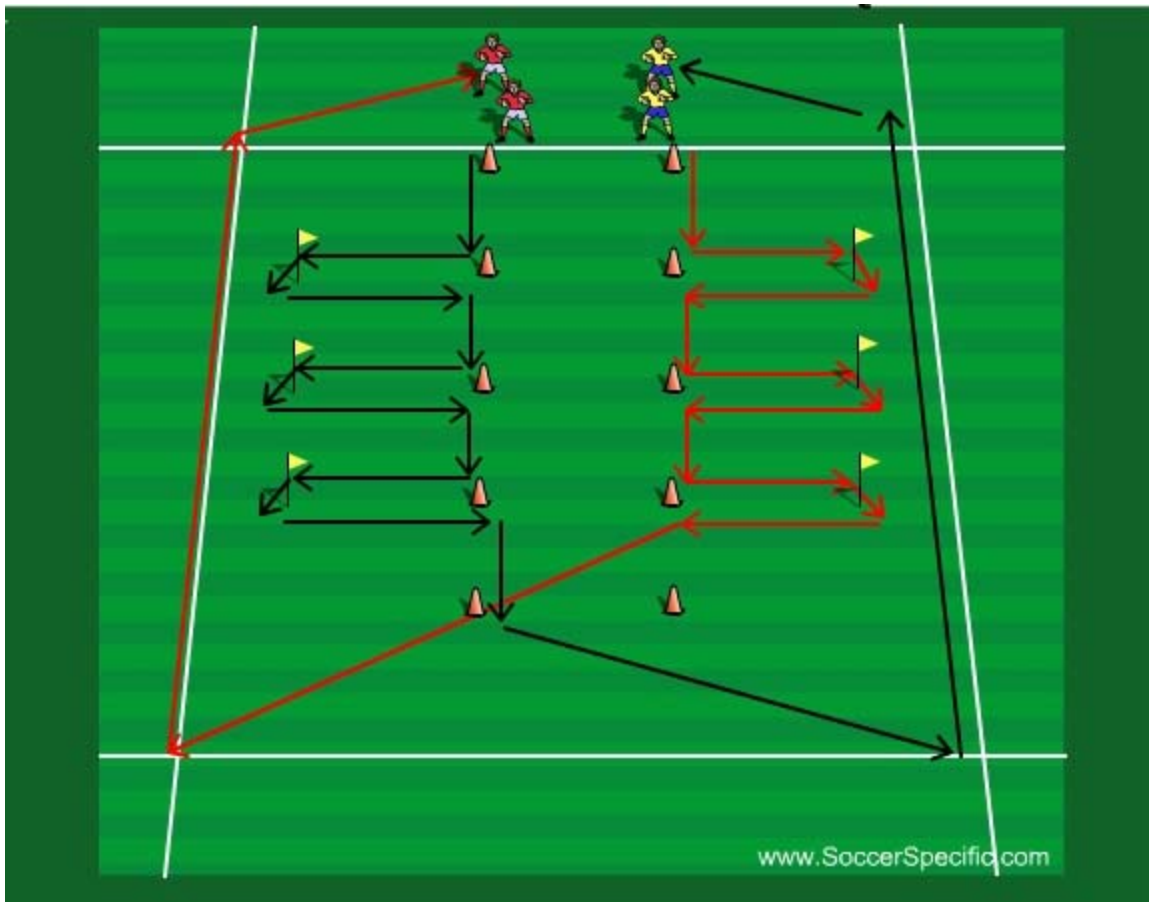


**Andy Foster** currently works for Everton Football Club of the English Premier League as a "Coach in the Community" - a role he has held for 5 years. He is responsible for developing and implementing age-appropriate goalkeeping sessions for players aged between 6-15 years with the aim of identifying and developing potential goalkeepers that may one-day represent Everton FC. As part of his duties with the Everton goalkeeping department he assists senior academy goalkeeping coach Kevin O'Brien in the planning and implementation of training. Andy is also a lecturer in Football Studies at Myerscough College in Liverpool, holds his UEFA 'B' License for goalkeeping as well as his UEFA 'B' for out-field coaching.

### Activity #1: Warm Up

#### Set Up:

Speed, Agility, Quickness Warm up. Goalkeepers are positioned as shown: Cones / flags are placed to encourage forward, lateral movements.



#### Instructions:

Players run forward, then sideways, forward, sideways and so on until the end of the course. When the GKs are at the end of the course, they cross over and go the opposite way back to their lines.

**Progression:** Players start sideways and move sideways then forward around before carrying on through.

This will help GK work in all directions. You can also move down this course doing dynamic stretches, while holding a ball. If this is easy for the GKs, then the coach can get the GK to move the ball around their body while moving, or under the leg, then the other leg and so on. This is footwork and coordination training.

**Progression:** Servers stand between the cone and flag at the end of the circuit, and every time the GK comes in the middle of the cone and flag, the server will pass, volley or throw the ball in for a serve. The GK will get plenty of handling and footwork.

#### Coaching Points:

- Footwork must be sharp
- Handling
- Dynamic movements / stretching

## Activity #2: Warm up and Technical practice

### Set Up:

Four different areas are organised as shown - 1,2,3,4. Various activities are organised in each area as shown.



### Instructions:

**Area #1:** Moving around area, bouncing ball, figure-8, around body, bounce between legs - turn and catch, above head turn and catch.

**Area #2:** GK move across area throwing, punching, catching, throwing ball up for high catch to each other. Forwards and backwards, side to side.

**Area #3:** S.A.Q. (speed, agility, quickness): This is to improve GK's quick foot movement. Finish with a shot at the GK.

**Area #4:** GKs start by passing the ball on the ground to each other. Progress into the scoop, volley and catch, throw high and catch, then sideways footwork around cones, dive and save. This should be completed in both directions.

### Coaching Points:

- Develop various techniques - handling, passing, catching high / low / medium balls, ball striking etc.
- Develop various biomotor skills - jogging, side-shuffle, skipping etc.
- Increase speed of movement on S.A.Q activities.

### Activity #3: Basic Handling Techniques.

#### Set Up:

Goalkeepers are positioned inside the penalty area with a supply of balls as shown. Groups (A & B) are approximately 10-yards apart.



#### Instructions:

GK "A" starts in goal and GK "B" is 10 yards away. GK "B" passes ball into GK "A"'s feet. GK "A" controls and passes back towards GK "B". GK "B" moves towards the goal after passing towards GK "A" and takes the place of GK "A". GK "A" moves towards the back of the line. This process continues until all GK's get the concept.

**Progression:** Volley into the GK's hands for palms-up or W-shape saves. GK "B" throws the ball into the air and GK "A" must go forward and take off to take the ball at its highest point.

#### Coaching Points:

- Improve basic handling.
- Concentrate on proper footwork.
- Communication - call for ball / demand ball.
- Correct execution of volleys.
- Correct execution of various throws.

## Activity #4: Basic Handling

### Set Up:

Cones and flags are placed as shown. Four "servers" - 1,2,3,4 are positioned with a ball each approximately 7 yards from the cones as shown.



### Instructions:

Goalkeepers (black) start by coming into goal and setting for a pass to feet from Server (1), 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 (2) 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(s):** 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).

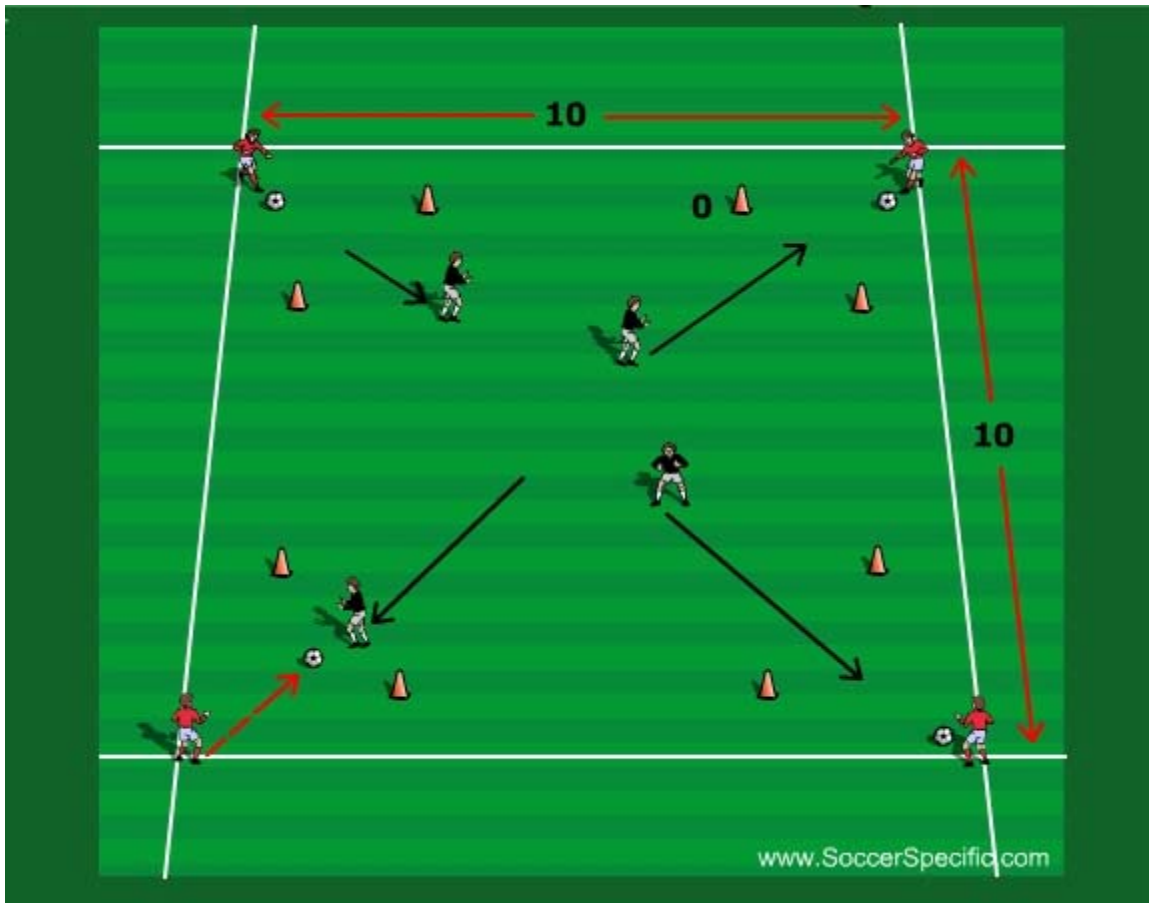
### Coaching Points:

- Improve kicking techniques.
- Improve / develop various saving and handling techniques
- Improve and develop footwork.
- Getting into line with the ball and getting "set" for shots.

## Activity #5: Footwork, Agility, Saves and Decision making

### Set Up:

Four goalkeepers are positioned inside the grid: Four goalkeepers (red) are positioned in the corners as shown. Cones are placed to create "goals" inside the grid.



### Instructions:

GK's must move around the areas, then move towards a goal to receive a pass from any (red) server. The following techniques are implemented:

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:

- Footwork.
- Agility.
- Quickness across the ground.
- Various saves and catches.

## Activity #6: Final Activity - Recreational Game

### Set Up:

Goalkeepers are positioned inside an extended penalty area as shown. Three balls are placed on top of high cones in each goal as shown.



### 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.

*NOTE:* The goalkeepers have worked really hard throughout the session, so we are giving them a bit of fun to finish. 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.

### Coaching Points:

- Review session - discuss various techniques used in session.
- Static stretch / cool down.