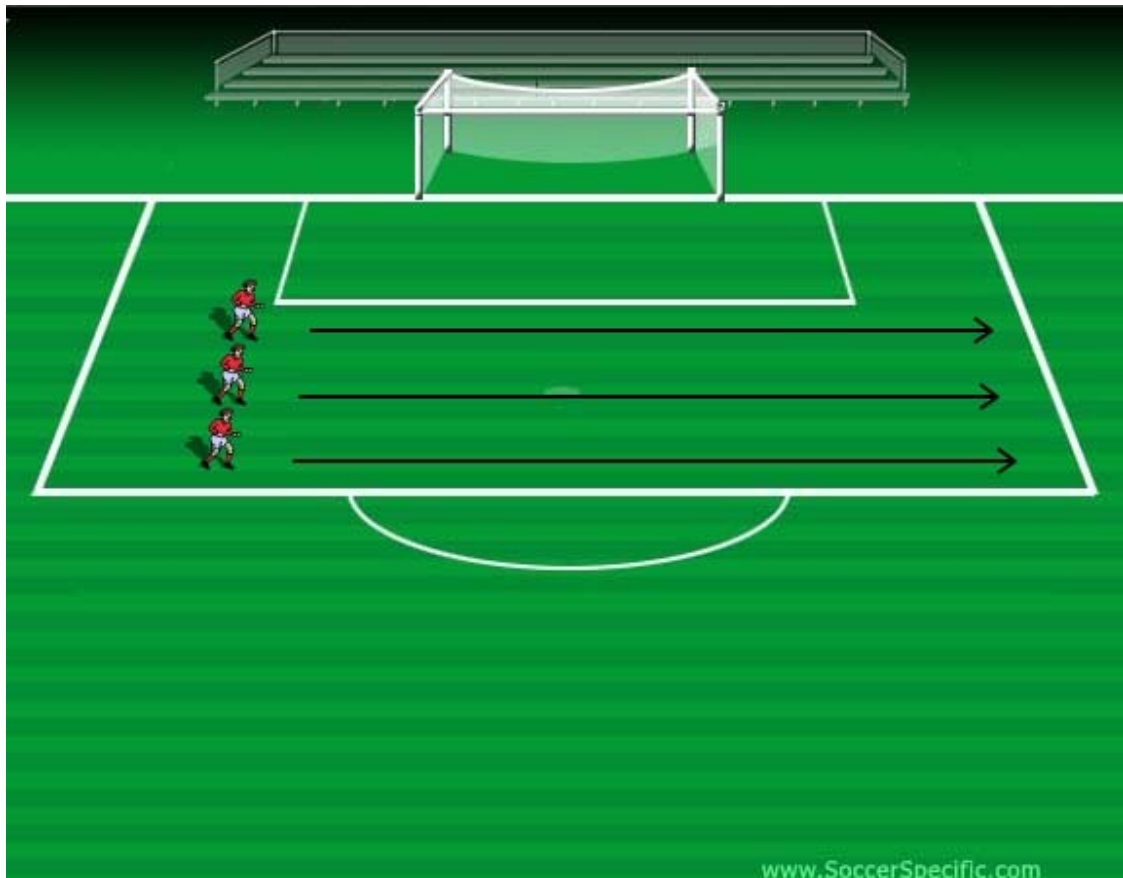


## GOALKEEPER TRAINING 2

### **Warm Up:**

Goalkeepers jog 2-3 laps around the perimeter of the pitch – slow jog.

Goalkeepers then perform a series of dynamic stretches while jogging across the width of the 18-yard box. See Diagram (a) below.

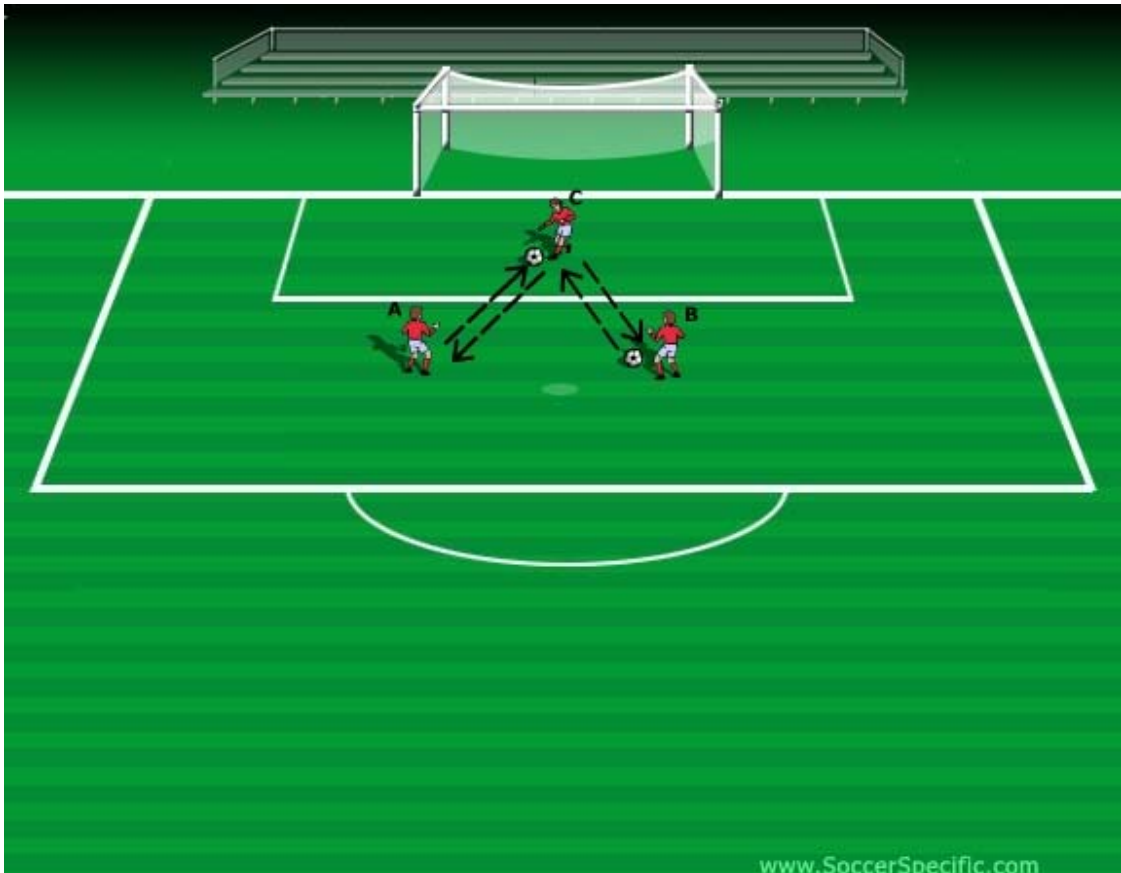


**Diagram(a)**

## Phase 1 - Playing with Feet:

### Activity #1:

Three goalkeepers (2 goalkeepers, 1 coach) are positioned as shown below in Diagram (b). Two balls are needed. Goalkeepers (A) and (B) are servers, Goalkeeper (C) works for the designated number of reps.



Diagram(b)

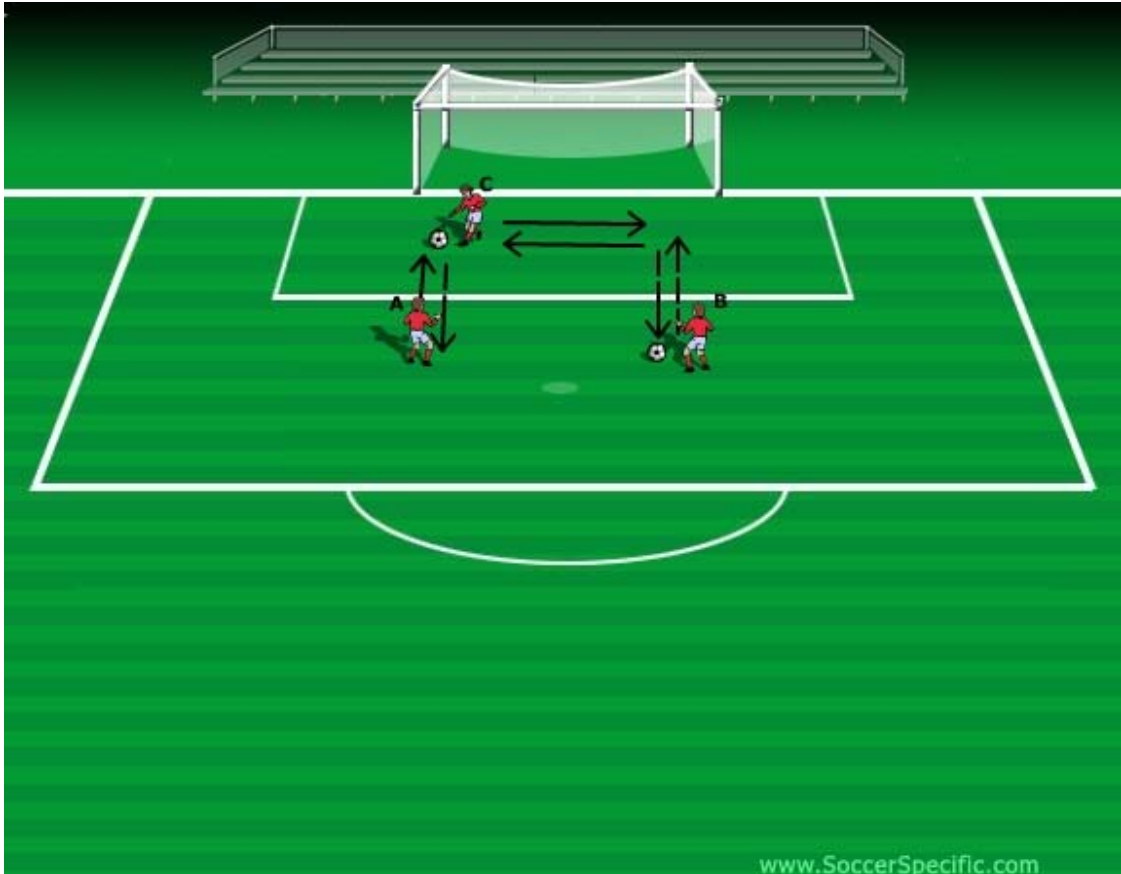
### Sequence:

One-touch passing. Servers (A,B) pass the ball back and forth with player (C). Player (C) must use right and left foot to return the pass to (A,B).

**Total** – 20 reps then rotate positions.

**Activity #2:**

Three goalkeepers are positioned as shown in Diagram (c) below. Two servers, one working – 2 balls.



**Diagram(c)**

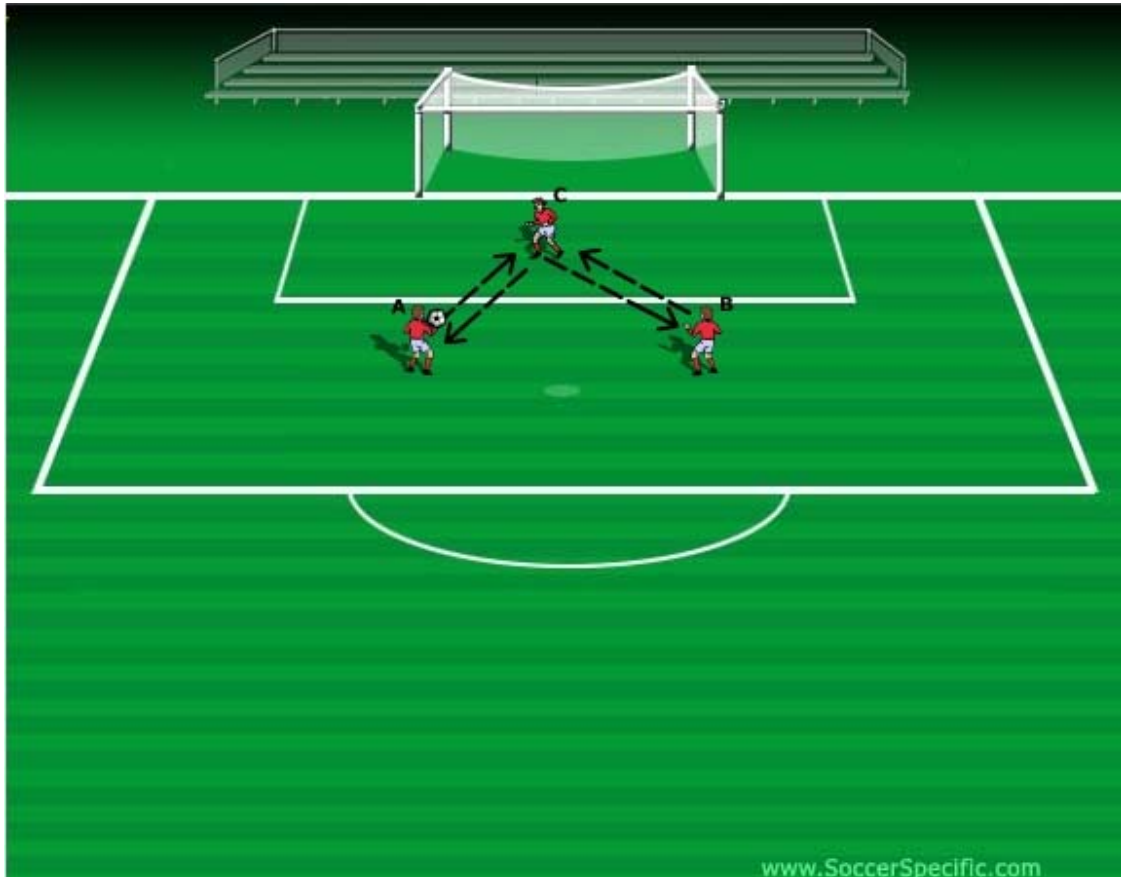
**Sequence:**

One-touch passing with lateral movement. Goalkeeper (C) must return the pass with one touch and then side-shuffle laterally to receive the next pass.

**Total** – 10 reps then rotate positions.

**Activity #3:**

Three goalkeepers are positioned as shown below in Diagram (d). Two servers, one working – only 1 ball.



**Diagram(d)**

**Sequence:**

Ball is tossed to the nearest foot of the working goalkeeper (C). Goalkeeper (C) must side-foot the ball to the opposite server. The sequence is continuous for the designated number of reps.

**Total** – reps determined by working goalkeeper.

**Progressions:**

- (1) Same pattern but goalkeeper must side-volley the ball with laces.
- (2) Same pattern but ball is tossed to outside of opposite foot.

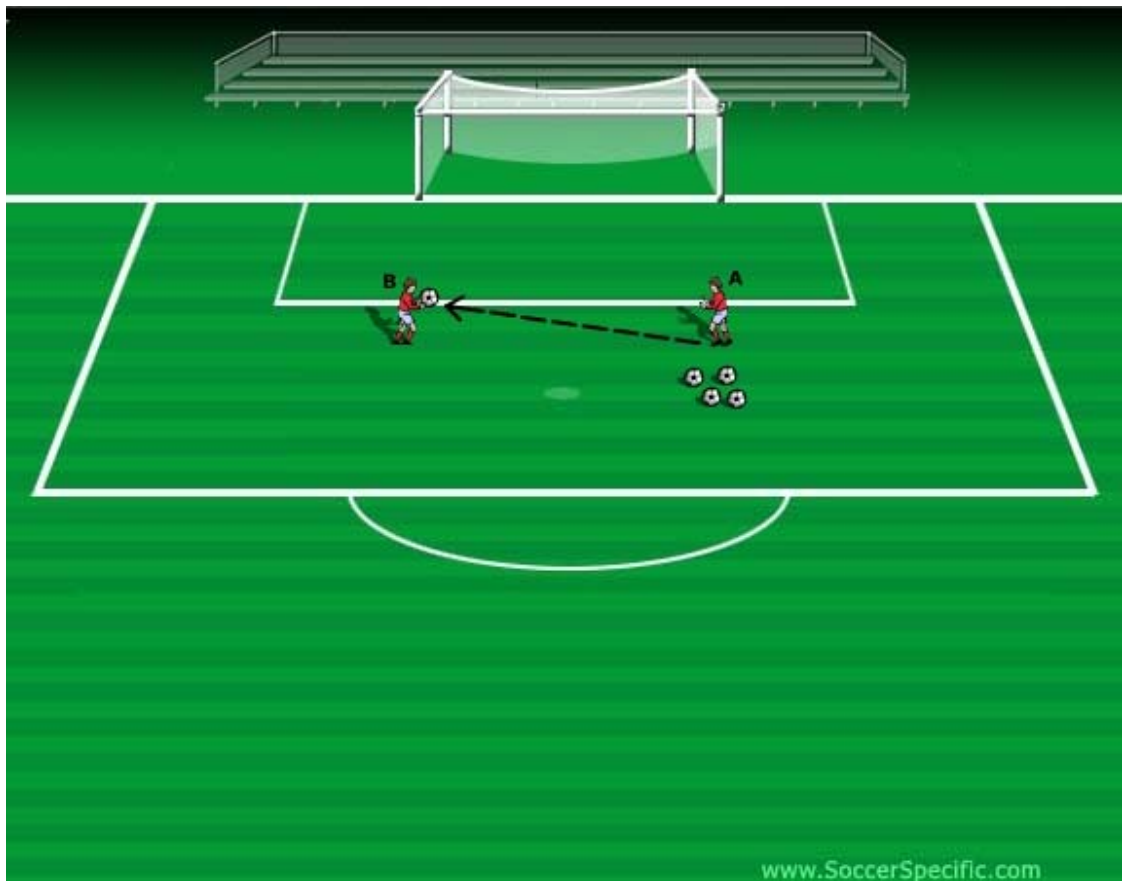
**Activity #4:**

4v1 inside the 6-yard box – width of goal = 6x8 yards. One touch restriction for all players.

## Phase 2 – Handling

### Activity #1:

Stationary Volleys. See Diagram (e) below.



**Diagram(e)**

### Sequence:

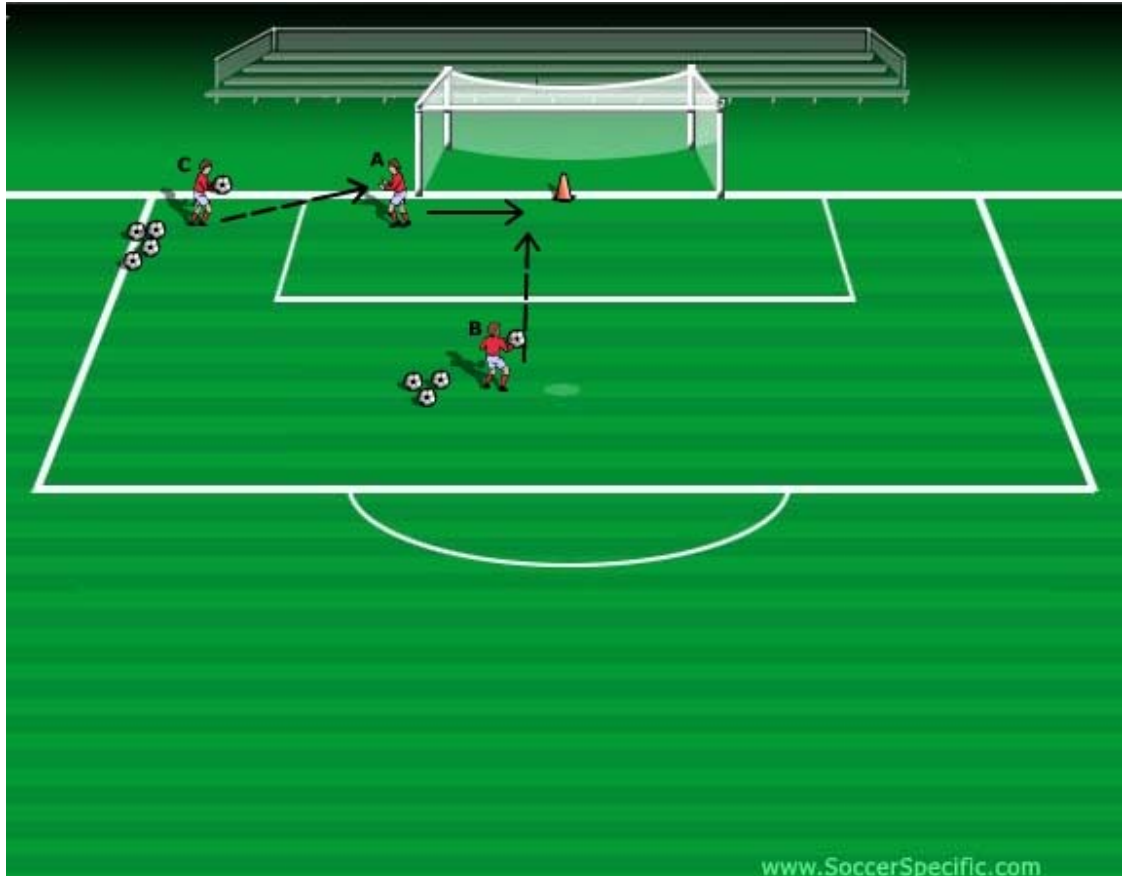
Goalkeeper coach and goalkeeper stand 8 yards apart as shown above in Diagram (e).

Coach (A) volleys the ball at goalkeeper (B) for the designated number of reps.

**Total** – 10 reps then rotate goalkeepers.

**Activity #2:**

Volleys with lateral shuffle. Players are positioned as shown in Diagram (f) below.



**Diagram(f)**

**Sequence:**

Goalkeeper faces server (A) and receives a volley into hands. (A) must turn quickly, side shuffle into the line of the next volley from server (B).

**Total** – 5-8 reps then rotate goalkeepers.

**Activity #3:**

Players are positioned as shown in Diagram (g) below. Servers (A,B) each have a supply of balls.



**Diagram(g)**

**Sequence:**

Goalkeeper receives a volley to hands from server (A). Goalkeeper must then cross-step to gather a high ball tossed by server (B). Take-off to catch ball is from one foot. Goalkeeper must side-shuffle back to the starting point to repeat the sequence.

**Total** – 8 reps then rotate goalkeepers.

**Activity #4:**

Seated handling / abdominal work. Coach serves a ball while goalkeeper performs sit-ups.

**Sequence:**

Goalkeeper must return the tossed ball to the coach each time while performing a series of sit-ups.

**Total** –

- (1) 10 reps, one handed catch
- (2) 10 reps, top hand side-to-sides.

**Activity #5 – Low Balls:**

A goalkeeper is positioned in goal as shown in Diagram (h). Server is 8 yards away with 8 balls.



**Diagram(h)**

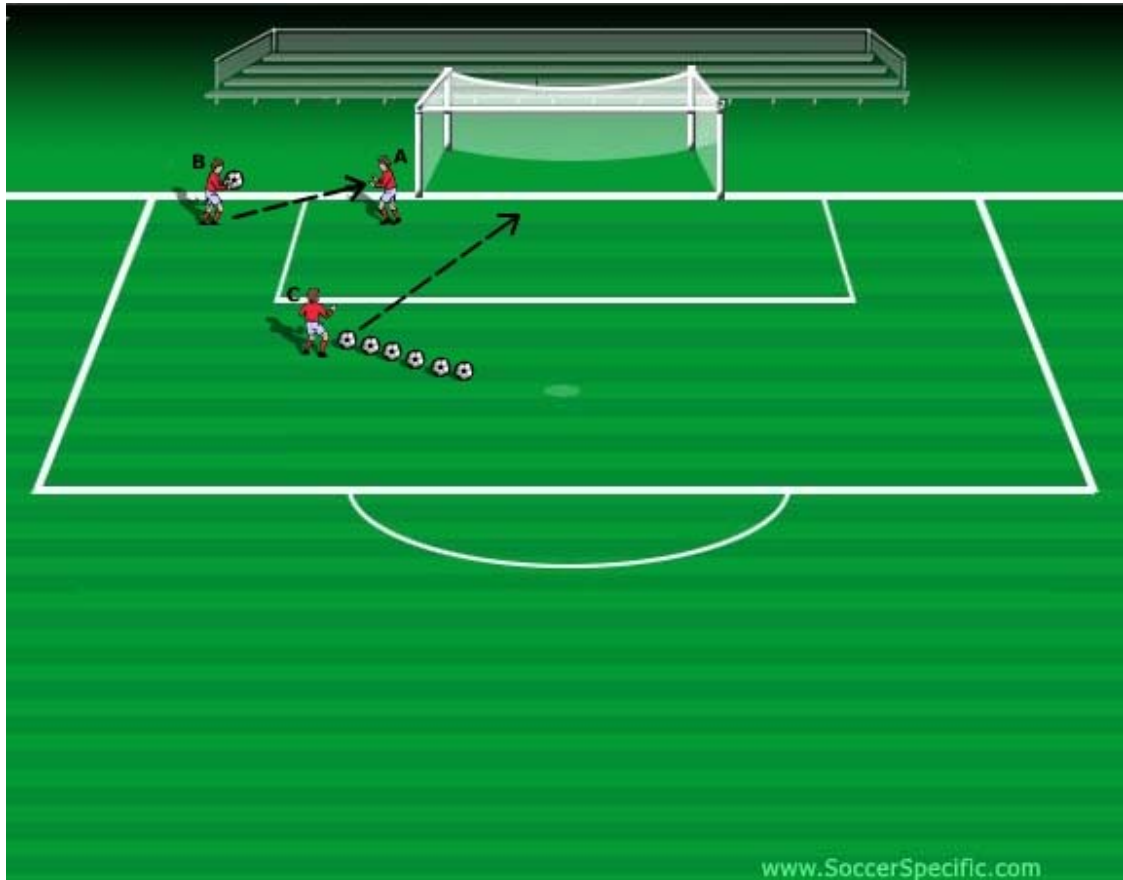
**Sequence:**

Server side-foots the ball to each side of the goalkeeper. Alternate right and left side.

**Total** – 8 reps then rotate goalkeepers.

**Activity #6 – Low Balls:**

A goalkeeper and 2 servers are positioned as shown in Diagram (i) below.



**Diagram(i)**

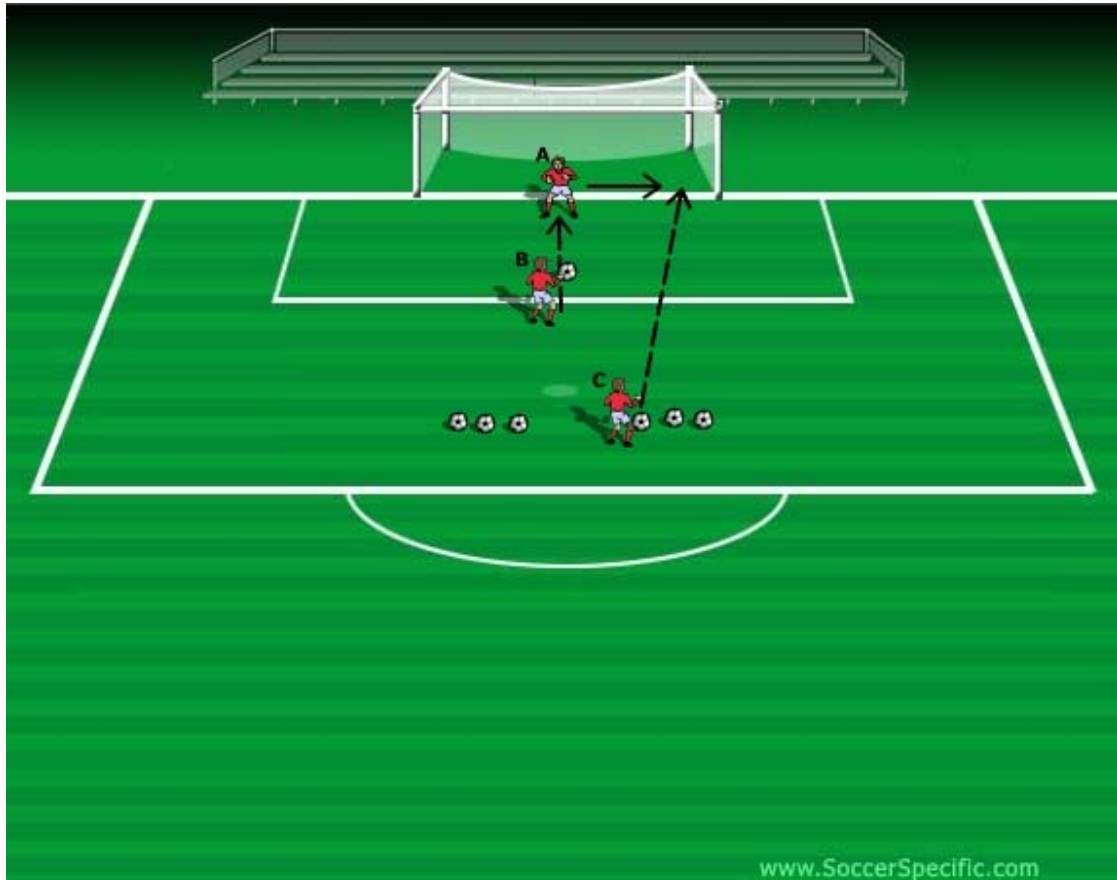
**Sequence:**

Goalkeeper receives a volley from server (A), turns quickly to receive a low hard angled side-foot shot from approximately 8 yards from server (B).

*Total* – 6 reps then rotate goalkeepers.

**Activity #7 – Medium Balls:**

Goalkeeper and two servers are positioned as shown in Diagram (j) below.



**Diagram(j)**

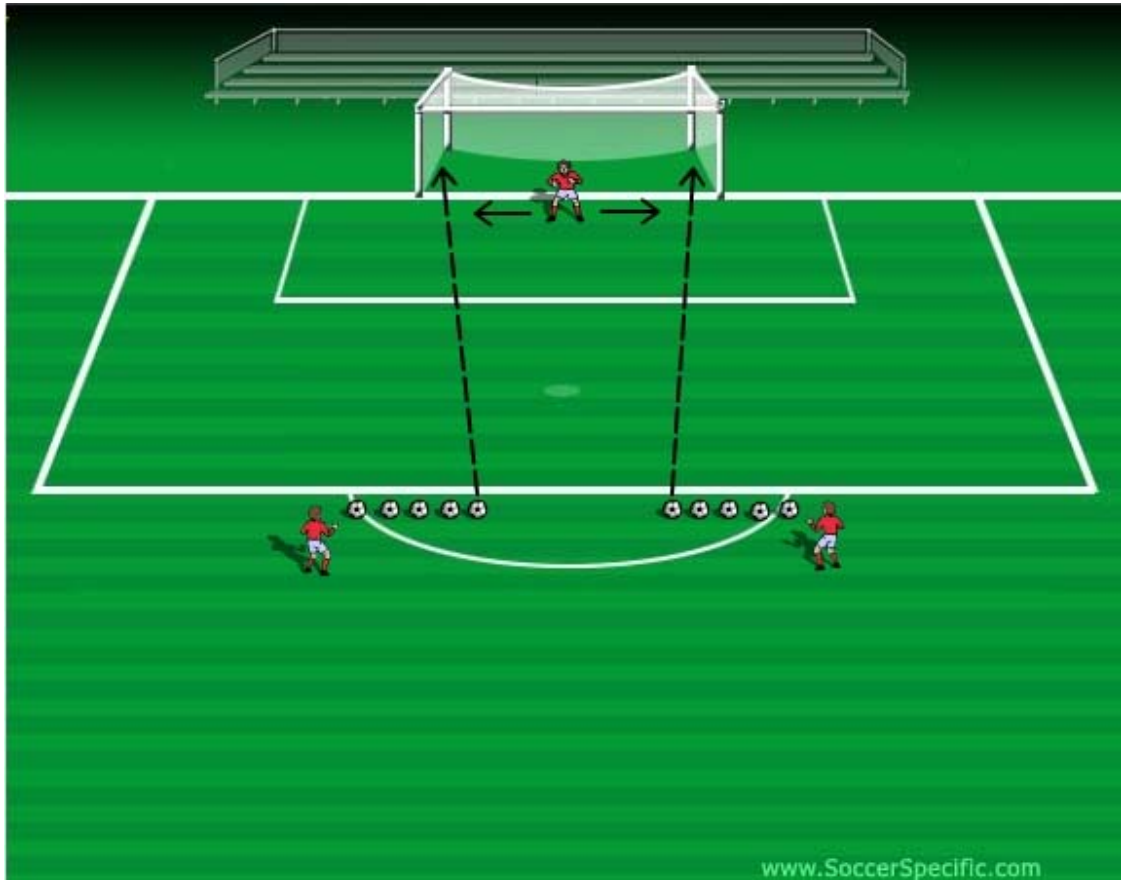
**Sequence:**

Goalkeeper receives a volley from server (A) from 6 yards. Goalkeeper must then quickly dive to save a medium height shot struck from 12-14 yards by server (B).

**Total** – 6 reps then rotate goalkeepers.

**Activity #7 – Split Set:**

One goalkeeper and two servers are positioned as shown below in Diagram (k). Servers each have 5 balls.



**Diagram(k)**

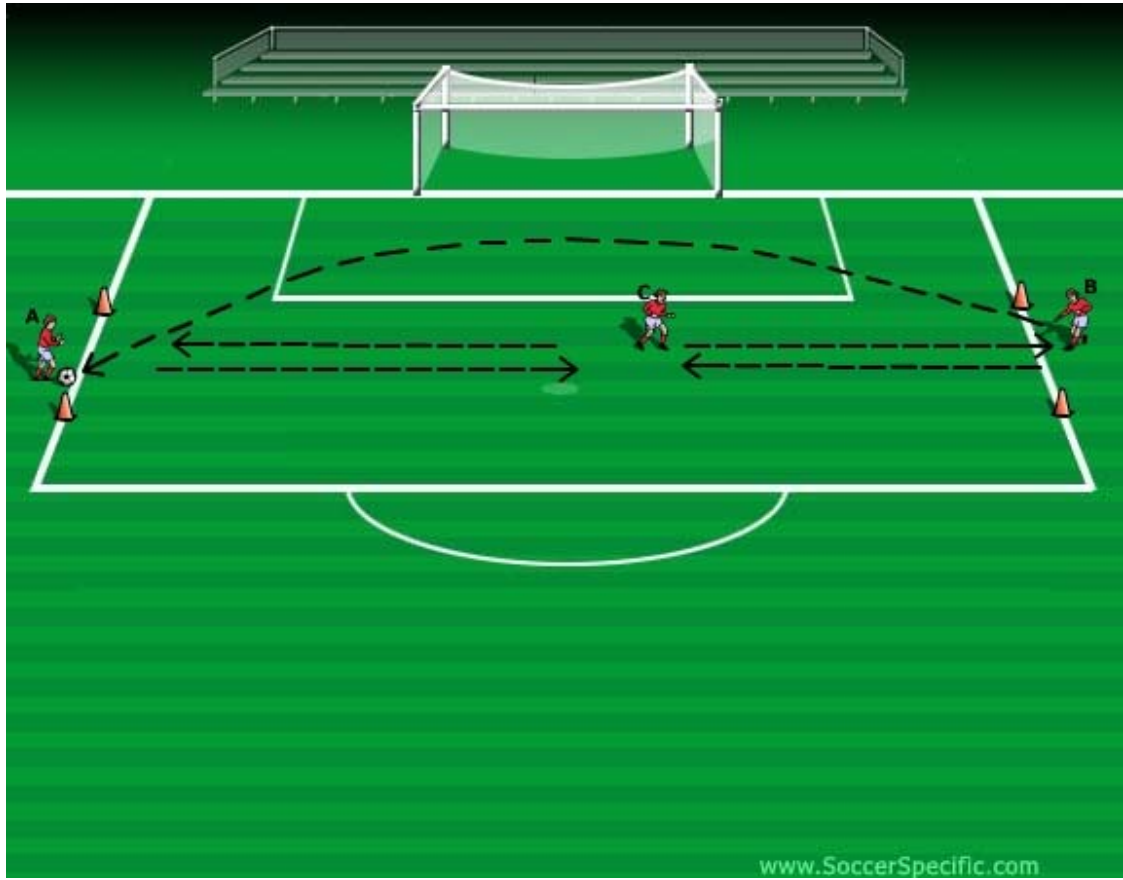
**Sequence:**

Goalkeeper receives alternate shots from 18-20 yards by servers (A,B).

*Total* – 10 reps then rotate goalkeepers.

**Final Activity – Kicking Game:**

Two goalkeepers are positioned at opposite ends of the grid as shown in Diagram (l) below. The coach is positioned in the middle of the grid. Dimensions – width of 18-yard box (44 yards). Cones are placed 8 yards apart at opposite ends of the grid as shown.



**Diagram(1)**

**Sequence:**

Coach (C) begins play by passing to either goalkeeper. Goalkeeper (B) must strike the ball first time through the opposite set of cones – ball cannot hit the ground before passing through the cones. The receiving goalkeeper (A) must attempt to pass the ball using 1-touch to the middle server. The middle server will lay the ball back for the sequence to be repeated in the opposite direction. Goalkeepers must alternate right and left foot each time. Play is continuous for the designated number of points.