

GOALKEEPER TRAINING

Activity #1: Dynamic Warm Up With Agility:

This exercise is continuous running and dynamic movements with periodical moments to stretch.

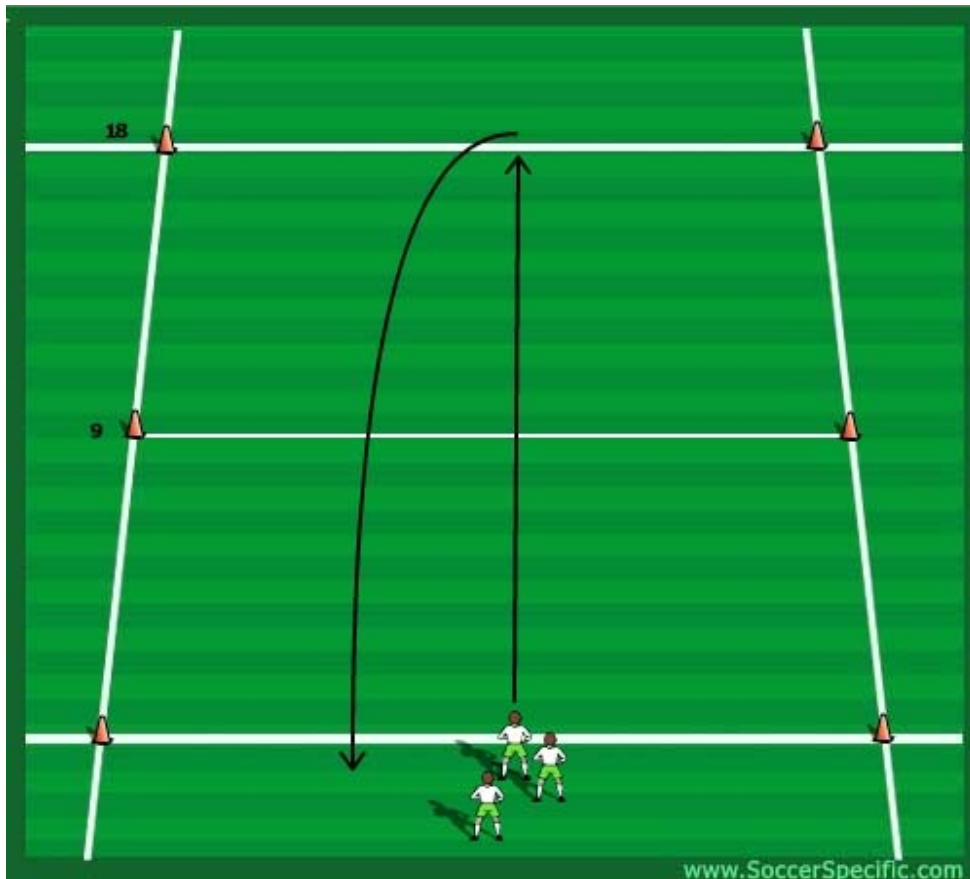


Diagram (a)

Explanation:

- Players jog to the set of cones located either 9 or 18 yards away.
- Jog out to farthest set of cones and back (4 times).
- High knees out and jog straight back (2 times).
- High heels out and jog back (2 times).
- Carioca out, jog back (2 times each side).
- Walking lunges and back.
- Calf walks out and back.
- Leg swings across the body out and away from the body on the way back.
- Jog to the first cone, sprint to the second cone and walk back.
- Side shuffle to first cone and sprint to the second cone (1 time each side).
- Backwards to the first cone, turnaround, sprint to the second cone and jog back.

Total Time – 6-8 minutes

Activity #2: Dynamic Warm up: Ladder Exercises

This exercise incorporates hand/eye and feet movements that are critical to the goalkeeper.

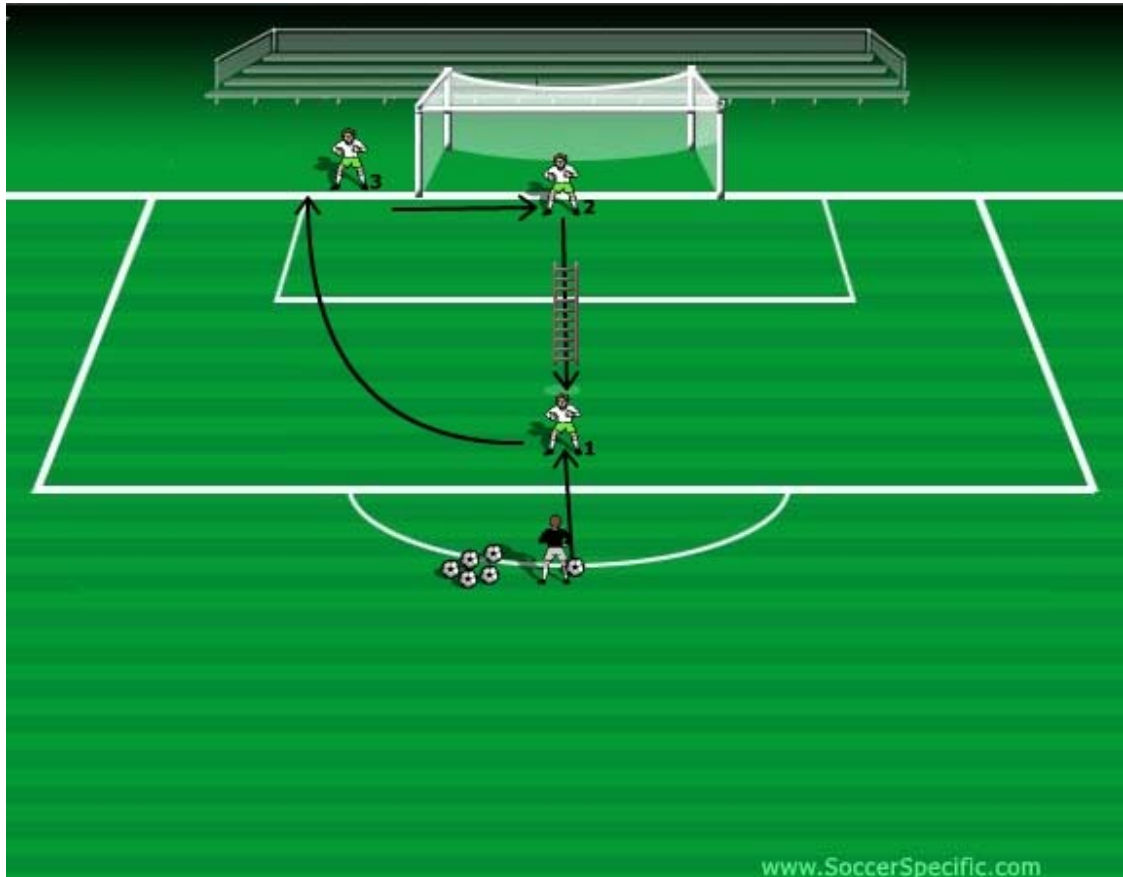


Diagram (b)

Explanation:

Goalkeepers run through the ladder and take a shot from the coach upon getting "set". Each goalkeeper performs the below exercises twice. All three goalkeepers switch after each stint through the ladder.

- One foot in each rung of the ladder.
- Two feet in each rung of the ladder.
- Facing sideways, two feet in each rung of the ladder.
- Facing sideways the other way.
- Two feet in the rung of the ladder one out.
- Right foot only in each rung of the ladder.
- Left foot only in each rung of the ladder.

Total Time – 5 minutes

Coaching Points:

- Encourage quick feet.
- Get your eyes ahead and not looking at your feet.
- Arms out for balance.
- When catching the ball, soft hands, concentrate on clean reps, slightly bend the arms and the knees. Hands out like playing a piano.

Activity #3: One Touch – Two Touch Shooting

From varying angles (see Diagram (c) below) the coach hits a one touch or two ball straight back to the goalkeeper. Building confidence and technique is the over riding principle.

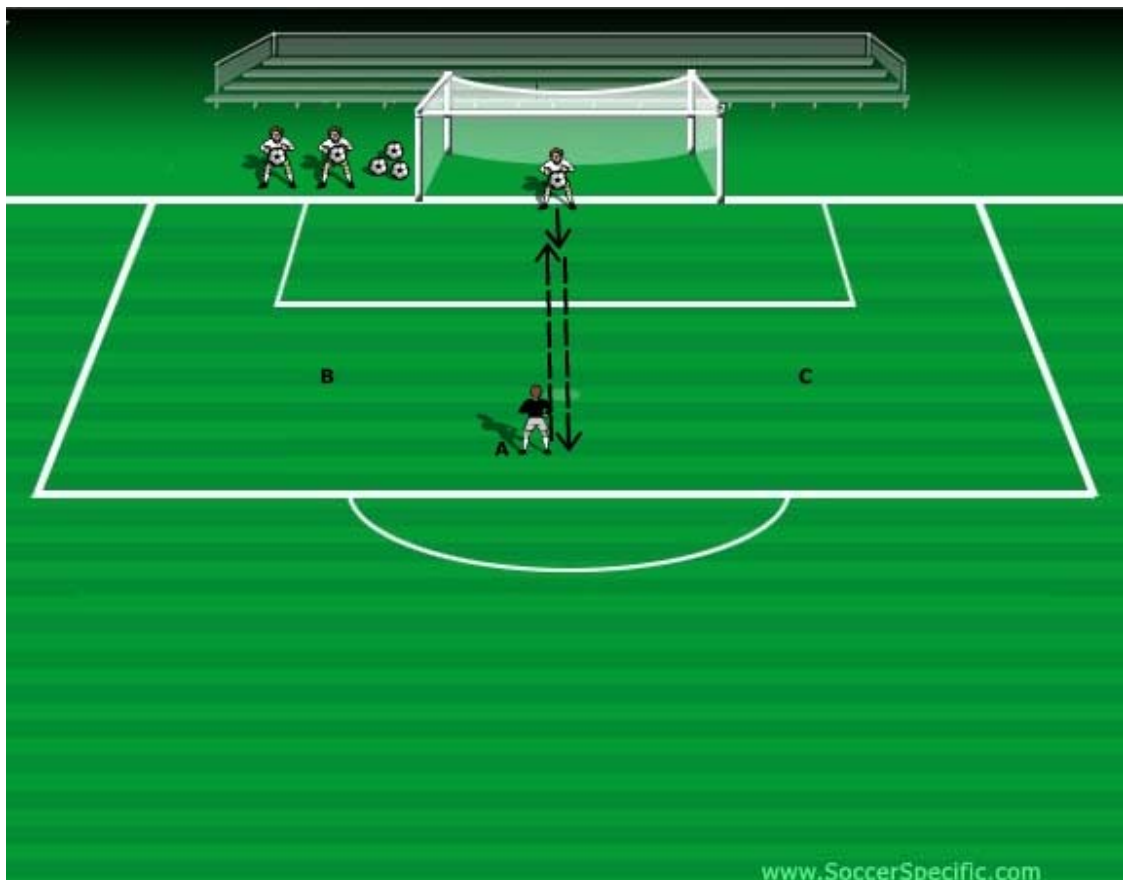


Diagram (c)

Explanation:

The goalkeeper rolls a ball to the coach approximately 12 yards out at the penalty spot. The coach strikes the ball directly back at the goalkeeper in either one or two touches. All shots are to be hit directly at the goalkeeper but vary the height of the services. The objective is to get the goalkeeper to work on closing the space between him and the shooter while at the same time getting "set" to make the save. Clean handling is still a point of emphasis. Spend a few moments to the left and right of the penalty spot (B, C).

Total Time – 6 minutes

Coaching Points:

- Close the space between the shooter quickly.
- Read the visual cues of the shooter to determine when the shot is coming (head down, preparation touch of the shooting leg)
- Get set, balls of the feet, hands forward.
- Be tidy and technically clean with the ball and don't expose it.

Activity #4: Up-Down Agility and Diving

This exercise helps develop agility, diving, angle play and critical shot stopping techniques.

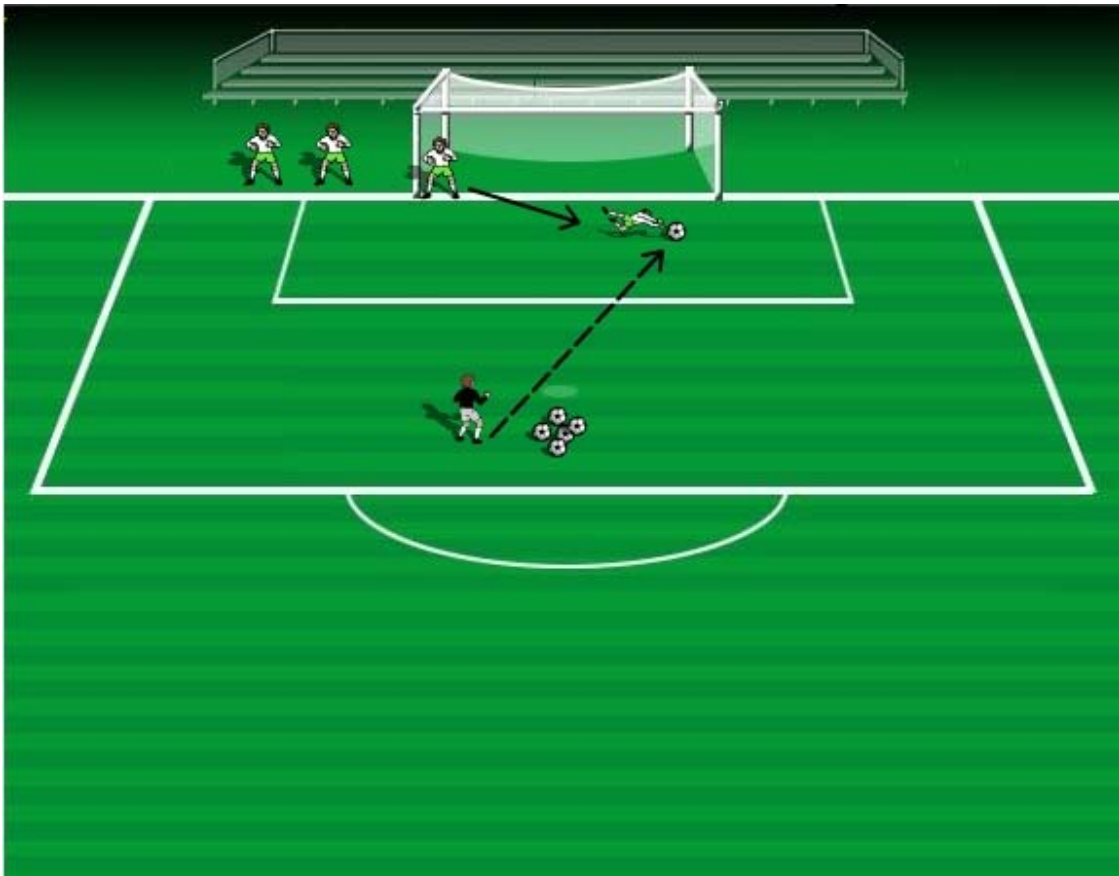


Diagram (d)

Explanation:

Goalkeeper starts by lying down on his side, hands to the near post, facing the coach. The coach starts the exercise by yelling "GO". The goalkeeper gets up, moving quickly across his goal mouth at a 45° angle. The coach needs to be careful hitting a driven ball just towards the near post side-netting. The objective is for the goalkeeper to catch or parry the ball. This is one of those critical moments for a goalkeeper - How far is too far to stretch the goalkeeper? With limited reps due to time each keeper needs to experience success in making the save at the same time it is imperative to hit realistic strikes at goal.

Total Time – 5 minutes

Coaching Points:

- Get to your feet quickly, by using the top leg from the diving position to help gain momentum.
- Use your arms to generate speed in getting your body across the goal.
- Attack the ball at a 45° angle making the shot easier to get to.
- Always face the shooter; never turn your back on the field.
- Shoot the arm across the body to the ball.

Activity #5: Crosses

*Both sides of the pitch must be used

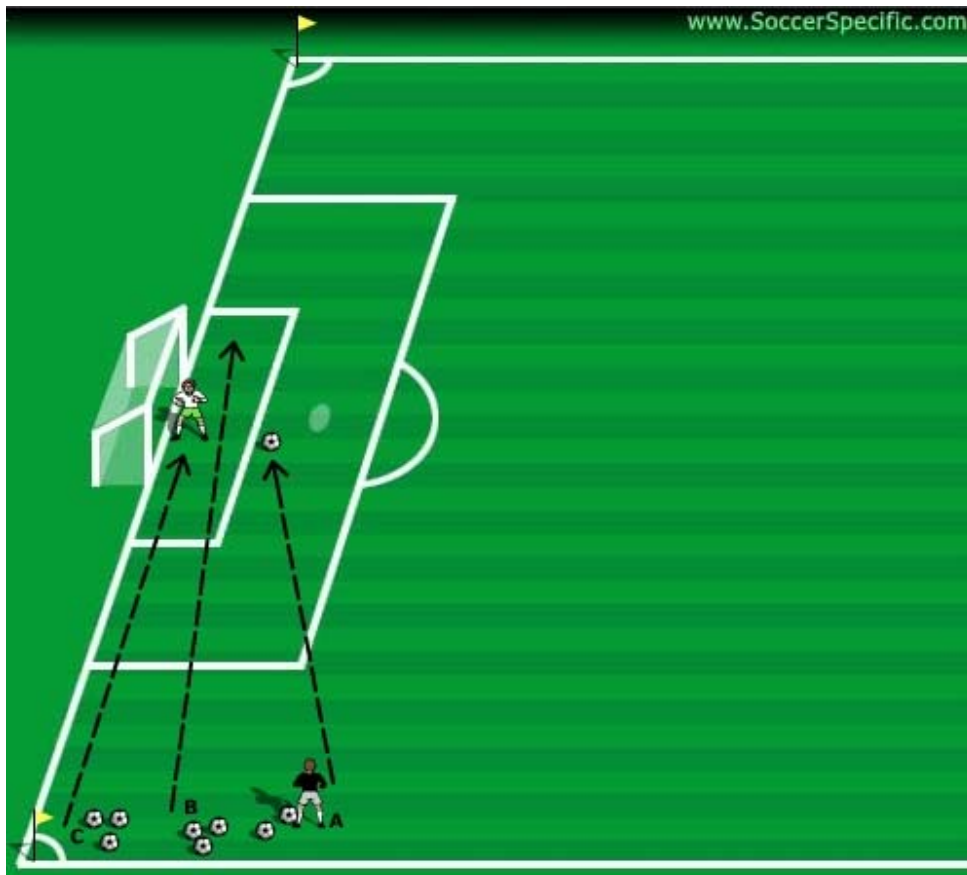


Diagram (e)

Explanation:

The coach services the ball from various angles on both sides of the goal. It is imperative to mix up the services near, far and the middle of the six yard box. Each area will prove to be a new problem for the goalkeeper to solve. Add field players or additional keepers as a variation and added pressure.

Total Time – 5 minutes

Coaching Points:

- Communication key. Make an early call – Keeper or Away
- Open your hips up for service.
- Hips square for the shot.
- Attack the ball before the near post if driven.
- When in doubt use the pace of the ball to punch it clear by keeping it going in the same direction.

Activity #6: Final Activity

Emphasis is on mentally preparing the goalkeeper to read visual cues that he would see in a game.

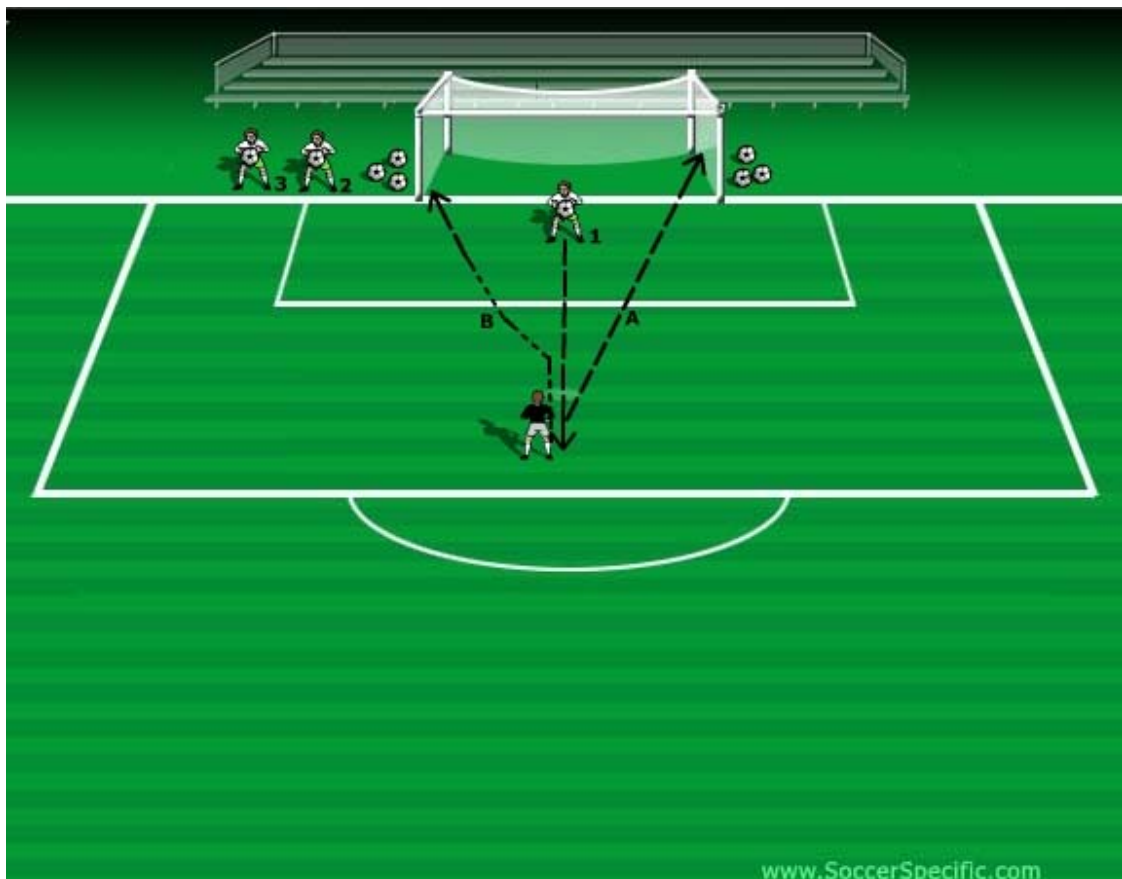


Diagram (f)

Explanation:

Goalkeeper starts by rolling the ball out to the coach who is standing approximately 15 yards away. The coach may either strike it first time, take a touch and shoot or dribble the ball like a break-away. Vary the angles slightly as seen in Diagram (F) above.

Total Time – 4 minutes

Coaching Points:

- Cut off the shooters angle.
- Read the visual cues of the shooter.
- Clean the ball up on a big touch.
- Be strong thru the ball when you come out to engage the shooter.
- Hands to the ball.
- Stay big as long as you can.
- For serves toward the far post area, first step is a crossover step toward the back post. This will allow the goalkeeper to get into the line of flight quicker.