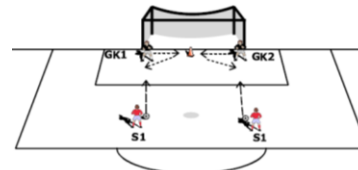# FOOTWORK & HANDLING

Activity 1 – Quick Feet & Save

Goalkeeper starts in between the cones at the back of the grid. On Server's command, steps forward through the front cones to make save. 6 saves then rest. Change to goalkeeper facing in on the Left/Right side of grid. GK facing out on Left/Right side of grid or on their back, side, stomach. Vary the serves and location of serves.

- Is the keeper getting into the set position properly?
- Catching & diving technique
- Fast footwork

Activity 2 – Covering the Near Post

GK1 and GK2 start on the posts, they side shuffle to the cone in the middle of goal, and then return attacking the ball for shot from S1 and S2. Variations: 1) GKs roll the the ball to servers, go and touch the cone and make save from server. 2) Same as 1, except for servers shoot diagonally. Vary the serves and locations of shots

- Is the keeper getting into the set position to cover the near post?
- Catching & diving technique
- Fast footwork

Activity 3 – Closing the Angles

Goalkeeper sets on post facing S1 and receives volley into hands from S1. They return the ball and quickly turns to receive volley from S2 in the small goal created by the post and the cone on goal line. Vary the serves and locations from S2. After 6 saves from S2, repeat on other post.

- Is the keeper getting closing the angle and making the goal small for the server at each shot on goal?
- Catching & diving technique
- Fast footwork

Activity 4 – Small Sided Game

Goalkeeper integrates with the team. Field size is reduced to a half field. Teams play 7v7 without restrictions. The idea is now to see if the goalkeeper has taken onboard the coaching points from the previous activities.   Encourage quick decisions. Normal rules apply with corners, throw ins, goal kicks, etc.

- Have the goalkeepers understood the key coaching points fom the previous activity?
- Re-itterate the points as necessary.
- Take position behind the goal and to be able to make points to goalkeeper