

Warm Up

Organization:

Playing area 18yard Box
Playing Area is extended with increased number of goalkeepers
Each Goalkeeper has a soccer ball

Instructions:

Goalkeepers hop/skip/shuffle around playing area
Bounce the ball on the ground and catch ball using the 'W' hand shape
Toss the ball in the air and catch with Basket catch and 'W' hand shape
-Introduction to the collapsed dive,

Coaching Points:

Bring the ball into chest after making catch
always try to catch ball with thumbs/hands in a 'W' form

Progressions:

- 1 - goalkeepers put the ball on the ground and stretch making figure 8s through the legs
- 2 - goalkeepers practice reflex catches with ball between the legs



Bouncing Ball Handling

Organization:

-3 Yard Triangle

Instructions:

-GK moves around Triangle
-Once Reach end cone coach serves a ball with 1 Bounce for GK to Handle

Coaching Points:

-Quick Movement around Cones
-Step with Correct Foot (Nearest) towards the ball
-Asses and Judge the Bounce
-Handling technique ('w')

Progressions:

-Serve Earlier for Dive



Bouncing Ball Diving

Organization:

-3 Yard Triangle

Instructions:

-Gk starts from Red Cone in active and ready position
-Coach will serve ball towards central cone with one bounce
-Gk must make diving save in front of cone

Coaching Points:

-Active and Ready
-Stay on Feet for as long as possible to judge bounce on Ball
-Step with Correct Foot (nearest)
-Attack the Ball

Progressions:

-Gk's Face outwards



Bouncing Balls To Goal

Organization:

4 Yard Triangle in Goal

Instructions:

- Gk starts from central Cone
- Move Quickly Into position
- Coach Serves Bouncing Ball towards Cone
- Gk must make save
- Move to Position 2 then 3

Coaching Points:

- Move down the ball Line Quickly
- Set in Time
- Judge the bounce on ball
- Step with correct foot
- Attack the ball

Progressions:

- Unannounced balls (Coach can serve either side or at Goalkeeper)
- Strike with Bouncing Volleys

