

Description

Warm up (10-15 min)

Organization

Goalkeepers will start jogging for 30 m.

High knees twice and butt kicks twice, then they make circles with their arms, also, twice.

Then, they start the warm up with the soccer ball.

Four Goalkeepers do a square and start passing the soccer ball with both hands, after, they start kicking the soccer ball and they need to catch the ball as a "triangle" or "W".



feet control (15 min)

Organization

3 Players between the 2 red cones, 2 of them with soccer balls and 1 Goalkeeper between the red square.

One of the players will pass the soccer ball to the GK, and he/she will receive the ball and control it with one small touch outside the square; then he/she will pass the soccer ball to the player without a soccer ball, and right away the GK will ask for the soccer ball to the player in the opposite side. Finally he/she will pass the ball to the player who pass the GK at the beginning.

Detail

The GK will ask and talk every time he/she wants to pass or receive the soccer ball.



Hand distribution (15 min)

Organization

To handle distribution we will need 2 players outside the box with soccer balls and one more player in front of the GK with soccer balls too.

Two small nets will be included on the drill. When the player on the right side is ready to shoot the ball straight to the goalies hands, the goalie, who is facing the field, will turn and receive the ball and will try to score on the opposite side on the small net (left).

The same play will be done receiving the ball from the left side and scoring on the right small net.

When the goalkeeper receives the soccer ball from the player in front of the big net, the GK will try to score in any of the 2 small nets.

Field Set up

3-4 soccer ball per player (3 players) and two small nets.

