



U9 Keeper Mini-Training Plan

Sporting Columbia - Early Goalkeeper Development

Length: 15 minutes | Frequency: 1–2x per week | Rotation: 3–4 players as keepers per drill

1. READY POSITION & FOOTWORK (3 minutes)

Setup: 4 cones in a 4x4 yard square, server with a ball.

Activity: Keepers start in set position. Side shuffle to cone, return to center, catch ball.

Coaching Points: Stay light on toes, short steps, move then set before catching.

2. LOW DIVE & SAFE FALLS (4 minutes)

Setup: 4–5 cones in a line, 3 yards apart.

Activity: Coach rolls ball to side, keeper steps, dives safely to collect.

Coaching Points: Step with near foot, lead with hands, land on side/shoulder.

3. SHOT STOPPING & REBOUNDS (4 minutes)

Setup: Shooter 6–8 yards from keeper.

Activity: Keeper catches or parries, recovers for rebound shot.

Coaching Points: Secure first ball, push rebounds wide, recover quickly.

4. KEEPER DISTRIBUTION GAME (4 minutes)

Setup: 2v2 or 3v3, keeper starts with ball.

Activity: Keeper distributes by roll, throw, or punt to start attack.

Coaching Points: Look before distributing, choose easiest safe pass.

Rotation Method: 3–5 reps each, then rotate. All players try GK role.

Age-Appropriate Goals:

- Players know set position & basic catching.
- They can dive safely.
- They volunteer for keeper without fear.