



# GOALKEEPING # 7

**Practice Focus: Reflex Dives, Leg Strength, Distribution** □ □ □

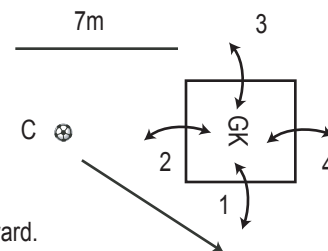
## Warm-Up: Leg Strength, Catching

- GK jogs from goal line to top of penalty box and back, raising knees towards chest while jogging. Do three sets.
- Upper Body Stretch
- GK is in crouch position 2m off goal line. Coach throws ball over head and GK jumps up to catch ball.
- Hamstring Stretch

5. Jumping in and out of square.

GK is in square and jumps out

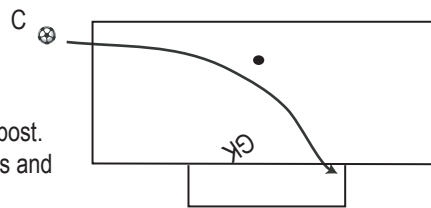
- sideways with feet together and catches ball thrown by coach (C) while in air. After landing, GK hops back into square.
- ./3./4. Repeat jumping forward, to GK right and backward. Coach must time throws to allow GK to catch while off the ground.



6. Shoulder Stretch

7. Overhead throws

- Coach throws ball over GK towards far post. GK back tracks and catches ball or dives and pushes it past post.

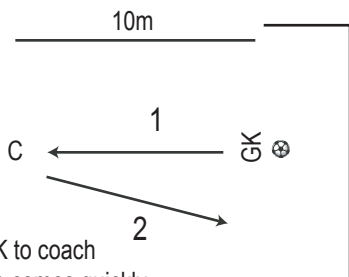


## Technique: Reflex Dives

GK is on goal line, facing the back of the goal. GK has legs spread and:

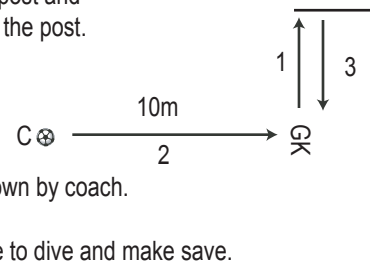
- rolls ball through legs to coach. GK turns quickly and saves
- shot by coach

Time pace of ball from GK to coach such that shot from coach comes quickly

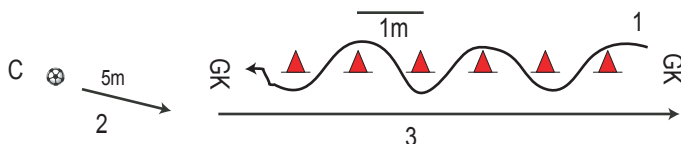


- GK runs from center of goal to goal post and bends down, touching the bottom of the post.
- Coach (C) throws ball to center of goal as GK comes back up from touching bottom of post.
- After touching post, GK gets back up quickly and dives to save ball thrown by coach.

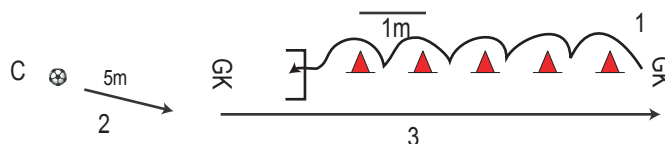
Time runs and throw so that GK is able to dive and make save.



## Fitness: Sprint-Jump-Dive



- GK runs quickly through cones. After the last cone GK faces coach (C), gets in "ready position" and
- dives to save ball thrown by coach.
- GK gets up and sprints back to first cone. Repeat 10 times.



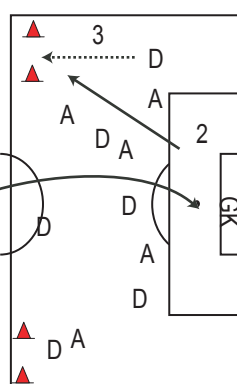
- GK jumps over cones, both feet up. After the last cone GK crawls under hurdle, gets up and
- dives to save ball thrown by coach.
- GK gets up and sprints back to first cone. Repeat 10 times.

## Tactical: Wide Distribution Throws

Attackers (A) play 6v6 against defenders (D)

- A kicks long ball into penalty box.
- GK comes out and catches ball, runs forward and throws wide towards or through the small goals made by cones on either side of field.
- Player from defending team runs wide to receive ball.

Adjust position of wide target goals to match age and strength of players.



## Scrimmage: 4 x 1v1 in Penalty Box

4 mini games in the penalty box at the same time. X1 plays game against O1; X2 v O2, etc.

GK sets up to save against the most dangerous attacker at any point in time. This requires GK to look around and be aware of all 4 games.

Every 2 minutes change players X and O to create new pairs. Keep track of which player wins the most mini games.

