



SOCCKER GOALKEEPING PRACTICE # 7

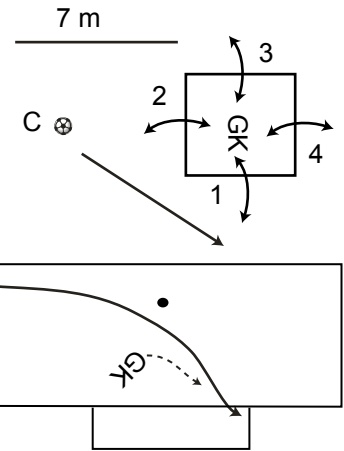
Practice Focus: Reflex Dives, Leg Strength, Catching

Time: 1.5 hrs

Warm-Up: Leg Strength, Catching

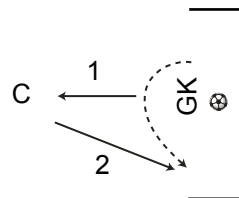
1. Goalkeeper jogs from goal line to top of penalty box and back, raising knees towards chest while jogging. 3 sets.
2. Upper Body Stretch
3. GK is in crouching position 2m off the goal line. Coach throws ball over GK head and GK jumps up to catch the ball.
4. Hamstring Stretch

5. GK is inside 2m by 2m square. Coach throws ball to GK who catches it while jumping in/out of square:
 1. sideways/feet together
 2. forward
 3. sideways to opposite side
 4. backwards
6. Shoulder Stretch.
7. Coach throws long ball over GK's head. GK takes a couple of small steps backwards, while turning, to catch ball or to dive and push it past the far post.

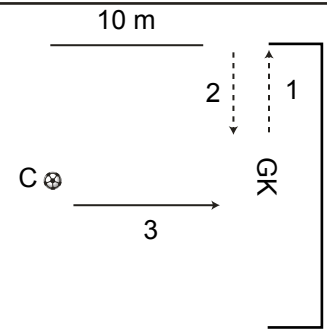


Technique: Reflex Dives

- GK is on goal line facing the back of the goal. GK holds a ball bending low and has legs apart. GK now
1. rolls ball through legs to coach
 2. pivots to face coach and saves shot.



1. GK starts in the center of the goal and runs to either goal post, touching post near ground.
2. GK quickly gets up, pivots and dives to catch a ball
3. thrown towards center of the goal by coach.

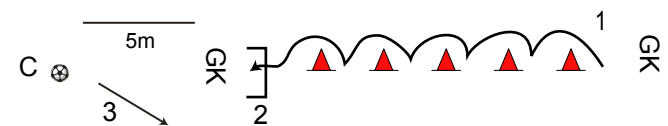
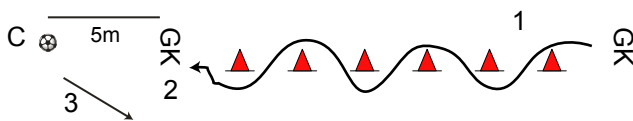


alternate sides/posts

Fitness: Sprint - Jump - Dive

1. GK sprints through cones (slalom)
2. After the last cone, GK gets in ready position and
3. dives to save ball thrown by coach.

GK sprints back and repeats - 10 sets.



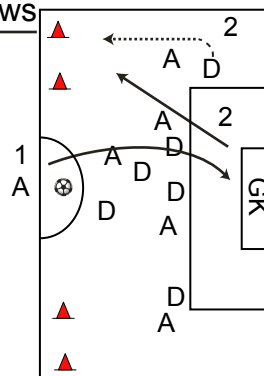
1. GK jumps over a set of cones/hurdles, feet together.
2. After the last cone, GK crawls under a hurdle, gets up into ready position and
3. dives to save a shot from the coach.

GK sprints back and repeats - 10 sets.

Tactical: Wide Distribution Throws

Attackers play 6v6 in one half.

1. A starts play with a long ball into the penalty box.
2. GK comes out and catches ball, being pressured by attackers. GK throws a long ball towards one of the small wide goals at the center line. At the same time a defender sprints to receive the ball thrown by GK.



Scrimmage: 4 x 1v1 in Penalty Box

X1/O1, X2/O2, X3/O3, X4/O4 play four 1v1 games in the penalty box.

Players try to take as many shots as possible.

GK sets to play the most dangerous shot and constantly adjusts with the play.

Mix up pairs every 2 minutes.

