



GK Activities for post season - WSSL

Category: Goalkeeping: General
Skill: Mixed age

Reseller-Club: Premier Users' Club
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Description

Session is a bunch of GK activities that goalkeeper can do over the break with a friend or another gk.
Session is mostly aimed at improving handling and footwork. These are all activities that were done throughout the season.

Warm Up

Organization:

Goalkeeper works in an 18yard Box or whatever space he/she has available

Playing Area is extended with increased number of goalkeepers

Instructions:

- Goalkeeper hop/skip/shuffle around playing area
- Bounce the ball on the ground and catch ball using the contour method (catch the shape of the ball) repeat for a 10 rep count
- Then toss the ball in the air and catch with High contour technique, making 'GK call' before going to claim ball.

Coaching Points:

GKs should make catches with arms extended and away from body

Never grab at the ball left ball Bring the ball into chest after after making catch

always catch ball with both hands behind the ball.

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



WU Catches

Organization:

Goalkeepers line up in pairs or can work with a parent or friend

Playing Area is a 20 yard space.

GKs should be 10 yards apart

Goalkeepers practice techniques for:

- **Ground scoop/catch**
- **Basket Catch**
- **Contour Catch**
- **High Contour Catch**

Instructions:

One Goalkeeper distributes the ball the other makes a save using proper technique then redistributes

Coaching Points:

Bend the knees for the under arm toss (Good service is key to success of drill)

GKs MUST get body behind ball before making save

GKs always attempt to catch ball in front/head of body, then bring ball into torso or chest for added protection

Always catch the ball in an advanced position

Progressions:

Extend the distance of the service



Main Theme (MT)

Organization:

- Goalkeepers form a single file line on goalline
- Two gates set up as shown
- Playing Area - 3-5 yards between gate 1 & 2
- GK has 1 soccer ball
- Other Partner/GK becomes distributor

Instructions:

- Goalkeeper passes to coach from Gate 1
- He then advances to Gate 2 to make a save using techniques for:

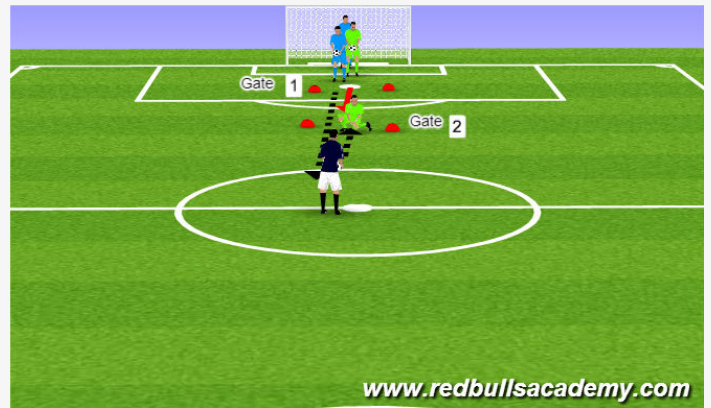
- Ground scoop/catch
- Basket Catch
- Contour Catch
- High Contour Catch

Coaching Points:

- GKs MUST get body behind ball before making save
- GKs always attempt to catch ball in front/head of body, then bring ball into torso or chest for added protection
- Always catch the ball in an advanced position IN FRONT of Gate 2 (Goal line)
- GK should come to a complete stop (break momentum) after making save

Progressions:

- One GK (GK1) goes between 2 gates facing the goalkeeper next in line GK2
- GK2 passes through legs of GK1 towards the coach
- Coach then serves a ball to Gk1 who has quickly turned facing coach expecting to make a save
- GK 1 and 2 then rotates



Punting Goalkeeper

Organization:

- Goalkeeper Catches the Ball
- Runs to top of Box
- Then Punts the Ball Upfield

Instructions:

- Goalkeeper should hold the ball with both hands directly in front of body (as shown in slide)
- Goalkeepers Non Kicking Foot and body posture should be directed towards his/her target (teammate)
- USING THE LACES Goalkeeper makes contact with ball
- BE SURE to follow through after contact for added power
- ball travels up field to target

Coaching Points:

- Always Run the ball to the top of the penalty box (18 yard area) for best results on kicks



GK Zones

Organization:

- Playing area 18 yard Box
- One GK in goal to make saves
- Other Goalkeepers/Friends/Parents become shooters each with a soccer ball

Instructions:

- Goalkeeper in net tries to make saves as best he/she can

Technique and use of:

- Ground scoop/catch
- Basket Catch
- Contour Catch
- High Contour Catch

are emphasize if and when required for each save

Coaching Points:

- GKs MUST PAY ATTENTION TO THE ZONE AND LINE OF BALL BASED ON SHOOTERS POSITION.

GKs MUST get body behind ball before making save

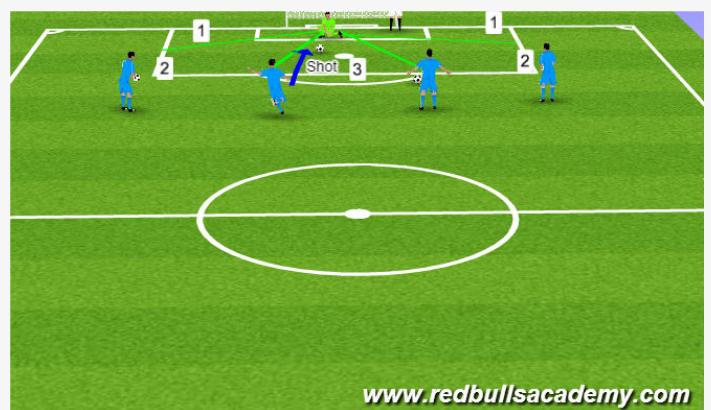
GKs always attempt to catch ball in front/ahead of body, then bring ball into torso or chest for added protection

Always catch the ball in an advanced position

Always try to catch ball with thumbs/hands in a 'W' form

Progressions:

- 1 - goalkeepers start on ground then must get up to make save



2 - goalkeepers starts with back turn then must quickly turn around to make save on shooters call