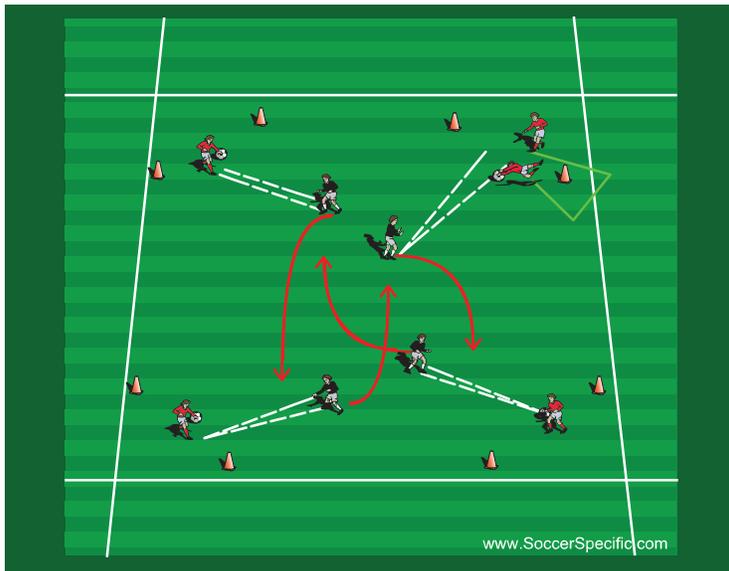


### ACTIVITY #1

**Set up:** Set up as shown in diagram, You will need four poles or corner flags, 1 big cone and large amount of balls. Depending on the amount of goalkeepers you have you can alternate the service so that everyone gets a turn.

**Instructions:** 1. GKs move around the outside of the poles, get into line and receive a pass to feet, for scoop, w-shape, or step dive. After the GKs have received the ball from different heights and services they will swap over for the others to try.  
2. After the GKs have worked on movement to the sides, they will then move onto forward to take the ball, then turn sideways like they are moving back to push the ball over the bar, but they will then move onto the next goal and repeat all of the above techniques. This will then end with the GKs moving backwards and diving up in the air to push the ball over the bar.

**Coaching Points:** Basic handling, Moving body and feet in different directions, Specific dives, low intensity, anaerobic work



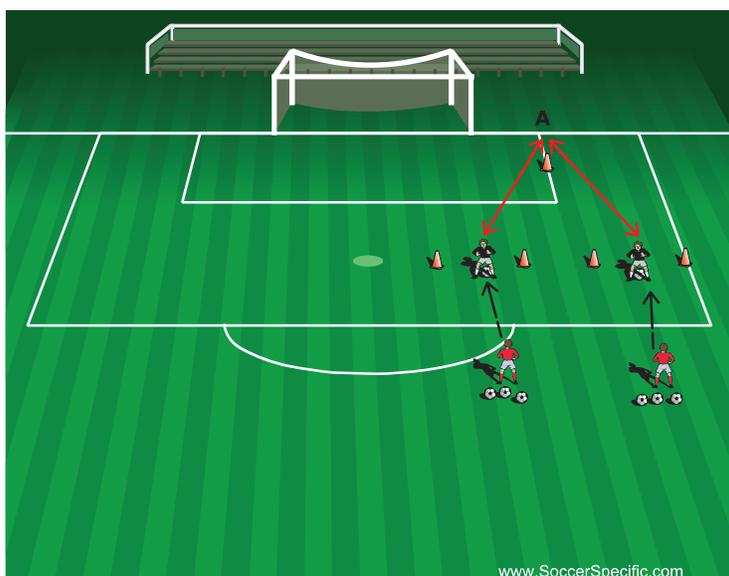
### ACTIVITY #2

**Set up:** Set up as shown in diagram. Reds are the GKs and Black are outfield shooters(Servers)

**Instructions:** Black colour run around in the square and receive the ball from GKs, they then pass the balls back to the GKs who make a technical save (to feet, for a scoop, for a palms up save, a W-shape save and a step dive save after moving around one of the posts).

A progression is after the GKs pass the ball to the centre players, the centre players then move off with the ball and the GKs must track all the balls and wait for a shot to come in. This helps with their decision making and alertness.

**Coaching Points:** Positioning, decision making, good service, technical saves, body and hand position

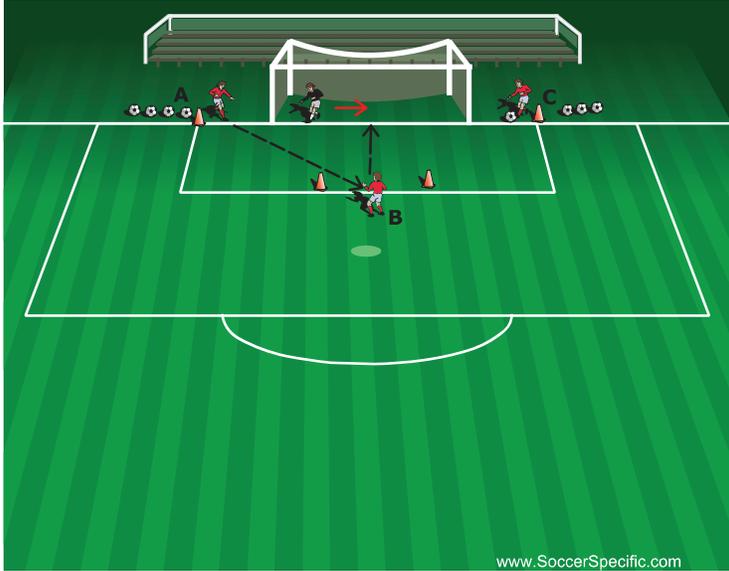


### ACTIVITY #3

**Set up:** Set up as shown in diagram. Two GK's work at a time. Cones should be about 4 yards apart, this is also a low intensity anaerobic exercise.

**Instructions:** The object of the practice is for the servers to shoot at the small goals, the Goalkeepers must stop the server from scoring, then immediately shuffle backwards to cone A, then sprint to the other goal to save another shot. Continuous practice so that the Goalkeepers get used to diving, getting up quickly, quick feet, movement and then advancing to make a second save.

**Coaching Points:** Tempo, good movement across the area, quick feet, body and hands positioning



#### ACTIVITY #4

**Set up:** Set up as shown in diagram.

**Instructions:** GK to get in line at near post. (A) plays ball into (B) Who shoots at goal. The GK must track across the goal with fast feet and attempt to save the shot. GK to use w-shape and step dive. The GK must then get to the opposite near post and the process is repeated with Player (C) as the server. Continuous practice.

**Coaching Points:** High tempo, fast feet, decision making, save selection, choice of techniques.