

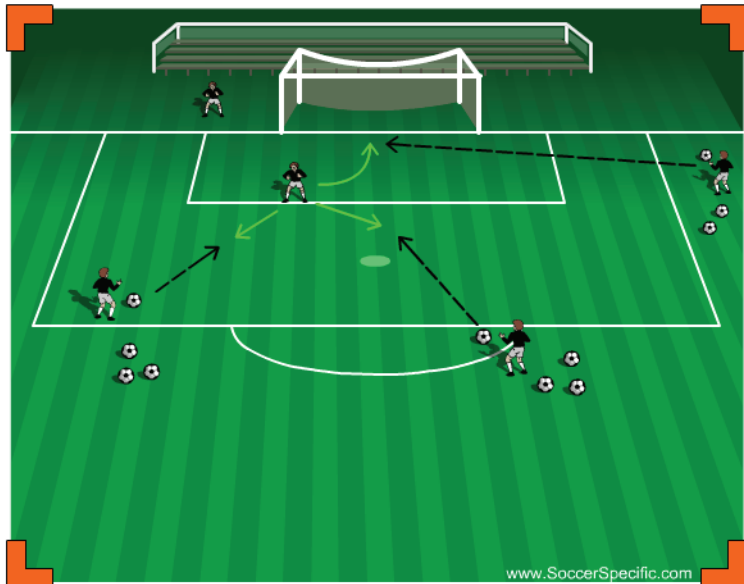
### ACTIVITY #1

**Set up:** Outfield players taken through warm up and additional fitness work with first team coaches. The goalkeeper's with GK coach working in a 10 x 10 yard area. Duration: 20-30 minutes.

**Instructions:** Start with light jogging and dynamic movement/stretching. Possession (fun) game 3v1. Goalkeeper in middle is able to use his hands to make a save to get out of the grid. 2 touch only for outside players.

**Coaching Points:** Warm up and prepare mentally and physically for the session.

Goalkeepers focus on endurance/fitness through a fun activity.



### ACTIVITY #2

**Set up:** Two servers and then one crosser with one keeper working in the goal. Duration: 10-15 minutes.

**Instructions:** GK's progress to intense shot stopping exercises from close range in and around the penalty area. Progression for GK to recover starting position in goal and deal with high looping crosses/shots.

**Coaching Points:** Focus on footwork.

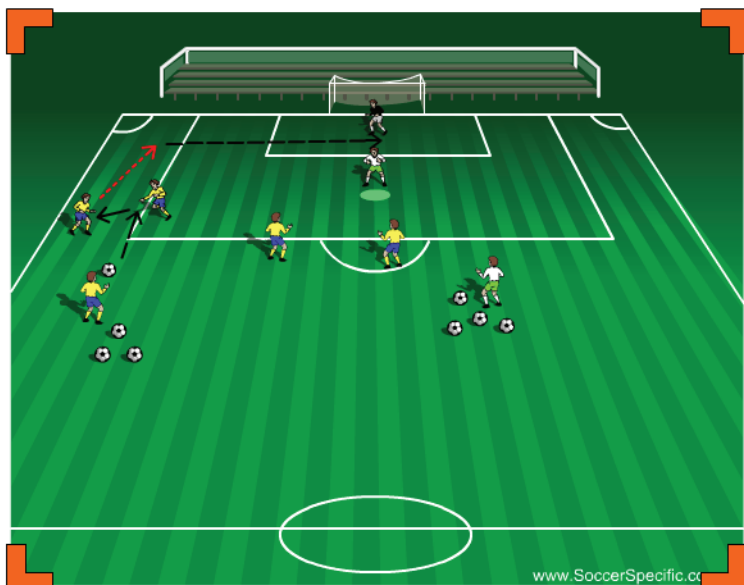
Focus on movement around the six yard box.

Focus on recovery from down to up and rebound saves.

Handling.

Blocking.

Reaction saves and positioning (anaerobic power).



### ACTIVITY #3

**Set up:** Crosser, two attackers, keeper, passive defender and server working on crossing and finishing in and around the penalty area. Time: 15-20 minutes.

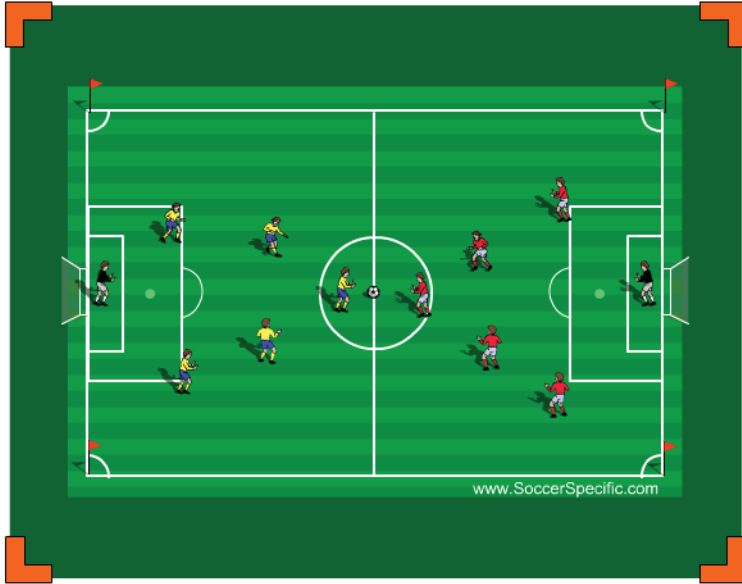
**Instructions:** Various combination play from wide players to result in cross into box for 2 attackers and a passive defender.

After resulting cross, attackers turn to receive pass from server from edge of area to turn and shoot at goal.

**Coaching Points:** Focus on overlaps from wide area and varying service into box.

Movement of two attackers and reaction time to receive second ball and shoot at goal.

GK coach continues to focus on keeper dealing with crosses and shot stopping.



#### ACTIVITY #4

**Set up:** Full field 6v6, 7v7 to 11v11. 25 minutes. Cool down at the end for 5 minutes - static stretching only.

**Instructions:** Focus on coaching points and combinations from previous activities. Conditions: all players must be in final third for goal to count. Progression: no restrictions.

**Coaching Points:** Focus on numbers in final third when attacking.

Recovery to own half in defense.

Additional focus on getting ball wide for crosses into box.  
High intensity.