



ACTIVITY #1

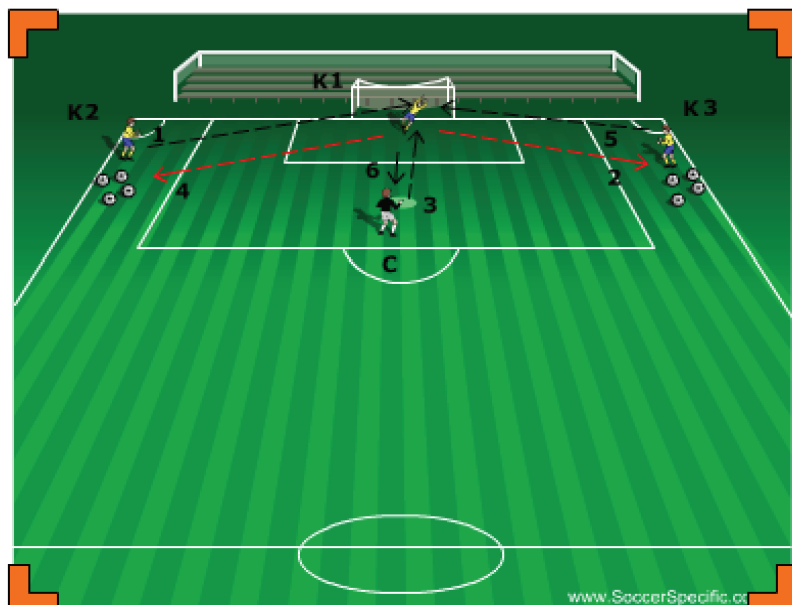
Set up: Goalkeeper coach with three squad keepers. Supply of balls, full size goal and penalty area. Two keepers working while one keeper and the coach act as servers.

Instructions: Servers throw balls in air for keeper's to catch while running across their goal. Keeper's throw ball back to server and turn to catch ball from opposite server. Rotate keepers after a certain amount of services.

Coaching Points: Shout "keeper" very loud before collecting service.

Power off appropriate leg and drive through the ball.

Catch the ball at the keeper's highest point - keep ball slightly in front of bodyline.



ACTIVITY #2

Set up: Goalkeeper coach with three squad keepers. Supply of balls, full size goal and penalty area. One keeper in the goal, two serving as crossers and the coach serving as a shooter.

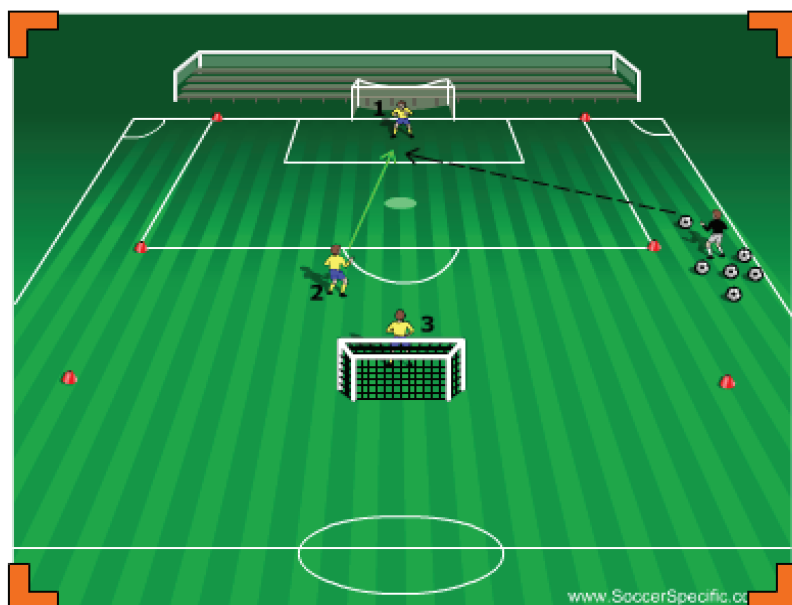
Instructions: Keeper 2 serves into the goalmouth for Keeper 1 to collect and distribute wide to Keeper 3 on opposite side.

Coach shoots at Keeper 1 who collects and distributes wide to Keeper 2. Keeper 3 serves into the goalmouth for Keeper 1 to collect. He then rolls the ball out to the coach.

Coaching Points: Starting position relative to the ball.

Early decision by keeper to come, or to stay.

Is the keeper taking the ball as early/high as they can?



ACTIVITY #3

Set up: A second goal is positioned 36 yards away to make two penalty areas. Two keepers (1 and 3) play in a goal and the third (2) acts as a field player.

Instructions: Coach serves various balls into the penalty area with Keeper 2 allowed to attack the cross. If ball comes to Keeper 2 he can shoot using a two touch limit. If Keeper 1 collects the cross or saves the shot, he attempts to score from his own penalty area against the opposing keeper. Coach then serves to opposite goal. Rotate keepers.

Coaching Points: Same points as previous activities.

Starting position.

Body positioned to see the crosser and attacker.

Decision to collect cross, or wait for forward touch.

Use of appropriate technique catch/punch cross, catch/parry shot.



ACTIVITY #4

Set up: Two teams on half field or three quarter field - modify size for the numbers. Play 7v7, 9v9 or 11v11.

Instructions: Play an unrestricted game with offside in effect. Make game as realistic as possible.

Coaching Points: Incorporate previous coaching points within the team game.

Early and clear communication with defenders.

Goalkeeper coach should work one on one with the two keepers.