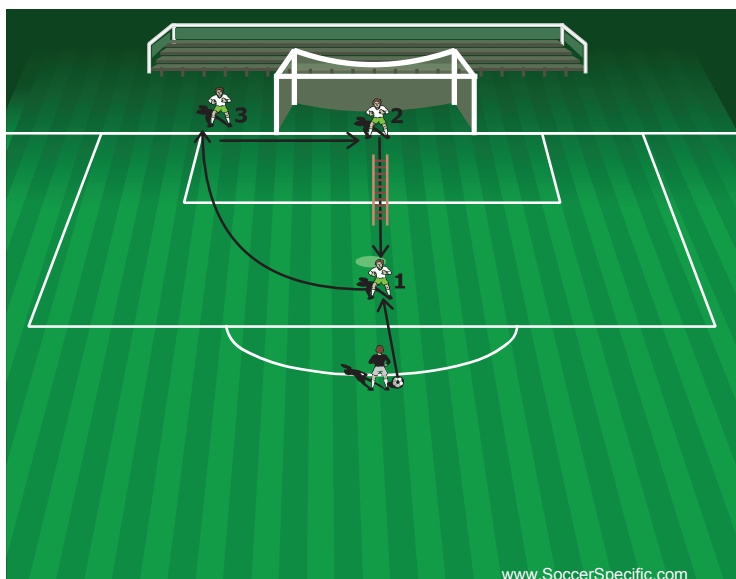


### ACTIVITY #1

**Set up:** This exercise is continuous running and dynamic movements with periodical moments to stretch. Total time: ~6-8 minutes.

**Instructions:** Players jog to the set of cones located either 9 or 18 yards away. Jog out to the farther set of cones and back (4 times). High knees out and jog straight back (2 times). High heels out and jog back (2 times). Carioca out, jog back (2 times each side). Walking lunges out and back. Calf walks out and back. Leg swings across the body, out and away from the body on the way back. Jog to the first cone, sprint to the second cone and walk back. Side shuffle to first cone and sprint to the second cone (1 time each side). Backwards to the first cone, turnaround, sprint to the second cone and jog back.

**Coaching Points:**

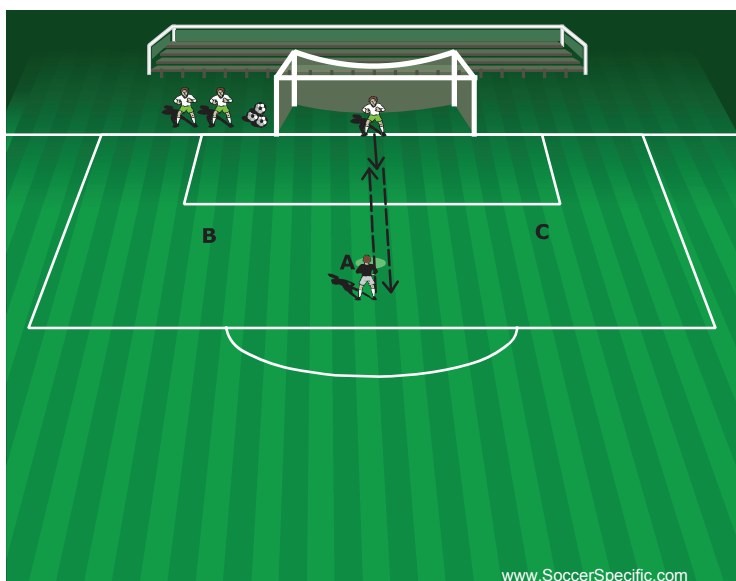


### ACTIVITY #2

**Set up:** This exercise incorporates hand/eye and feet movements that are critical to the goalkeeper. Total time: 5 minutes.

**Instructions:** Goalkeepers run through the ladder and take a shot from the coach upon getting "set". Each goalkeeper performs the following exercises twice. All three goalkeepers switch after each stint through the ladder. Progression: 1. One foot in each rung of the ladder. 2. Two feet in each rung of the ladder. 3. Facing sideways, two feet in each rung of the ladder. 4. Facing sideways the other way. 5. Two feet in the rung of the ladder, one out. 6. Right foot only in each rung of the ladder. 7. Left foot only in each rung of the ladder.

**Coaching Points:** Encourage quick feet. Look ahead, not at feet. Arms out for balance. Catch ball with soft hands, concentrate on clean reps, slightly bend arms and knees. Hands out like playing a piano.

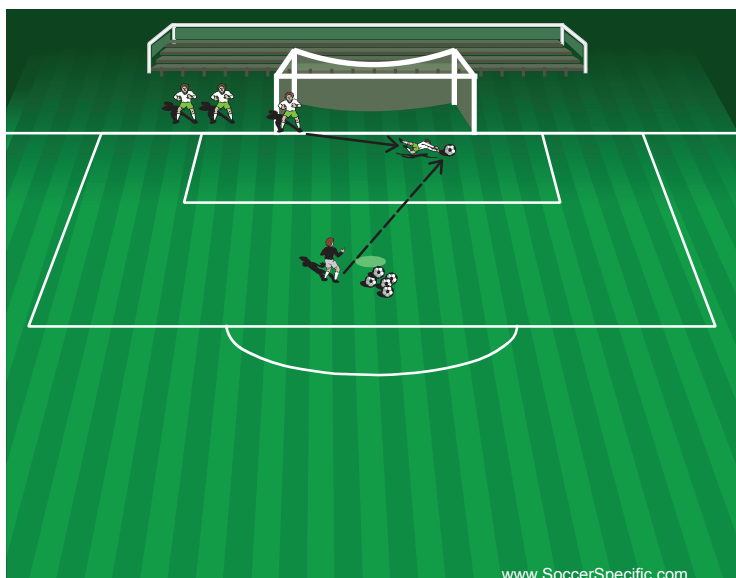


### ACTIVITY #3

**Set up:** From varying angles (see diagram), the coach hits a one touch or two ball straight back to the goalkeeper. Building confidence and technique is the overriding principle. Total time: 6 minutes.

**Instructions:** The goalkeeper rolls a ball to the coach approximately 12 yards out at the penalty spot. The coach strikes the ball directly back at the goalkeeper in one or two touches. All shots are to be hit directly at the goalkeeper but vary the height of the services. The objective is to get the goalkeeper to work on closing the space between him and the shooter while getting "set" to make the save. Clean handling is still a point of emphasis. Spend a few moments to the left and right of the penalty spot (B, C).

**Coaching Points:** Close space between shooter quickly. Read visual cues of the shooter to determine what shot is coming. Get set, balls of feet, hands forward. Be tidy and technically clean with the ball.

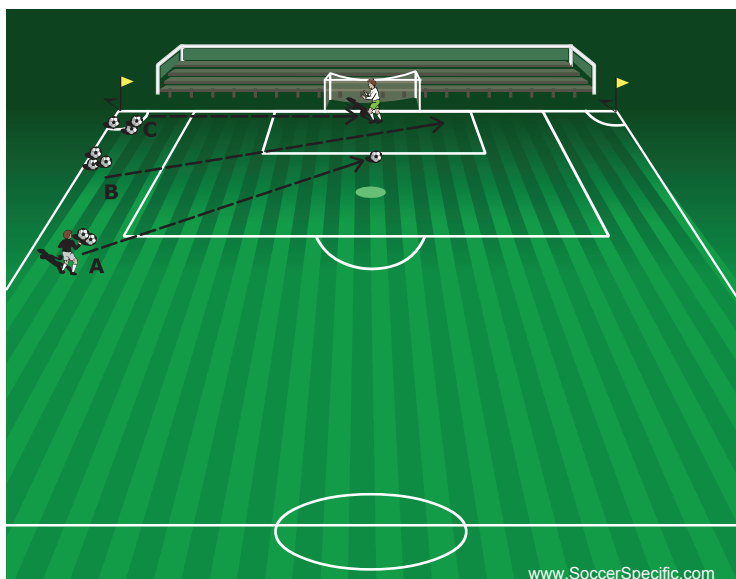


#### ACTIVITY #4

**Set up:** This exercise helps develop agility, diving, angle play and critical shot stopping techniques. Total time: 5 minutes.

**Instructions:** Goalkeeper starts by lying down on his side, hands to the near post, facing the coach. The coach starts the exercise by yelling "GO". The goalkeeper gets up, moving quickly across his goal mouth at a 45° angle. The coach needs to be careful hitting a driven ball just towards the near post side-netting. The objective is for the goalkeeper to catch or parry the ball. With limited reps due to time, each keeper needs to experience success in making the save. At the same time, it is imperative to hit realistic strikes at the goal.

**Coaching Points:** Get to feet quickly by using the top leg from the diving position to gain momentum. Use arms to generate speed in getting body across the goal. Attack at 45° angle. Always face the shooter. Shoot arm across the body to the ball.

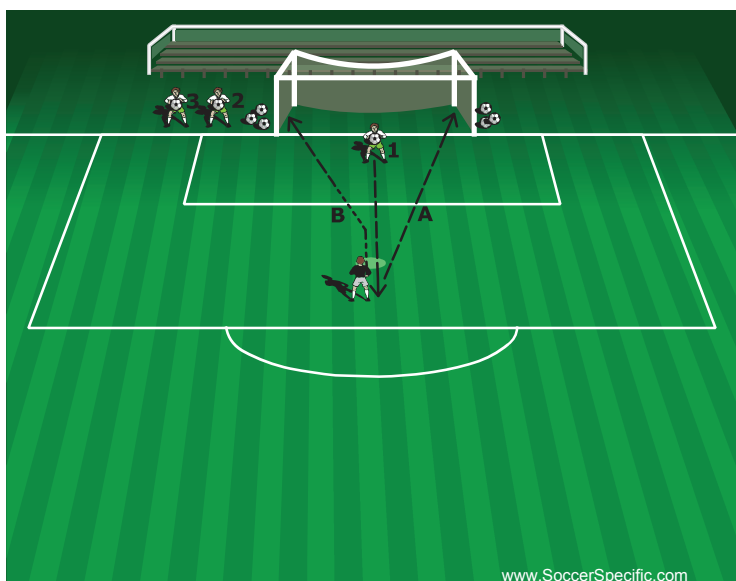


#### ACTIVITY #5

**Set up:** Both sides of the pitch must be used. Total time: 5 minutes

**Instructions:** The coach services the ball from various angles on both sides of the goal. It is imperative to mix up the services near, far and from the middle of the six-yard box. Each area will prove to be a new problem for the goalkeeper to solve. Add field players or additional keepers as variation and added pressure.

**Coaching Points:** Communication is key. Make an early call- Keeper or Away. Open your hips up for service. Hips square for the shot. Attack the ball before the near post if driven. When in doubt, use the pace of the ball to punch it clear by keeping it going in the same direction.



#### ACTIVITY #6

**Set up:** Emphasis is on mentally preparing the goalkeeper to read visual cues that he/she would see in a game. Total time: 4 minutes.

**Instructions:** Goalkeeper starts by rolling the ball out to the coach who is standing approximately 15 yards away. The coach may either strike it the first time, take a touch and shoot, or dribble the ball like a break-away. Vary the angles slightly as seen in the diagram.

**Coaching Points:** Cut off the shooter's angle. Read the visual cues of the shooter. Clean the ball up on a big touch. Be strong through the ball when you come out to engage the shooter. Hands to the ball. Stay big as long as you can. For serves toward the far post area, first step is a crossover step toward the back post. This will allow the goalkeeper to get into the line of flight quicker.