

Goalkeeper Training – JD version 1

1) Warm-UP

- Dribble, Stretch, Bounce Dribble Solo, Pass jog with a partner back and forth. Bounce pass jog with a partner back and forth.
- Skipping, jumping, jogging, and stretching.
- Ground contact drills – Keeper dropping ball and landing on it.

2) Fitness training

- Sit-ups with keeper touching ball with lying on back and on side.
- Sit-ups with keeper on stomach lifting up arms and touching ball.
- Jumping over rope or soccer balls (done with control) graduated incline. Leap jumps with keeper down in crouch leaping up and down to touch post.

3) Technical Skills

(Perfectly executed repetition)

- Angle play (with a rope)
- Arc of movement – rotating keeper with the ball
- Drill – Keeper in goal, must step forward in front of 2 balls to save
- Keeper lying down on side, coach plays ball so keeper saves lying down, to right 5 times, then to left 5 times.
- **Basic Skills**
 - 1) Hands behind ball
 - 2) Body behind ball
 - 3) Use your feet
 - 4) Positioning
- **Basic Diving**
 - 1) Diving Technique
 - 2) Hand Position
 - 3) Footwork
 - 4) Deflection – open palm, send it wide of goal
 - 5) Punching – drill lying on chest, keeper pops up to punch ball back towards coach.
 - 6) Cross balls – go after every one you can get, if you go after it, don't stop but get it.

- **Training Skills**

- 1) **Coach** is holding the ball up high above his head & keeper comes in and grabs it.
- 2) **Group of keepers** is tossing the ball up (like volleyball) & catching it in a High Contour Save, constant rotation **yelling KEEPER!**
- 3) **2 keepers** in Criss-Cross drill