

Goalkeeper Plan - Session 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

- 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.
- Mini Shuffle Side-to-Side
- In Goal – with DISCS in angle, Step up and stop at each DISC

3) Basic Catching Technique

- **Basic Catch or Basket Catch**

- 1) Toss Up & allow it to hit the ground & secure **(By himself)**
- 2) **Coach** tosses ball into chest up close **(All keepers rotate)**
- 3) **(Keeper in pairs)** tosses ball into each other chests

- **Contour “W” catch**

- 1) Keeper bounces with fist & secure **(By himself)**
- 2) **Coach** tosses ball straight & secure **(All keepers rotate)**
- 3) **(Keeper in pairs)** tosses ball into each other chests

- **Side Contour Catch**

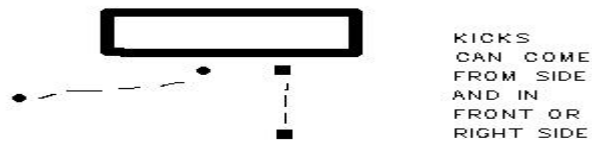
- 1) Keeper Bounces ball & grabs it in a side bounce **(By himself)**
- 2) **Coach** tosses ball to side **(All keepers rotate)**
- 3) **(Keeper in pairs)** tosses ball into each other sides
- 4) **Coach** has a ball in each hand and keeper grabs in as **Coach** releases ball back and forth **(All keepers rotate)**

- **High Contour Save**

- 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



- 4) **Coach** is kicking the ball from side with the keeper catching and rotating, can do **2 keepers** at once from both sides.



- **Hand Distribution**

- 1) Sling Throw
- 2) The "Underhand" Bowl
- 3) Baseball Side Arm Throw
- 4) Goalkeeper GAME

- **Foot Distribution**

- 1) Goal Kick – Against a Net. Then practice back and Forth to Keepers on each side of discs about 30 yards away. Keep score for good kicks.
- 2) Punt– Against a Net. Then practice back and Forth to Keepers on each side of discs about 30 yards away. Keep score for good kicks.
- 3) Drop Kick– Against a Net. Then practice back and Forth to Keepers on each side of discs about 30 yards away. Keep score for good kicks.

- **Back Pass Play** – Practice with players heading the ball back, **Coach** playing moving bal to **Keepers** kicking the ball up on a pass back, into the net.

- **SSG – 3 v 3**