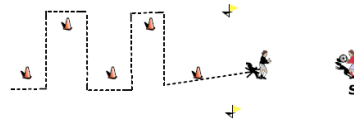


Chicago Fire Juniors West

FOOTWORK & HANDLING

Activity 1 – Quick Feet & Save

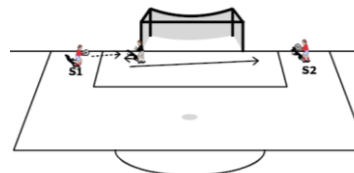
Goalkeeper moves through the cones and finishes between poles to save a shot. The service from the feeder should vary and include; 1) Low or Ground Balls; 2) Medium Height Ball; 3) Head Height; 4) High Balls; 5) Balls to right or left on ground for a diving save; 6) Balls to right or left in the air for a diving save. Goalkeeper can also work on distribution before starting.



- Is the keeper getting into the set position properly?
- Catching & diving technique
- Fast footwork

Activity 2 – Covering the Near Post

Goalkeeper starts at the post. They receive service from S1 & returns the ball, turns to run to opposite post to receive service from S2 and again, return the ball. The goalkeeper should make 3 saves from each server then rest. Start with: 1) Low or Ground Balls; 2) Medium Height Ball; 3) Head Height; 4) High Balls.



- Is the keeper getting into the set position to cover the near post?
- Catching & diving technique
- Fast footwork

Activity 3 – Closing the Angles

The goalkeeper moves sideways towards the cone. At the cone the goalkeeper steps forward to get set and receives service from S1. After returning the ball, the keeper tracks backwards to move in the other direction to receive ball from S2. Keeper should make 3 saves from each server and rest with service the same as previous activity.



- Is the keeper getting closing the angle and making the goal small for the server at each shot on goal?
- Catching & diving technique
- Fast footwork

Activity 4 – Small Sided Game

Goalkeeper integrates with the team. Field size is reduced to a half field. Teams play 7v7 without restrictions. The idea is now to see if the goalkeeper has taken onboard the coaching points from the previous activities. Encourage quick decisions. Normal rules apply with corners, throw ins, goal kicks, etc.



- Have the goalkeepers understood the key coaching points from the previous activity?
- Re-iterate the points as necessary.
- Take position behind the goal and to be able to make points to goalkeeper