

Description

Warmup (10 mins)

Organization:

3 or 4 goalkeepers per group

Inside the 18 yard box (or available rectangular space) in a triangle or square (depending on numbers)

*can be amended to a square (for 4 gks) or a pentagon (for 5 gks)

Instructions:

Players Volley in a triangle or square pattern. working on contour saves and basket catches

Coaching Points:

Volleys

Locked Ankle

Contact with laces

Raised knee

Late strike

chest over ball

Contour save

Set position

elbows in, hands in front

arms used as shock absorbers

thumbs behind the ball (not quite touching)

hands contour around the ball

chest behind the ball

always looking at the ball

pause to check for the perfect catch

technique used: when the ball is above your chest

Basket Catch

Wrists together

elbows in

make a "cave" with arms

catch the ball in your "cave" AKA catching with arms not palms

head and chest over the ball

technique used when the ball is below your chest

Progressions:

Triangle starts with:

Juggling (once bounce - overhead [laces, locked ankle, raised knee])

Volleys (contours and basket catches)

Driven ball from the ground (scoops and smothers)

Throws and Rolls (scoops and contours)



Diving Technique - Main Theme part 1 (15 mins)

Organization:

GK's organized in a straight line with room enough to dive to both sides. 1 ball per GK

Instructions:

GK's start 3 steps behind the ball and two steps to the left

GKs get into a set position on coaches command

GK's power step on coaches command

GK's dive on coaches command

GK's pop up (correctly) on coaches command

Coaching Points:

Set position -

feet shoulder width, weight on the balls of feet. slightly leaning forward (nose over toes). hands neutral and in front (like the are holding an imaginary ball waist high). Elbows slightly bent. head up eyes forward with good posture. athletic and relaxed

Power Step -

step with foot closest to the ball. toe pointing to the back half of the ball. chest comes down to knee. head and hands must be in front of the knee. hands in a contour save position.

Diving Technique -

as players dive they should fall onto the meat of their torso on the side of which they just stepped (i.e. step with right foot, dive onto



your right side). Don't lock elbows keep them slightly bent to absorb the pace of the ball. Hand closest to the ball goes directly behind it, while the hand furthest away goes on top of the ball. Pin the ball to the ground so that the ground becomes th GKs third hand.

Get Up -

Player should use the momentum of the dive like a pendulum and rock and explode back up. GK shoot the bottom leg underneath his/her rear end. Post off of 3 points of contact with the ground. Top foot, and both hands. Once up, collect feet, knees hips all underneath his/her shoulders and be in a set position

Progressions:

Low Dive / Grass Cutter Save. Main theme part w (15 mins)

Organization:

Each player in a goal, with a cone in the center of it. (goal can be 8 yards or 6 yards depending on age).

A real goal can be used, or window goals coned off.

Instructions:

player starts on the left post, then shuffles to the middle cone and makes a low grass cutter save to the post. server hits a driven ball on the ground as soon as the player makes his first step towards the ball.

Coaching Points:

shuffle away, then load the dive by bending knees low. Elbow closest to the ball stays in, and the bottom hand shoots across the grass (grass cutter). top hand attempts to go on top of the ball. Catch the ball if possible, If the Keeper must parry, use the drive from the goalkeepers hops to parry the ball away from the goal.

Progressions:

