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| **Technical Warm-up** | Touch the Ball and Catch 1:  
- Place a server with a soccer ball about 3 - 4 yards away  
- Have a GK standing with a ball on the ground one yard in front of him/her. The GK steps forward, tags the ball then they get in ready position. The server will toss the ball about chest-head height  
- The GK will catch the ball, toss it back and repeat the sequence again  
- Repeat this ten times and switch | ![Diagram](image1.png) | • Keep the eyes on the ball  
• Keep the hands behind the ball  
• Head still with eyes on the ball  
• Handling technique (One hand catch - Soft hand) |
| **Activity 1** | Touch the ball and Catch 2:  
- Place a server with a soccer ball about 3 - 4 yards away  
- Have a GK standing with a ball in either side on top of a cone.  
- Have the GK touch a ball with one hand. The server will toss the ball about chest-head height  
- The GK will catch the ball with one hand (right only, left only), toss it back and repeat the sequence with the other hand  
- Repeat this ten times and switch | ![Diagram](image2.png) | • Keep the eyes on the ball  
• Keep the hands behind the ball  
• Head still with eyes on the ball  
• Handling technique (One hand catch - Soft hand) |
| **Activity 2** | Two Catches:  
- Place two servers about 3 - 5 yards away. One server will be on his knees to roll or bounce the ball. The other server will be standing to toss the ball chest-head height  
- GK will catch the ball and toss it back then scoop the next one and bowl it back  
- Repeat this ten times and switch | ![Diagram](image3.png) | • Keep the eyes on the ball  
• Keep the hands behind the ball  
• Head still with eyes on the ball  
• Handling technique (Diamond, Basket and Scoop) |
| **Conditioned Game** | Play 3v3, 4v4 or 5v5  
- All teams with a Goalkeeper  
- Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques.  
- Reinforce all the coaching points from all the activities. | | |