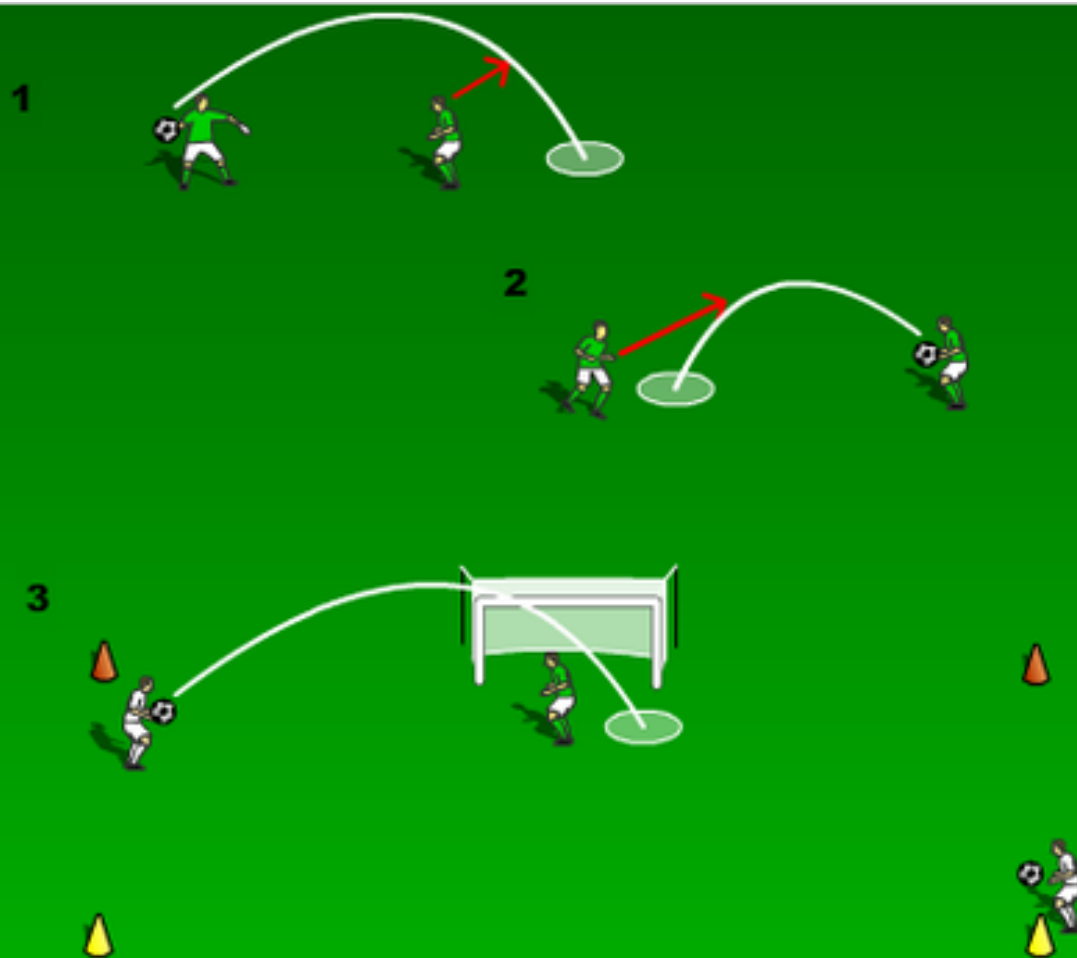




GOAL KEEPING SESSION PLANS



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Goalkeeping - Dealing with crosses

1 - Goalkeepers in pairs facing each other with one acting as a server while the other one is working (swap whos working after each go). The keeper with the ball throws the ball high over the other keepers head. That keeper steps back and catches the ball. Swap roles and repeat.

2 - As above but now the thrower throws the ball high and short so the keeper has to move forward and jump to the ball.

3 - A player on either side of the penalty area throws/kicks the ball in for the keeper to deal with. The keeper then throws the ball back. Mix up the crosses (short, long, low, high, lofted, driven). Mix up where the crosses are sent in from (early, late, cut back etc).

Progressions:

- Add another player to put pressure on the keeper
- Harder, quicker crosses

Key points:

- Judge where the ball is going (don't comit too early)
- Catching technique (W shape with hands, head behind the ball, jump up with one leg coming up for power and protection, meet the ball at the highest point)
- Positioning



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Goalkeeping - Handling/Reactions

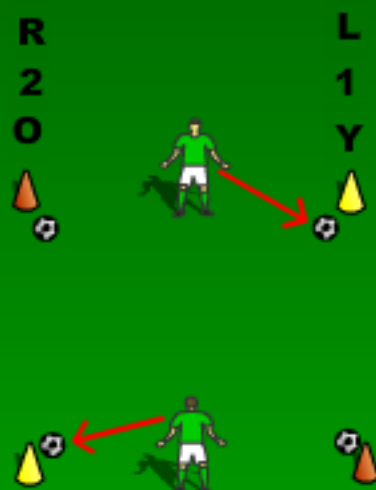
Goalkeepers on the outside have to throw the ball at the cone in the middle to score. Goalkeeper in the middle has to block the ball hitting the middle cone. If the goalkeeper in the middle gets the ball then they swap with the player who just gave it away. If the middle cone gets hit 3 times then the player in the middle loses. Players on the outside can pass the ball with the other outside players. 5 second limit on holding the ball to speed game up.

Progressions:

- Move outside cones closer
- Add another outside player
- Add a 3 sided goal into the middle

Key points:

- Positioning
- Short diving tech (W behind the ball, land on side/shoulder not elbow etc)
- Ready position (feet facing forward, on toes, knees bent slightly, hands up ready etc)



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Goalkeeping - Shot stopping/Reactions

Coach calls out a colour and the goalkeepers have to dive to that side and touch the ball with both hands. First one wins (against their partner). Reset and then the next one.

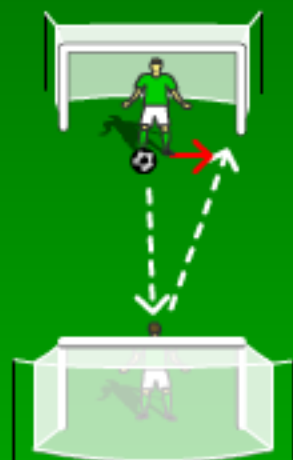
Progressions:

- Call 1 and 2
- Call left and right
- Call colour, number and direction
- Opposites

Key points:

- Diving technique
- Ready position

1



2



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Goalkeeping - Shot stopping/Reactions

1. Goalkeeper who starts with the ball always makes the save. The ball is given to the other player who then throws the ball back towards the other goalkeepers goal. Swap and repeat.
2. Almost the same but now one player is the leader. The goalkeepers keep throwing/passing the ball back to each other until the leader shoots. Swap and repeat.

For both start with the goalkeepers sat on the floor to work on technical points. Follow this with knees and then finally feet. Start with easy saves and progress to harder ones.

Key points:

- Ready position (feet facing forward, knees bent, on toes, hands ready etc)
- Dives (W with hands behind the ball, land on side/shoulder, leg up for balance when on the floor etc)



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Goalkeeping - Shot stopping/Reactions

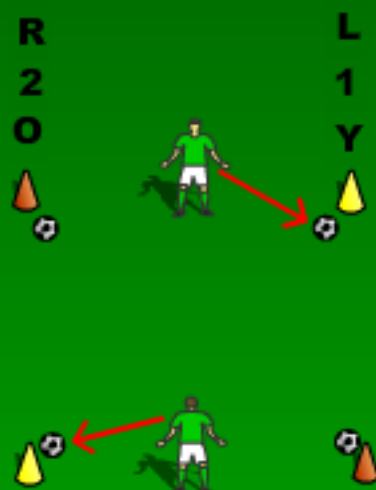
Goalkeepers have to shoot at the other goalkeepers goals to score. Goalkeepers can't score in the goals either side of them. Players can either roll, throw or kick the ball (coach can limit to one to make it easier or harder).

Progressions:

- Elimination (if scored on, that player goes down on one knee, then 2 knees, then sat down and finally out)
- Add striker in the middle

Key points:

- Positioning (between the middle of the goal and the ball while cutting off as much of the goal as possible)
- Diving technique
- Ready position



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Goalkeeping - Shot stopping/Reactions

Coach calls out a colour and the goalkeepers have to dive to that side and touch the ball with both hands. First one wins (against their partner). Reset and then the next one.

Progressions:

- Call 1 and 2
- Call left and right
- Call colour, number and direction
- Opposites

Key points:

- Diving technique
- Ready position