

Coach

Session date

Team/Age Group

Theme

Time available

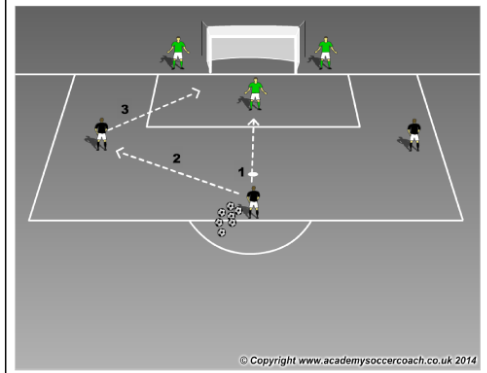
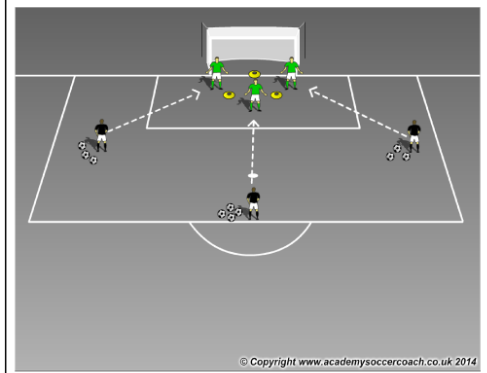
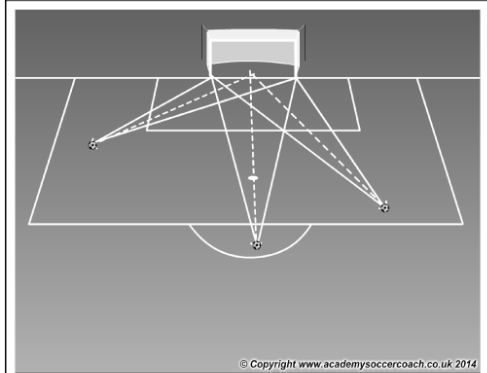
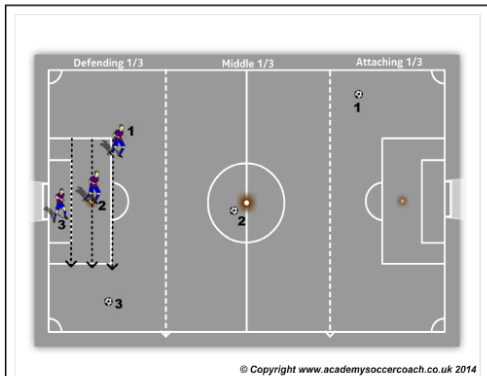
NOTES

For vertical positioning here's a suggested guideline:
 -the penalty area is split into natural thirds (6 / 12 / 18)
 -we also train in thirds of the field (defending / middle / attacking)
 With the ball in different thirds of the field the goalkeeper mimics his/her positioning in the third of the box to match the third of the field
 -i.e. with the ball in the attacking third the goalkeeper is at the top of the box
 Questions to ask in relation to vertical positioning:
 -What are the opposition's attacking options (through pass, short pass, long pass, shoot, dribble, etc?)
 -What are the goalkeeper's athletic and technical abilities?

For the visual learner, a rope (solid lines) can be a handy tool to reinforce horizontal positioning with the ball in the final 1/3 - the goalkeeper will move left to right along an angle arch trying to stay on his/her ball line (dashed line)
 Physical and technical

Set-up:
 3 goalkeepers / 3 servers
 three cones in a triangle in the goal mouth
 for safety of goalkeepers service should be into or close to the goalkeeper's body line (no diving)
 Emphasis on ready position and proper catching
 After goalkeeper makes the save, goalkeeper bowls ball back to server's feet and uses proper footwork back to center of the goal - moves to next window

Set-up:
 3 goalkeepers / 3 servers
 -top server takes a shot on goal
 -after the save goalkeeper bowls ball back to server and moves across angle arch for shot from wide server

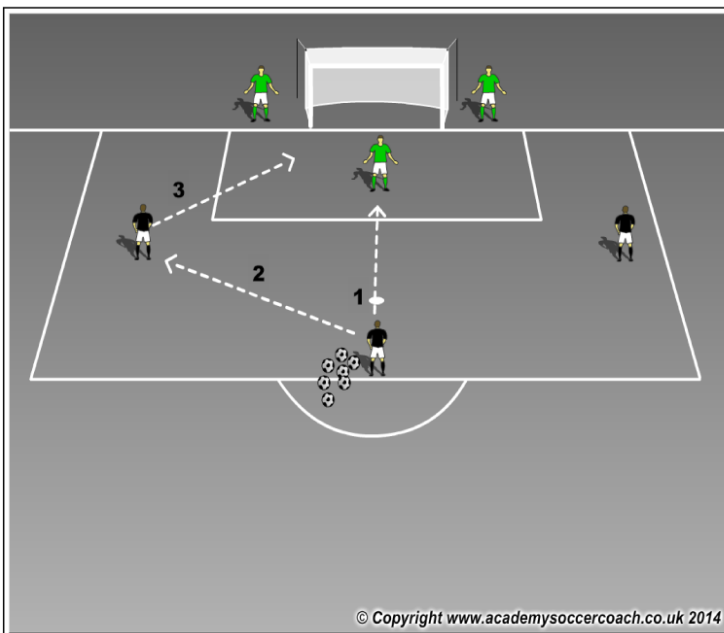


Progression 1 notes



Introduction to break-away training:
 Patience and courage!
 -Breakaway: one on one with no defender between the goalkeeper and attacking player
 Stages of a breakaway:
 -before: cut off pass before attacking player gets to the ball (i.e. through pass / free ball)
 -during: goalkeeper and attacker arrive at the ball at the same time (smother)
 -after: attacking player has possession of the ball so goalkeeper need to look to play the next touch

Progression 2 notes



Set-up:
 3 goalkeepers / 3 servers
 -top server takes a shot on goal
 -after the save goalkeeper bowls ball back to server and moves across angle arch for shot from wide server
 -If passed directly to the wide server, he/she has the option of a shot or taking a touch that the goalkeeper needs to decide whether to attack or stalk
 -If pass is made between the goalkeeper and wide server the goalkeeper needs to decide to smother or stalk

Additional Notes / Key Coaching Points