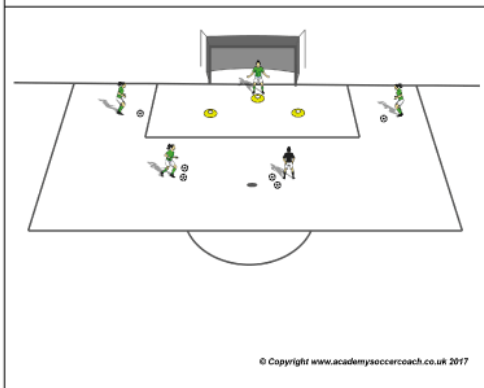
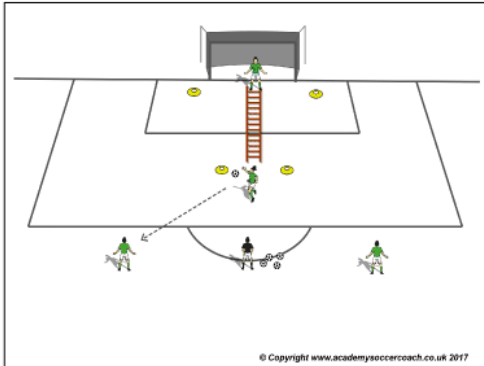


Interactive Session Plan™

Coach

Session date

Theme



NOTES

four goalkeepers
 half of an agility ladder (two cones set up top and two cones set at bottom outside the post)
 goalkeepers move through the speed ladder to setup for variety of services
 -feet
 -scoop
 -basket
 -contour
 -side contour
 -dynamic set position
 -note shape of body and hands when receiving
 GKs distribute to resting GKs

four goalkeepers
 set up box in front of the goal (front more narrow than back)
 cones are numbered
 coach calls a number - GK uses proper footwork to move to that cone and back to middle for service
 after save, GK distributes to resting GKs

four goalkeepers (1 in goal / 3 servers)
 coach points to one of the side servers for a slotted ball save
 GK must reload to work across to the server who has the ball for a shot

Additional Notes / Key Coaching Points