

Soccer Champions Coaches' Clinics



adidas	Interactive Session Plan
Coach Deb Raber	Session date February 24, 2017
Theme Goalkeeper Handling, Footwork, Co	llapse Dive & Hand Distribution
	NOTES
© Copyright www.academysoccercoach.co.uk 2017	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
O Copyright www.academysocorroach.co.uk 2017	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