




Season: Winter 2015/16 Program: Goalkeeping Week: 7

Topic: Goalkeeping Footwork, Quickness and Ball Handling

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	Shuffle, Catch: <ul style="list-style-type: none"> Set up the working area as shown in the graphic. The square is about 2 yards, place a cone different color cone about 4 yards apart from the square in between 2 cones. Cones are numbered At the coach's command the GK will be set, shuffle and touch a cone, come back to the middle of the square, get set and catch the service, then go to the outer cone and back, get set and catch the service 		<ul style="list-style-type: none"> Get set and catch the service by using proper catching technique depending on service Move quickly to the cones
Activity 1	Set, Catch, Double Shuffle, Catch & Sprint: <ul style="list-style-type: none"> Set up the working area as shown in the graphic. The square is about 2 yards; place a cone different color cone about 4 yards apart from the square in between 2 cones. Cones are numbered At the coach's command the GK will be set, shuffle and touch a cone, come back to the middle of the square, catch the service, shuffle and touch another cone, comeback to the middle of the square, get set and catch the service, then sprint to the outer cone. 		<ul style="list-style-type: none"> Get set and catch the service by using proper catching technique depending on service Move quickly to the cones
Activity 2	Set, Catch, Around the Cone, Shuffle, Catch, & Double Sprint: <ul style="list-style-type: none"> Set up the working area as shown in the graphic. The square is about 2 yards, place a cone different color cone about 4 yards apart from the square in between 2 cones. Cones are numbered At the coach's command the GK will be set, Catch the service, shuffle around one cone and touching another, shuffle to the middle, set and catch and sprint two outer cones 		<ul style="list-style-type: none"> Get set and catch the service by using proper catching technique depending on service Move quickly to the cones
Conditioned Game	Play 3v3, 4v4 or 5v5 <ul style="list-style-type: none"> 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. 		

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