<table>
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| Technical     | **Warm-up**                                                                                                  | ![Technical Warm-up Diagram](diagram1.png)                               | • Keep the eyes on the ball  
• Keep the hands behind the ball  
• Head still with eyes on the ball  
• Handling technique (One hand catch- Soft hand) |
| Activity 1    | **Touch the Ball and Catch 1:**  
• Place a server with a soccer ball about 3 - 4 yards away  
• Have a GK standing with a ball on the ground one yard in front of him/her. The GK steps forward, tags the ball then they get in ready position. The server will toss the ball about chest-head height  
• The GK will catch the ball, toss it back and repeat the sequence again  
• Repeat this ten times and switch | ![Activity 1 Diagram](diagram2.png)                                      | • Keep the eyes on the ball  
• Keep the hands behind the ball  
• Head still with eyes on the ball  
• Handling technique (One hand catch- Soft hand) |
| Activity 2    | **Touch the ball and Catch 2:**  
• Place a server with a soccer ball about 3 - 4 yards away  
• Have a GK standing with a ball on either side on top of a cone  
• Have the GK touch a ball with one hand. The server will toss the ball about chest-head height  
• The GK will catch the ball with one hand (right only, left only), toss it back and repeat the sequence with the other hand  
• Repeat this ten times and switch | ![Activity 2 Diagram](diagram3.png)                                      | • Keep the eyes on the ball  
• Keep the hands behind the ball  
• Head still with eyes on the ball  
• Handling technique (One hand catch- Soft hand) |
| Activity 2    | **Two Catches:**  
• Place two servers about 3 - 5 yards away. One server will be on his knees to roll or bounce the ball. The other server will be standing to toss the ball chest-head height  
• GK will catch the ball and toss it back then scoop the next one and bowl it back  
• Repeat this ten times and switch | ![Activity 2 Diagram](diagram4.png)                                      | • Keep the eyes on the ball  
• Keep the hands behind the ball  
• Head still with eyes on the ball  
• Handling technique (Diamond, Basket and Scoop) |
| Conditioned   | **Game**  
• Play 3v3, 4v4 or 5v5  
• 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. | ![Conditioned Game Diagram](diagram5.png)                                 |                                                                                                    |