

Screen 1

Organisation

Set exercise up as shown above, adapting the sizes to suit the Gk's specific to the session.

Please refer to video session for exercise instructions, to ensure the safety and well being of the individuals players within the activation session.



Screen 2

Organisation

Set exercise up as shown above, adapting the sizes to suit the Gk's specific to the session.

4x Gk's will pass the ball to each other, ensuring the ball does not enter the inside of the cones, or hitting any of the cones over. Initially, there is no pass restriction on the players and there isn't a passing sequence they must stick to.

Progression(s)

1. Place a touch restriction on the players
2. Gk's must pass the ball in a 1-4 sequence
3. Place a touch and sequence restriction on the players
4. Adapt restrictions during 'live' play

Key points

1. Distribution with feet
2. Communication
3. Angles of support
4. Weight of pass
5. Consistency
6. Visual awareness
7. First touch control



Screen 3

Organisation

Set exercise up as shown above, adapting the sizes to suit the Gk's specific to the session.

1x working Gk will remain within the box area, with 3x servers supporting from a distance of 10 yards away. S1 will pass the ball into the Gk, who will take a good first touch, ensuring the ball stays inside the box, before passing the ball back to S1. Gk will repeat this process from 2, 3, 2 and 1 before rotating positions with Servers.

When moving into a different passing sequence, ensure the Gk body position is open when receiving the pass. It is critical that the Gk is scanning the area for constant information on player positions, etc.

Progression(s)

1. Place a touch restriction on the players



2. Gk will receive from 1 and pass to 2, from 2 and pass to 3, from 3 and pass to 2 and from 2 and pass to 1
3. Gk must start at the front of the box and make backwards movement first, before receiving the pass from a server.
4. Gk must take first touch left/right outside the box before passing back to server
5. Server passing the ball can nominate, by a shout, who the Gk must pass the ball to
6. Before receiving a pass back from the Gk, the outside servers can move around to force the Gk to always be scanning their area for player positions

Key points

1. Distribution with feet
2. Communication
3. Angles of support
4. Weight of pass
5. Consistency
6. Visual awareness
7. First touch control

Screen 4

Organisation

Set exercise up as shown above, adapting the sizes to suit the Gk's specific to the session.

Working Gk will remain within the triangle made by the mannequins. Gk will receive a ball from S1, their first touch must take them OUT of the triangle, before passing a ball into one of the mini goals. The Gk will receive 6 balls in total from S1/2 and receive a point for every target they successfully hit. The mini goals positions replicate passing to your left back/right back/centre mid.

No points for heavy touches that result in goals or for poor touches that stay within the triangle.

Progression(s)

1. Place a touch restriction on the players
2. Server passing the ball can nominate, by a shout, which mini goal the Gk must pass the ball to
3. Increase difficulty of ball the working Gk will receive (Bouncing, power, etc)

Key points

1. Distribution with feet
2. Communication
3. Angles of support
4. Weight of pass
5. Consistency
6. Visual awareness
7. First touch control

