

## Screen 1

### Organisation

Set up area, as shows above, adjusting sizes to specific Goalkeepers you have within the session.

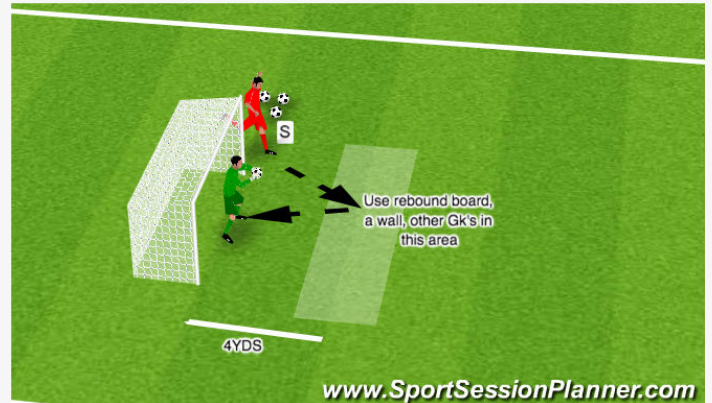
S will volley a ball against a large rebounder(wall) that is 4x yards away from the Gk, Gk will save the ball as it travels back to them. As it's the opening exercise of the session, service will start slower, to allow Gk to build confidence at the start of the session.

### Progression(s)

1. Increase the speed of the service
2. Vary the height of the service
3. Implement pre-movement from the Gk before service- Must start at the post and move into line first

### Key points

1. Handling
2. Movement
3. Reactions
4. Decision making
5. Diving
6. Balance/set-position
7. Calm/focus



## Screen 2

### Organisation

Set up area, as shows above, adjusting sizes to specific Goalkeepers you have within the session.

Gk will start at either red mannequin in their set-position. On command from Coach, Gk will drop into a position to defend the 4yard goal (2x blue mannequins). S will then strike the ball at the Gk, for Gk to make the appropriate save.

Ensure Gk is 'set' at the trigger moment of S, even if slightly out of position.

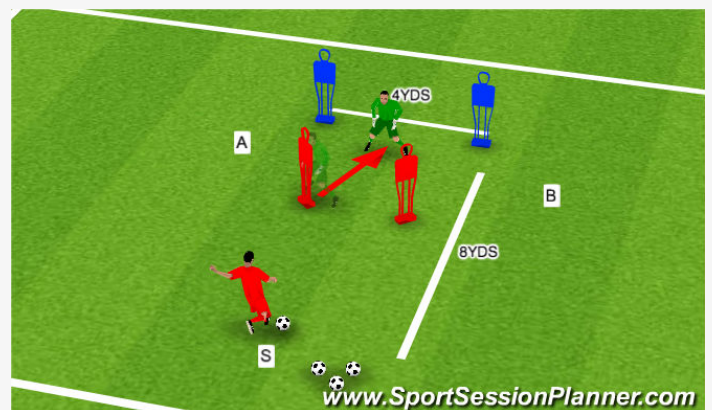
Service must come just as the Gk is setting, to increase reaction skills and decision making on when to 'set'.

### Progression(s)

1. Vary distance/difficulty of the service
2. Place footballs in positions A/B and Gk must dive on them before moving into position to deal with service from S
3. Add fast footwork over cones/poles on ground, prior to the movement into position

### Key points

1. Handling
2. Movement
3. Reactions
4. Decision making
5. Diving
6. Balance/set-position
7. Calm/focus



## Screen 3

### Organisation

Set up area, as shows above, adjusting sizes to specific Goalkeepers you have within the session.

Gk will start at post A/B. On coach command of 1 or 2, Gk will move from the post, into the numbered 'mini goal' set out by the poles within the goal, and receive a strike from the server who is in line with that 'mini goal'. (Gk will not be asked to move into the 'mini goal' that is the furthest away from their starting position.

Service must come just as the Gk is setting, to increase reaction skills and decision making on when to 'set'.

### Progression(s)

1. Increase the speed of the service
2. Vary the height of the service
3. Coach can roll a ball into the 6 ard box and Gk must dive on that first, before reacting to the number call from the coach and taking up that position for the service

### Key points

1. Handling
2. Movement
3. Reactions
4. Decision making
5. Diving
6. Balance/set-position
7. Calm/focus
8. Shot stopping



## Screen 4

### Organisation

Set up area, as shows above, adjusting sizes to specific Goalkeepers you have within the session.

Gk will play multiple passes with C, within the shaded area. On C command, Gk will pass to either S1/2/3. The servers have multiple options- They can take a touch and shoot straight away, they can pass to another S for them to shoot, they can play a 'one-two' with a rebound board and shoot. Whatever option they choose, it must be done at a 'match realistic speed' to ensure the decision making process for the Gk is difficult.

### Progression(s)

1. Place 1 touch restriction on Gk whilst passing with C
2. C can select with server the Gk must pass the ball to ( Shout 1, 2 or 3)
3. If shot is off target, C can volley a ball at the Gk from an angle to ensure the Gk makes a reaction save

### Key points

1. Handling
2. Movement
3. Reactions
4. Decision making
5. Diving
6. Balance/set-position
7. Calm/focus
8. Passing
9. Communication
10. Shot stopping

