

## Screen 1 (20 mins)

### Organisation

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

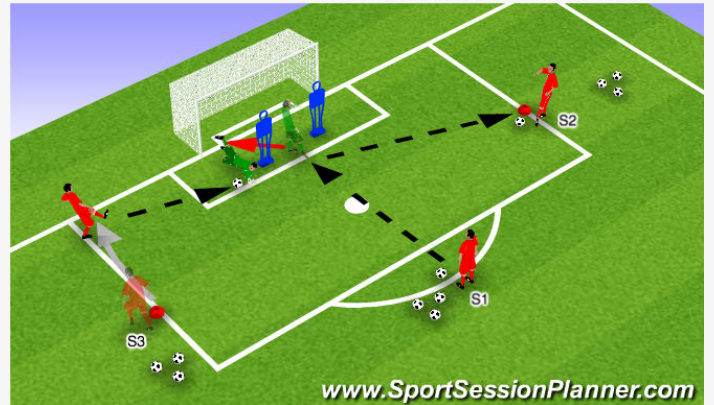
S1 will play a low pass into the Gk, inbetween the 2x mannequins. Gk will then pass the ball to S2, before moving efficiently into a relative position for S3. S3 will dribble the ball towards the byline, before driving a cutback into the mannequin area for the Gk to deal with. If the Gk catches the ball, we do a continuous practice by asking the Gk to distribute the ball to S1.

### Progression(s)

1. S1 can vary the service- Difficult pass, volley into hands, shot into hands
2. Gk can dictate what service they get from S1
3. S1 can play the ball outside of the mannequins
4. Place a touch restriction on the Gk, when acting on the service from S1
5. S1 can become active when S3 is cutting the ball back

### Key points

1. Communication
2. Distribution
3. Movement
4. Handling
5. Diving
6. Shot stopping
7. Positioning
8. Decision making



## Screen 2 (20 mins)

### Organisation

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

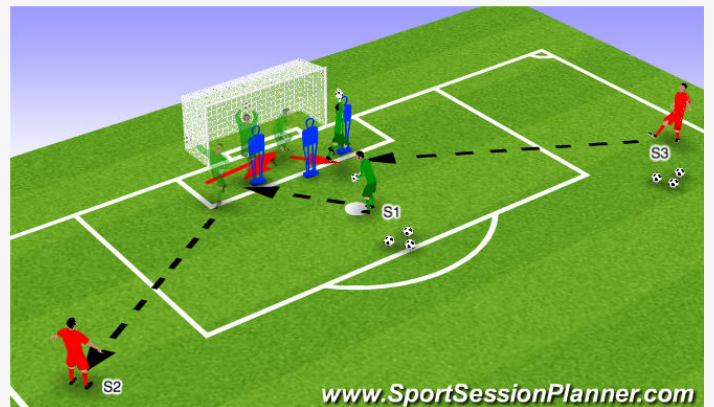
S1 will throw the ball into the mannequin area for the Gk to come and collect efficiently. The Gk will then distribute the ball to S2, before moving into a relative position to deal with a cross from S3. S3 will cross the ball into the mannequin area for the Gk to deal with.

### Progression(s)

1. Gk can vary distribution out to S2- Hands/feet
2. S1 can become active from the cross from S3, attempt to score
3. If Gk catches cross from S3, they can distribute into a target set out by coach
4. If poor cross from S3, S1 will have extra ball in their hands to shoot/throw/volley at the Gk to replicate a shooting attempt leading from a cross

### Key points

1. Communication
2. Distribution
3. Movement
4. Handling
5. Diving
6. Shot stopping
7. Positioning
8. Decision making



## Screen 3 (20 mins)

### Organisation

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

Gk will start in shaded pitch area, in front of mannequins. Gk will distribute the ball into a goal target, at half way line. After the distribution, the Gk will hold their position within the shaded area. On the coach command of 'DROP S1', the Gk must drop to deal with a cross from either S1 or S2. The Gk's position must be relative to the active server and their ball position. S1/S3 will then cross the ball into the mannequin area for the Gk to deal with.

### Progression(s)

1. Gk can vary their distribution into the target goal- From ground/volley
2. Add players into the box to act as ATT's
3. If Gk catches cross from S1/S2, they can distribute into a target set out by coach
4. If poor cross from S1/S2, C will have extra ball in their hands to shoot at the Gk to replicate a shooting attempt leading from a cross

### Key points

1. Communication
2. Distribution
3. Movement
4. Handling
5. Diving
6. Shot stopping
7. Positioning
8. Decision making

