

Screen 1 (10 mins)

Organisation

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

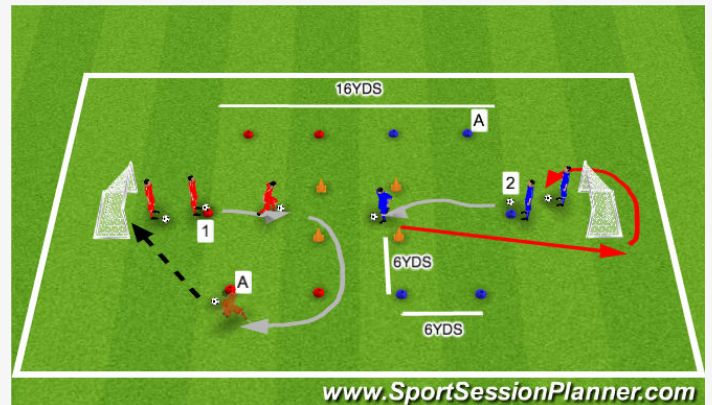
Gk's are split into two different teams, with one team starting at blue cone 1 and the other at red cone 1. The starting Gk will dribble their ball up into the orange square, before leaving their ball and running all the way back around their teams mini goal and back to their starting position, before the next player can go. The first team to dribble all their balls into the orange square and return to the starting point, wins.

Progression(s)

1. Run to pick up the ball inside the orange square, before running back.
2. Dribble up to the orange square and roll throw the ball back to their team mate.
3. Dribble up to the orange square and throw the ball back to their team mate for a high catch.
4. Dribble up to the orange square and then outside to the cones and pass the ball into the goal from cone position A.
5. Dribble up to the orange square and then outside to the cones and stop the ball with your hand at cone position A, before passing the ball into the goal.
6. Dribble up to the orange square and dribble back towards cone position 1, before passing the ball into the goal.
7. Vary your distribution techniques into the mini goals.

Key points

1. Engagement / fun
2. Dribbling
3. Handling
4. Distribution
5. Communication
6. Competitiveness



Screen 2 (10 mins)

Organisation

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

At station A- The server will serve the Gk low diving saves, by passing the ball, to each side left / right.

At station B- The server will pass the ball into the Gk, who will take a touch and play it back to the server on their second touch, before repositioning into a position to defend the goal.

At station C- The server will throw the ball to the Gk for basket / chest catches, ensuring clean handling / footwork.

Carry out for 30secs at each station, before rotating.

Progression(s)

1. Vary the distance of the service
2. Vary the difficulty of the service (random / pace / power)

Key points

1. Diving
2. Handling
3. Recovery movements
4. Passing / receiving
5. Communication



Screen 3 (10 mins)

Organisation

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

At station A- The server and the Gk will attempt to enjoy a 1 touch passing sequence for as long as possible.

At station B- The server will throw the ball (randomly) into a corner for the Gk to dive and save.

At station C- The server pass the ball to the Gk, who will attempt to take a touch and pass the ball back on their weaker foot.

Carry out for 30secs at each station, before rotating.

Progression(s)

1. Vary the distance of the service
2. Vary the difficulty of the service (random / pace / power)

Key points

1. Diving
2. Handling
3. Recovery movements
4. Passing / receiving
5. Communication

