

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 will start in a line behind the blue cone, with servers in positions A/B. First Gk will accelerate towards server A, before decelerating and 'setting' within the red disc mini goal. Server A will then safely strike a ball from close distance, to encourage a block save from the Gk.

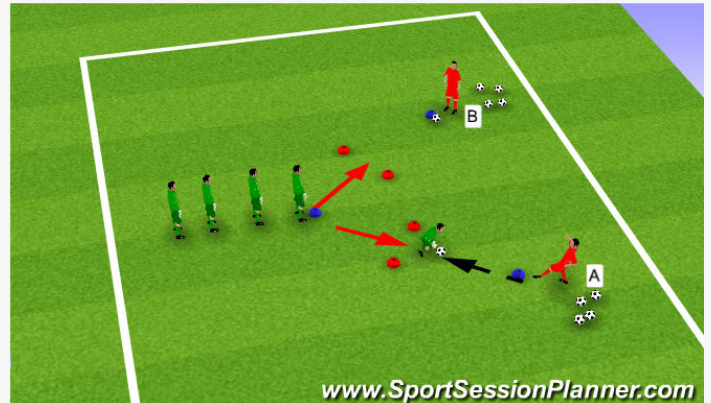
The second Gk will repeat this process with server B at the same time, to increase ball contact time. All Gk's will rotate their starting positions and work with both servers A/B.

Progression(s)

1. Server A/B can vary their distance. An increased distance offers varied saving techniques.
2. Server A/B can touch the ball out of feet, to encourage a smother.
3. Add additional serve from a central position, to start the exercise, before moving to servers A/B.

Key points

1. Efficient movement
2. Effective blocking shape
3. Acceleration/deceleration
4. Shot stopping
5. Handling
6. Decision making
7. Multiple save techniques



Screen 2 (30 mins)

Organisation

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

ATT 1/2 will stay inside the grid.

Server A/B will stay on the outside of the grid.

3x Gk's will defend their mini goal.

Server A will play the ball to ATT 1, who will look to score in any of the mini goals. Server B will repeat the process with ATT 2. ATT 1/2 must always move around the grid, to paint different pictures for the Gk's. Server A/B can move vertically up and down the outside of the grid.

Server A/B will rotate turns, on who starts the practice.

Progression(s)

1. Server A/B can play the ball to either ATT 1 or 2
2. Server A/B can also shoot at goal
3. The coach shouts either A or B, to indicate where the practice will start from
4. If Gk cleanly catches the ball, they can then shoot against another Gk
5. Add competitive element, Gk with least amount of goals against, wins.
6. Server A/B can move anywhere on the outside of the grid
7. Add additional server on the outside of the grid

Key points

1. Efficient movement
2. Effective blocking shape
3. Acceleration/deceleration
4. Shot stopping
5. Handling
6. Decision making
7. Multiple save techniques

