

## Warm up (10 mins)

### Organisation

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

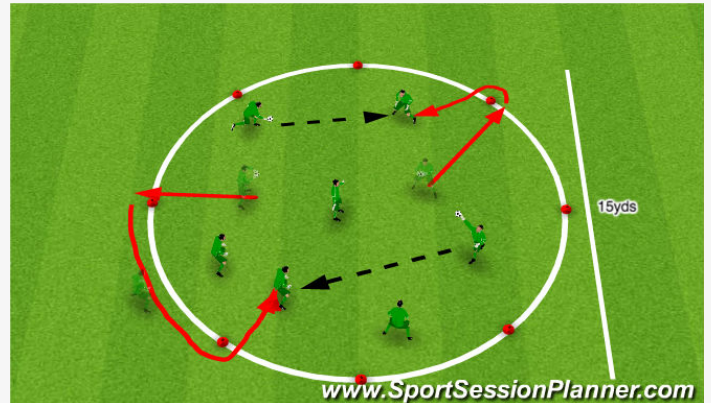
All 7x Gk's will occupy the circle, with 2x balls active. Gk's will throw the ball to each other to practice their handling. After you catch/throw the ball, you must move efficiently out to one of the cones and back into the play, before being able to catch the ball again.

### Progression(s)

1. Dribble and pass
2. Increase the movement, by asking Gk to move around 2x cones, before entering back into the circle (as shown above)
3. Add/remove balls
4. Vary service for the handling aspect
5. Place into groups, can only pass to your own team
6. Introduce passing sequence, must find next team mate in sequence

### Key Points

1. Handling
2. Movement (Head & hands still)
3. Distribution
4. Communication
5. Awareness



## Game related practice (30 mins)

### Organisation

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

- 1x Gk will defend the big goal.
- 1x Gk will defend the small goal (set out with 2x markers) on the 6x yard box line
- 2x Gk's will defend the 2x mini goals
- Servers will start in positions 1/2.

Server 1 has multiple options, they can shoot into either mini goal. They can shoot into the small goal on the 6x yard box line or they can shoot into the big goal. They can also pass to server 2, who can turn and shoot into the small goal on the 6x yard box line or the big goal.

All Gk's will be asked to make decisions, within multiple save situations. Gk's will rotate positions after each set.

### Progression(s)

1. Resting Gk's can occupy areas A/B to deal with any rebounds. Server 1 can also pass to them to either strike at goal, or cut back into server 2, who can attempt to score.
2. Server 2 can start closer to server 1 and attempt to score into either mini goal.

### Key Points

1. Shot stopping
2. Block/spread/smother
3. Decision making
4. Awareness
5. Positioning

