



Goalkeeping Session Plan 1

Practice	Diagram	Explanation
Arrival Activity		<p>As players arrive get them to do the following:</p> <p>Dribble the soccer ball around the penalty box like a basketball.</p> <p>Throw and catch the ball above their heads (Create a 'W' shape with their hands when catching)</p> <p>Walk around pushing the ball upwards with their hands above their heads.</p>
Practice 1 (Reaction game)		<p>In partners set up as the picture shows.</p> <p>Call out the colour of the cone and the first one to pick it up get 1 point.</p> <p>If you call out 'Ball' the first player to pick it up gets the point.</p> <p>Progression: Add in 'Head, Shoulder, knees and toes' as a command before shouting out the colour of the cone or the ball.</p>

Practice 2
(The 5 Saving
Techniques)



Save 1:

With the layout the same as the picture the players start off with; Throwing the ball above their partners head to catch the ball just like in the warm up. (add a person in the middle to make this more challenging to collect the ball (The player in the middle can pretend to be a striker challenging for the ball))



Practice 2
(The 5 Saving
Techniques)



Continued...




Save 2:

The players now throw the ball into each other's chest with the Goalkeepers grasping the ball into their chest, ensuring the ball is secured.

Practice	Diagram	Explanation
<p>Practice 2 (The 5 Saving Techniques)</p> <p>Continued...</p>		<p>Save 3:</p> <p>The players now roll the ball along the floor to their partner with the goalkeepers forming a long barrier with their legs. The idea behind this save is if they miss the ball with their hands it will only hit their body instead of going into the goal.</p>
<p>Practice 2 (The 5 Saving Techniques)</p> <p>Continued...</p>		<p>Save 4:</p> <p>They now roll the ball to the side of their partner to dive sideways and save it. Ensure one hand is behind the ball and the other hand is securing the ball and making it safe.</p>

<p>Practice 2 (The 5 Saving Techniques)</p>		<p>Save 5:</p> <p>Get the players to give a slight bounce when throwing it (knee height). The goalkeeper now has to dive onto the ball in a lying down flat shape and ensure their heads are other the top to secure it and make it safe.</p>
<p>Practice 2 (The 5 Saving Techniques)</p> <p>Continued...</p>		<p>Get the players to throw the ball at their partners in any order and see if they can use the previous techniques correctly and react appropriately.</p> <p>If this is not creating any success then get them to copy the throw that their partner does and then swap other so both players have ago at throwing the ball first,</p>

Practice	Diagram	Explanation
<p>Practice 3 (The parrying game)</p>		<p>Set up: Yellow cone on the goal line, a Red cone a bit further in (Around the corner of a 6-yard box) and a third colour cone near the penalty spot. Set this up symmetrically on both sides of the goal.</p> <p>Players shoot at the goal and the goalkeeper has to dive a save the ball. If the keeper can push (Parry) the ball between the post and the first Yellow cone they get 3 points, if they parry the ball in-between the Yellow cone and the Red cone they get 2 points and lastly if they parry the ball in-between the Red cone and the cone near the penalty spot they score 1 point. Reason behind the scoring is that it is safer to push the ball away from the goal to prevent a rebound.</p>

Practice 4
(Deflection
Game)



Scatter loads of cones near the goal line. Get the player shooting to shoot along the floor. The reason for the cones is it should make the ball change direction or harder to save.

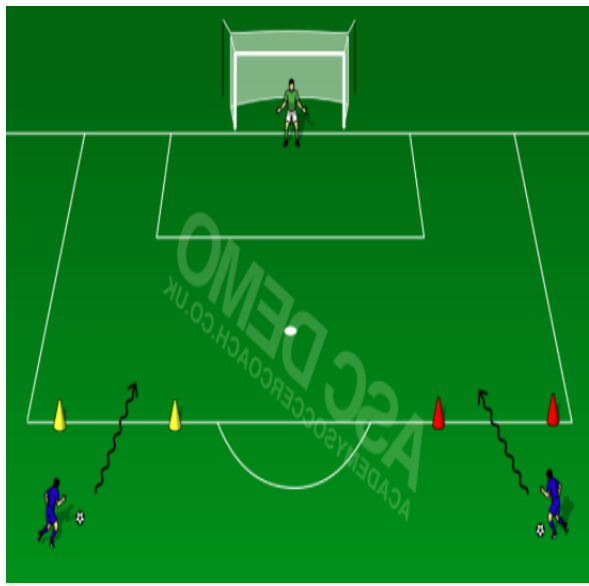
Practice 4
(Deflection
Game)

Continued....



The same game as above, but now the goal keepers are facing the other way and you call out a colour cone which they have to touch before turning around to save the ball.

If the goalkeeper is finding this to hard then remove the cones in front of him.

<p>Practice 5 (Coming off your line)</p>		<p>The idea behind this game is to get the keeper to come off his line to deny space.</p> <p>One attacker dribbles the ball through the gate. Once they have gone through the gate the keeper must come out and tackle/ save the ball.</p> <p>The attacker is encouraged to take the keeper on and dribble the ball in the goal.</p> <p>There is a gate on each side of the box to make the practise more realistic, and the keeper gets used to denying space on both sides of the box, the attackers take it in turns going one side then the other.</p>
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The FA Four Corner model

