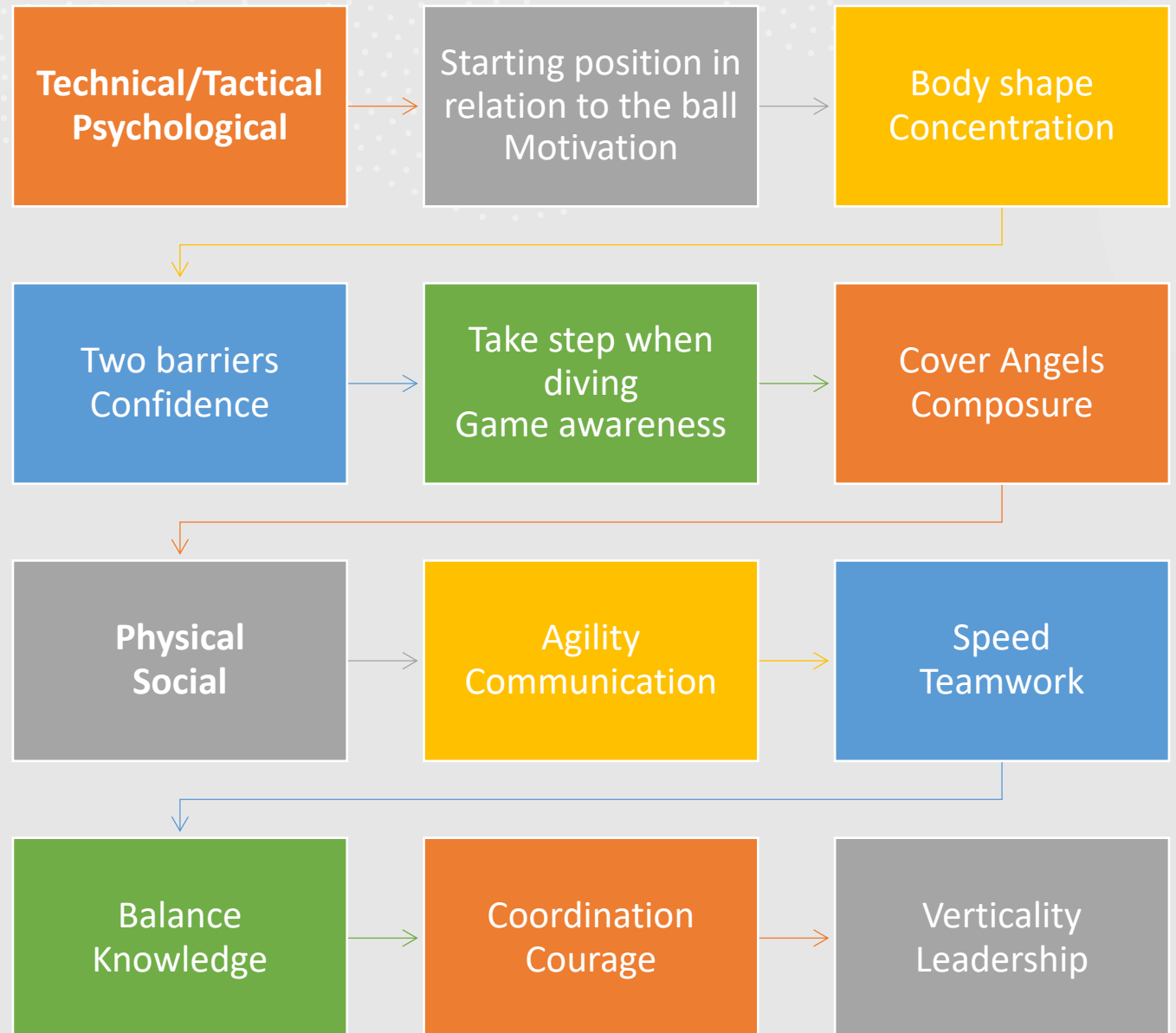




# Expanded Goalkeeper curriculum for young players



# The FA (2020) Four corners for Goalkeeping





# Aims of the Project

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- Create a positive learning environment  
Adapted pedagogical approaches that suit the goalkeepers at Red Star
- Create a training curriculum for goalkeepers of adolescents
- Improve the speed reactions of the goalkeeper
- Develop speed and Agility in order to improve technical performance
- Grow the goalkeepers psychological and socially - This includes motivation and confidence building
- Evaluate the goalkeepers at the end of the curriculum
- Expand the curriculum to a wider range of clubs in order to develop as many goalkeepers as possible at adolescents and give unexperienced goalkeeper coaches the knowledge to so they can also learn to create future curriculums for the long-term development of the sport

# Purpose of Goalkeeper Project

- To study the effects of a 12-week training curriculum for goalkeepers between 11 and 15 years of age.
- To research the physical growth of children of adolescents in order to carefully plan a training curriculum.
- To study the effects of integrating homework tasks, goalkeeper training and linking the curriculum to the teams within a club.
- To help Develop individual goalkeepers within Red Star football club.
- To see the effects of the 12-week curriculum at other clubs in order to Borden the training to other goalkeepers at different clubs, while helping to educate novelist goalkeeper coachers.



# Ways to measure improvement in your goalkeeper, SEVEN SAVES

## **Aim**

Aim of the drill was to get the participants to do a drill of repeated saves.

## **Assess**

Assess how many saves they made at the start of the curriculum

## **measure**

Then assess the goalkeeper to see how many saves they made at the end of the training curriculum to see if their reactions have improved



# Goalkeeper Technical information

The background of the slide features a close-up, low-angle view of a soccer goal net. The white netting is stretched across a dark frame, with a blurred background showing red and blue vertical stripes, likely representing a stadium or field. The text "Goalkeeper Technical information" is displayed in a bright yellow, sans-serif font on the left side of the image.

# The Set position (FA coaching Manuel, 2022)

---

- Feet should be shoulder width apart
  - Feet facing forwards
  - Body facing forwards
  - Knees slightly bent
  - Hands out with palms facing each other
  - Weight should be evenly balanced 50 – 50
  - Eyes on the ball
  - (The FA, coaching manual 2013)
- 



# The W technique (FA coaching Manual, 2022)

---

- Move into line with the ball
  - Adopt the set position
  - Body must face the ball
  - Keep eyes on the ball
  - Point toes towards the ball
  - Get your hands close to each other and form a W shape
  - Palma's of the hands must face the ball
  - Firm, wrists soft hands-on impact
  - (The FA, coaching manual 2013)
- 



# The Cup Technique (FA coaching Manual, 2022)

---

- Move into line with the ball
  - Adopted the set position
  - Ensure your body is square of to the ball
  - As the ball comes into your body ensure your arms are out with the palms facing upwards
  - Pull your arms around the ball when it enters your body
  - Took you chin over the ball
  - (The FA, coaching manual 2013)
- 



# The scope technique (FA coaching Manual, 2022)

---

- Move into line with the ball
  - Adopt the set position
  - Maintain your eyes on the ball
  - Ensure you have two barriers
  - First barrier your hands with the palms of your hands facing up
  - Second barrier your legs behind your hands, with one knee bent
  - Allow the ball to roll up into your arms
  - Role forward with your chin over the ball
  - (The FA, coaching manel 2013)
- 



# The Collapsing saves (FA coaching Manual, 2022)

---

- Move into line with the ball
  - Adopted the set position
  - Sweep the leg closest to the ball behind you
  - Lead with your hands
  - Keep eyes on the ball
  - Land with one hand behind the ball and one hand on top
  - (The FA, coaching manual 2013)
- 



# Low diving saves (FA coaching Manuel, 2022)

---

- Move into line with the ball
  - Adopted the set position
  - Point your foot closest to the ball at 45-degree angle
  - The foot closest to the ball must take a step
  - When diving leap of the leg closest to the ball
  - Dive at a 45-degree angle
  - Lead with both hands
  - Keep eyes on the ball
  - (The FA, coaching manual 2013)
- 



# The high davening save (FA coaching Manuel, 2022)

---

- Move into line with the ball
  - Adopted the set position
  - Eyes on the ball
  - Foot closest to the ball moves first point foot to 45 – degree angle
  - Foot closest to the ball must take a step
  - Lean of the leg closest to the ball
  - Lead with both hands, palms and body facing the ball
  - (The FA, coaching manual 2013)
- 



# 1 V 1 Diving at feet (FA coaching Manuel, 2022)

---

- Starting position in relation to the ball
  - Defend the goal and the space between you and your defenders
  - Assess the speed of the ball, decide whether to come off your line or stay at goal
  - If you choose to go for ball narrow the angle of the goal and stay on the center, Delay attacker
  - Be patient and force opponent into making a mistake
  - If the ball is out from attackers' feet this is your trigger
  - If you go for ball lead with your hands and tuck your head in to protect your self
  - If the ball is at attackers' feet stay as big as possible
  - (The FA, coaching manual 2013)
- 



# Dealing with crossers (FA coaching Manual, 2022)

---

- Starting position in relation to the ball
  - Defend the goal and the space between you and the defenders
  - Body shape facing so goalkeeper can see the ball and the opponents in the box
  - Assess the flight of the ball
  - Decision making whether to stay on your line or take the ball
  - Angle of approach to the ball
  - Communicate to defenders
  - Eyes on the ball
  - Raise knee closest to the ball to protect your self
  - Take the ball at the highest point possible
  - Extend arms with elbows slightly bent
  - (The FA, coaching manual 2013)
- 



# Distribution throwing (FA coaching Manual, 2022)

---

- Role – 5 – 10 yards
  - Javelin throw – 15 – 20 yards
  - Side arm throw – 20 – 30 yards
  - Over arm throw – 40 plus yards
- 
- Body shape sideways on
  - Put one foot in front to maintain balance
  - Use one arm in front of bod of body for accuracy
  - Eyes on were you want the ball to land
  - Follow through to gain power
  - Communicate to teammates
- 
- (The FA, coaching manual 2013)
- 



# What is SAQ?

---

- According to (Milanović et al., 2013), SAQ Stands for Speed, Agility, Quickness
  - Research by shows that SAQ drills have an impact on developing dynamic flex, and aerobic fitness (Milanović et al., 2013), .
  - Goalkeepers need to develop their anaerobic fitness so that they can spring into action quickly (Mulqueen and Woitalla, 2011)
  - Hurdles and speed ladders are excellent for developing fast feet and chance of direction (Mulqueen and Woitalla, 2011).
- 



**Above is an image taken from (Mulqueen and Woitalla, 2011)**

# Types of SAQ Footwork

---

- Feet forward – goalkeeper goes forward with both feet into ladders at each time (Pearson, 2001)
  - Forward back forward back – The goalkeeper moves one foot at a time into the ladders then steps back outside the ladders, moving sideways left or right (Pearson, 2006).
  - Sideways horizontal – Goalkeeper goes across ladders or hurdles in a sideways motion, one foot at a time (Pearson, 2006).
  - Shuffles – Goalkeeper moves across ladders or cones, one foot leading, followed by the other. One foot will go into the ladders or cones then out of the opposite sides. Then repeat going from right to left (Pearson, 2001)
- 



# What is SAQ

## What is physical Agility

- According to Bate and Jeffreys (2015) Agility is the ability for players to change direction at speed
- (Gerhard Bauer, 2002,) States that Agility's is a crucial fundamental for developing Goalkeepers, verticality and shift of weight as this will help improve reaction saves
- (White et al., 2020) observed a study that in elite football training, more changers of direction and explosions occurs during goalkeeper training.
- During Adolescents, Goalkeepers will coachers should be mindful of the physical effects of growth spurts, None the less specific footwork training should be maintained with key attention to Agility, as weight, hight and body mass are changing, agility it a key fundamental do the development at this crucial age (Englund and Pascarella, 2017)

## What is Physical speed

- “In its simplest form, speed can be defined mechanically as distance divided by time Bate and Jeffreys” (2015, P.4).
- Although field sport athletes have traditionally been shown to need a shorter distance to reach top speed, research shows they still need a relatively long distance, about 30 meters, to reach maximum speed. Maximum speed is typically reached between 50 and 70 meters into a sprint. Jeffreys and Bate (2015)
- To engage athletes cognitively and encourage quick movements without causing them additional exhaustion, reaction speed conditioning exercises are performed (Owen, 2022).
- It is important to note what speed looks like when comparing goalkeeper training to outfield players.



# Psychological aspects of goalkeepers

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- This curriculum will look at two areas of psychology with goalkeepers of adolescence. The first area is motivation and the second is confidence.
  - While the direction of effort and intensity is important, coaches must note that of effort components of motivation have been well-defined separately, these aspects are, in practice interrelated (Cassidy, et al, 2016)
  - According to (sewell et al., 2013) there are two types of motivation. Intrinsic and extrinsic. Intrinsic being when athletes are motivated for their passion. In this case because of their love for the position of goalkeeper. Whereas extrinsic is when players are motivated for reward. For these goalkeepers, their motivation could be for a place on a higher team or the development of knowledge to strive for future success.
  - Developing confidence and self-esteem is a crucial aspect in a young goalkeeper's pathway to the professional game. This will help improve communication, better decision making and will stair goalkeepers to becoming braver in 50/50 situations (Mulqueen and Woitalla, 2011).
-

# Types of shots, goalkeepers face

- Long range shots
- Close range Shots
- Low drilled shots
- Curled shots
- Diagonal shots
- Deflections
- Its key that goalkeepers, keep their eyes on the ball, with body shape square on and wait until the ball is struck (FA coaching Manuel, 2022)

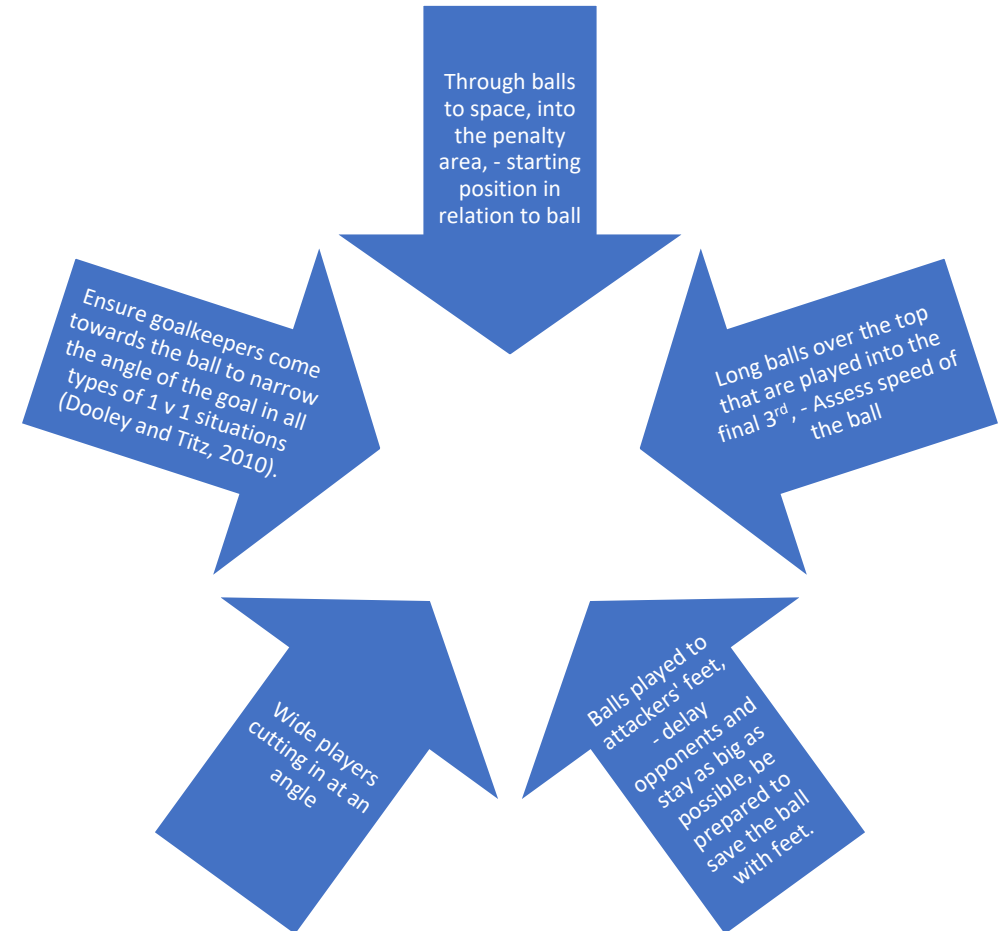


Above is image of shot stopping example in professional football (DW, 2023)

# Type of 1v1s, goalkeepers face



Both imagers are from professional games (DW, 2023)



# Types of crossers to defend

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- High lofted crossers
- Low diagonal balls
- Low cutbacks
- Long range throw ins
- Diagonal free kicks
- Corner kicks
- Ensure goalkeepers, adopted the starting position in relation to the ball, Ensure body shape is facing the ball, with eyes on the ball. (Dooley and Titz, 2010).



Image is from FIFA technical report (FIFA, 2019)

# Type of Distribution and Techniques

- Throws – over arm
- Receiving from a back pass
- Gowned kicks
- Drop Balls
- When to play to feet – When player is marked well
- When to play to space – When opponent is too close to teammate or there is open space in behind opponents
- When to play short – on build out from the back
- When to play long – When opponents press high and are forcing pressing traps
- “For ground kicks, the use of both legs must be mastered by every player practicing with the weaker leg to also strengthen the good leg” (Gerhard Bauer, 2002, P.56)
- “When practicing concentrate first on consistency and precision then power” (Gerhard Bauer, 2002, P.56)
- When striking the ball place non kicking foot next to ball for balance and follow through on impact (Arts, 2019)
- When throwing the ball ensure goalkeeper opposite arms is placed out in front for accuracy (Ellery, 2018)

A soccer ball with black and white panels is shown hitting a goal net. The net is white and has a hexagonal pattern. The background is a dark, out-of-focus green field. The text "Main 12-week Goalkeeper Curriculum" is overlaid in white, bold, sans-serif font.

# Main 12-week Goalkeeper Curriculum

# Weeks 1 - 6

Week	Session	Technical	Physical	Psychological	Social
One	Shot stopping and reaction saves	Moving into line with the ball	Speed and Agility	Motivation, concentration	Knowledge
Two	Shot stopping and reaction saves	Moving into line with the ball	Speed and Agility	Motivation, concentration	Knowledge
Three	Shot Stopping and Reaction saves	Collapsing and diving saves	Speed and Agility	Motivation, concentration	Knowledge
Four	Defending 1 v 1s	Starting position in relation to the ball	Acceleration and deceleration	Confidence Building	Courage
Five	Defending 1 v 1s	Forcing mistake from opponents	Acceleration and deceleration	Confidence, Building	Courage
Six	Defending 1 v 1s	saving the ball	Acceleration and deceleration	Confidence Building	Courage

# Weeks 7 - 12

Week	Session	Technical	Physical	Psychological	Social
Seven	Defending Crossers	Tacking the ball at the highest point	Agility and coordination	Motivation and concentration	Communication and teamwork
Eight	Defending Crossers	Tacking the ball at the highest point	Agility and coordination	Motivation and concentration	Communication and teamwork
Nine	Defending Crossers	When to catch or punch	Agility and coordination	Motivation and concentration	Communication and teamwork
Ten	Distribution	When to play short or long	Power and strength	Confidence, motivation	Communication and knowledge
Eleven	Distribution	When to play to feet, or space	Power and strength	Confidence, motivation	Communication and knowledge
Twelve	Distribution	When to play through centre or wide	Power and strength	Confidence, motivation	Communication and knowledge

## Shot stopping and reaction saves - March 10th 2023

### Goalkeeper SAQ Development

#### Description:

A series of SAQ footwork drill followed by reaction saves. There will be small and large goals used for low and high diving saves. Goalkeepers will complete drill then move to the back and wait to do drill again. Challengers individually will receive challenges to enhance psychological motivation - such as completing 3 high diving saves in a row. Aim is to develop Balance and coordination with SAQ footwork.

#### Coaching Points:

SAQ footwork - balance, Agility and coordination  
move into line with the ball  
Reactions to shot  
ability to get up quickly  
Psychological motivation and grow confidence



### Shot stopping and reaction saves - March 10th

#### Description:

Design for shot stopping and reaction saves. Ball is played in by the black floater. Goalkeeper moves into line with the ball. The keeper then moves across to and reacts to blues low reaction. The next goalkeeper has his go. Aim to have both low and high shots. Physical aim develop speed and agility. Psychological motivation and develop confidence.

#### Coaching Points:

W technique  
cup technique  
scoop technique  
move into line with the ball  
collapsing and diving saves



# Session 1, Shot stopping, and reaction saves MD-1

- Aim of the session is to develop goalkeepers' reactions
- Develop speed and agility
- Develop psychological motivation and concentration
- Session starts with SAQ reactions drill, with footwork
- Progress to the drill with two goals,
- Challenge goalkeeper to adopt the set position in relation to the ball
- Challenge stronger goalkeepers 3 shots or 2

# Session 2, Shot stopping, and reaction saves MD-1

- Aim of the session is to develop speed reactions and coach your goalkeeper to move into line with the ball.
- Develop Physical speed and agility
- Develop psychological motivation and confidence
- Start with SAQ reaction drill to develop footwork
- Progress session to 4 goal drill, coach call the goal to move to then floater strikes ball, goalkeeper reacts
- Challenge goalkeepers to move into line with the ball, and concede no more then 2 shots per round

## Shot stopping and reaction saves, March 17th

### Goalkeeper SAQ Development - March 24th 2023



#### Description:

A series of SAQ footwork drill followed by reaction saves. There will be small and large goals used for low and high diving saves. Goalkeepers will complete drill then move to the back and wait to do drill again. Challengers individually will receive challenges to enhance psychological motivation - such as completing 3 high diving saves in a row. Aim is to develop Balance and coordination with SAQ footwork.

#### Coaching Points:

SAQ footwork - balance, Agility and coordination  
move into line with the ball  
Reactions to shot  
ability to get up quickly  
Psychological motivation and grow confidence

### Reaction saves 4 goal game - March 17th



#### Description:

Coach calls colour of goal i.e. Blue and Red goalkeeper moves to goals and reacts to shot. Aim is to develop speed reaction and Agility, high intensity session. Psychological motivation, challenge 1 point per clean sheet each rally (session is a competition).

#### Coaching Points:

Move into line with the ball  
speed of reaction  
collapsing and diving saves  
handling techniques W and cup

# Session 3, Shot stopping, and reaction saves, MD-1

- Aim of the session is to develop speed reactions, and SAQ footwork.
- Start with SAQ reaction saves exercise
- Progress session to 3 goal reaction saves drill
- Develop goalkeepers' ability to move into line with the ball.
- Develop speed reactions, and Agility
- Develop Psychological motivation and concentration
- General practice is in 2-minute blokes, goalkeepers start with 10 points and lose a point each time they concede a goal.

## Goalkeeper SAQ Development - March 24th 2023



### Description:

A series of SAQ footwork drill followed by reaction saves. There will be small and large goals used for low and high diving saves. Goalkeepers will complete drill then move to the back and wait to do drill again. Challengers individually will receive challenges to enhance psychological motivation - such as completing 3 high diving saves in a row. Aim is to develop Balance and coordination with SAQ footwork.

### Coaching Points:

SAQ footwork - balance, Agility and coordination  
move into line with the ball  
Reactions to shot  
ability to get up quickly  
Psychological motivation and grow confidence

## Shot stopping and reactions 3 goal game - March 24th



### Description:

3 goals each defended by a goalkeeper with 2 strikers to deflect the ball. The ball is struck by the floater. Goalkeepers have to defend the shot. If the striker gets the ball they can score at close range. Goalkeepers will gain a point each time they concede a goal. (Aim is to win by conceding the least amount of goals). Develop reactions at close range, shot stopping with feet. Physical development reaction speed and agility. Psychological motivation create competition.

### Coaching Points:

save with feet - spread legs wide but close the gap in middle  
reactions with hands - collapsing saves  
Challengers - can you concede the least goals in this rally

# Session 4, Defending 1 v 1s, MD-1

- The aim of the session is to develop goalkeepers' game awareness of starting position in relation to the ball.
- Develop SAQ footwork, with the main aim being acceleration and deceleration.
- Develop psychological confidence
- Start the session with a new SAQ drill with footwork and acceleration training
- Progress session onto general practice with 1 v 1s attackers and defenders.
- Challenge goalkeepers to defend the goal and space between them and opponents.
- Progress session to a 2 v 2 mini game to encourage decision making.

## Goalkeeper Defending 1 v 1s March 31st

### Goalkeeper SAQ Footwork Drill for defending 1 v 1s



#### Description:

Goalkeepers work in teams of 3. two keepers one floater keeper dose the SAQ drill, then accerlerats and smuthers ball, then advacers to floater to complet 1 v 1 drill chalange speed of footwork and Acceleration  
phycological Aim - develop confedence in coming off your line and goaling down and attcker feet

#### Coaching Points:

Feet in and out of cones  
acceleration when sprinting use balls of feet and conect arms  
Deley attacker in 1 v1  
use feet when saving at close range

## Goalkeeper Defending session 1 v 1 - April 7th



#### Description:

Goalkeepers work in teams of two with Attackers and defenders on a points systum while coach actes as a floater  
Technical Aim - Staring posstion in relation to the ball  
Physical Aim - Acceleration and deceleration Speed  
Pscycological Aim - Jugding the speed of the ball, Develop self Confedance

#### Coaching Points:

Satarting posstion in relation to the ball  
Recation to throug ball  
Judge the speed of the through ball  
Dely attacking in 1 v 1  
smuthrer the ball at attackers feet

# Session 5, Defending 1 v 1s, MD-1

- Aim of the session is to develop goalkeepers' courage in 1 v 1 situations, by assessing the speed of the ball and force opponents into making a mistake.
- Start the session with SAQ warm up, develop footwork and acceleration.
- Progress session into 3 v 3 general practice with goalkeepers.
- Challenge the goalkeepers to force opponents into making a mistake.
- Force outfield players to score from a through ball pass, 2 points for a 1 v 1 finish. Revisit last week starting position in relation to the ball.

## Goalkeeper SAQ Footwork Drill for defending 1 v 1s



### Description:

Goalkeepers work in teams of 3, two keepers one floater keeper dose the SAQ drill, then accerlerats and smuthers ball, then advacers to floater to complet 1 v 1 drill chalange speed of footwork and Acceleration  
phycological Aim - develop confedence in coming off your line and goaling down and attcker feet

### Coaching Points:

Feet in and out of cones  
acceleration when sprinting use balls of feet and conect arms  
Deley attackiner in 1 v1  
use feet when saving at close range

## Goalkeeper Defending 1 v 1 SSG



### Description:

SSG for developing destion making for goalkeepers  
Ball must be played in by goalkeepers  
Aim is to develop physical acceleration and deceleration  
Psychological aim to develop confedance in coming off line  
challangers - comand any through ball opponents make out of possession team must press high and penetrat through balls, 2 points for scoring 1 v1

### Coaching Points:

Starting postion in relation to the goal  
Assess the speed of the ball - stay or come off your line  
Dely opponents or force a mistake  
Techneqe - Hans forward took head behind hands or smother the ball  
speed in acceleration off your line

# Session 6, Defending 1 v 1s, with feet, MD-1

- Aim of the session is to develop the goalkeeper's ability to use their feet in 1 v 1 situations.
- Develop SAQ footwork and acceleration in the warmup phase
- Develop psychological confidence and social courage.
- General practice, floater plays the ball into strikers on right and left, who shot first time.
- Challenge goalkeeper to react in the 1 v 1 situation, try and force opponent into making a mistake. Progress session to mini 2 v 2 game to develop decision making.

## Goalkeeper defending 1v 1s April 14th

### Goalkeeper SAQ Footwork Drill for defending 1 v 1s



#### Description:

Goalkeepers work in teams of 3. two keepers one floater keeper does the SAQ drill, then accelerates and smothers ball, then advances to floater to complete 1 v 1 drill challenge speed of footwork and Acceleration  
psychological Aim - develop confidence in coming off your line and going down and attacking feet

#### Coaching Points:

Feet in and out of cones  
acceleration when sprinting use balls of feet and correct arms  
Delay attacker in 1 v 1  
use feet when saving at close range

### Goalkeeper Defending 1 v 1 drill, save with hands or feet - April 14th



#### Description:

Drill for repetition in defending 1 v 1s  
keepers work in teams of 2 as they rotate  
Technical Aim - save ball with feet or use of hands (decision making)  
Physical aim Agility and acceleration  
Psychological aim - develop confidence for defending shots at close range in 1 v 1s

#### Coaching Points:

Make yourself as big as possible  
Saves with hands - tuck head behind arms lead with hands  
Saves with feet - spread legs as wide as you can  
angle of approach and body shape  
communication

# Session 7, Defending crossers MD-1

- Aim of session is to improve the goalkeeper's ability to defend crossers and take the ball at the highest point.
- Start session with SAQ footwork drills, developing agility and verticality.
- Progress session to exercise with four floaters at various angles to the goal.
- Challenge goalkeepers, to defend goal and space between players.
- Challenge goalkeepers to take the ball at the highest point possible. Raise knee to protect keeper
- Psychological motivation and concentration is key

## Goalkeeper Defending crossers April 21st

### Goalkeeper SAQ warm up for defending crossers



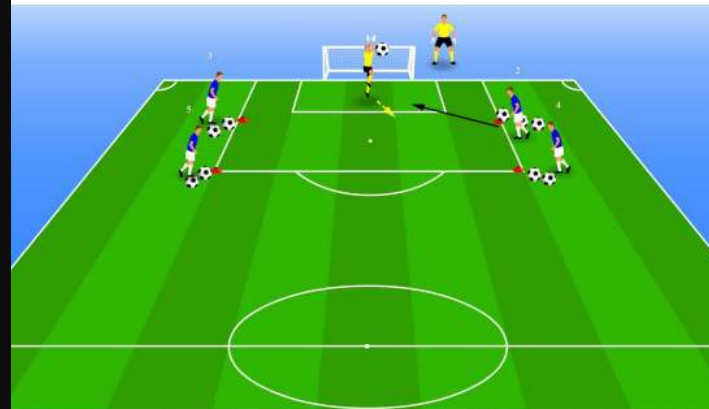
#### Description:

Goalkeeper split into 2 of 3 teams to develop repetition  
1 player is floatue - through the ball high to develop  
coaching the ball at the highest point  
footwork develop agility and balance

#### Coaching Points:

Challenge can you take the ball at the highest point?  
Lead with knee up cleset to the ball  
Eyes on the ball  
arimes out elbows slightly bent  
Set in line with the ball

### Goalkeeper defending crossers unopposed, Session 1 April 21st 2023



#### Description:

3 x grops of 2 goalkeeper with 4 floaters on the out side  
coach calls floaters A, B, C or D  
The main aim is to develop the goalkeepers abilities to  
devend crosers and be confednt at taking the ball at the  
highest point.  
Challenge can you cach 4 out of 4 at the highest point.  
Developing coordination and agility

#### Coaching Points:

eye on the ball  
judge the flight of the ball  
Angle of approach  
knee closest to the ball to be rased  
Take the ball as high as posable

# Session 8, Defending crossers, MD-1

- Aim of session is to improve the goalkeeper's ability to defend crossers and take the ball at the highest point.
- Start session with SAQ footwork drills, developing agility and verticality.
- Progress session to exercise with four floaters at various angles, the same as week before, see if they have improved.
- Challenge goalkeepers, to defend goal and space between players.
- Challenge goalkeepers to take the ball at the highest point possible. Raise knee to protect keeper
- Psychological motivation and concentration is key
- Progress session to new fun game of goalie wars, two floater through ball in middle, with a race to see who can win the ball between both goalkeepers, winner gets to shot at goal to try and score point.

## Goalkeeper SAQ warm up for defending crossers



### Description:

Goalkeeper split into 2 of 3 teams to develop repetition  
1 player is floater - through the ball high to develop coaching the ball at the highest point  
footwork develop agility and balance

### Coaching Points:

Challenge can you take the ball at the highest point?  
Lead with knee up closest to the ball  
Eyes on the ball  
Arms out elbows slightly bent  
Set in line with the ball

## Goalkeeper defending crossers competition game



### Description:

3 teams of 2 goalkeepers each with floaters on the outside  
Aim is a competition game incorporating defending crossers  
goalkeeper will face each other 1 v 1, then try and win the ball in the air from the floaters serve  
who ever wins the ball moves back into their zone and shoots.  
Goalkeepers start on 10 points and lose a point each time they concede a goal.

### Coaching Points:

The winning goalkeeper has the most points at the end of the game  
goalkeepers swap after 3 goals each  
take the ball at the highest point  
knee up, eyes on the ball  
angle of approach

# Session 9, Defending crossers, when to catch when to punch, MD-1

- Aim of session is to continue to develop SAQ footwork, with agility and verticality being the focus.
- Progress session to a 2 v 2 exercise with one floater and one goalkeeper.
- If goalkeeper or defenders win the ball, attack small goals.
- Develop tactical awareness of when to catch or punch the ball.
- Challenge goalkeepers, take the ball at the highest point
- Psychological concentration is key, with a motivational challenge for the keepers to concede the least number of goals.
- Work in teams of two, to incorporate coemption. Attackers score points per goal, two for arial goals.

## Goalkeeper Defending crossers May 5th

### Goalkeeper SAQ warm up for defending crossers



#### Description:

Goalkeeper split into 2 of 3 teams to develop repetition  
1 player is floater - through the ball high to develop  
coaching the ball at the highest point  
footwork develop agility and balance

#### Coaching Points:

Challenge can you take the ball at the highest point?  
Lead with knee up close to the ball  
Eyes on the ball  
Arms out elbows slightly bent  
Set in line with the ball

### Goalkeeper defending crossers when to catch and when to punch



#### Description:

2 v 2 skills phase for developing decision making.  
Floater throws the ball in at different angles  
Goalkeeper has to decide to catch or punch  
If goalkeeper catches the ball, role the ball into goals to score a point.  
This exercise is a competition won a points basis  
If defenders win the ball the counter attack to small goals

#### Coaching Points:

Communication  
take the ball at the highest point  
defend the goal and the space between you and attackers  
knee up, eye on the ball  
punch the ball away to the side of the goal

## Goalkeeper Distribution session May 12th

### SAQ warm up for Distribution



#### Description:

SAQ footwork to develop balance, agility and coordination  
 3 different stages of footwork  
 3 floaters and 3 goalkeepers  
 ball is played through the cones, goalkeeper is challenged to play one touch back.  
 Progress to receiving on the side of the foot then play back  
 floaters swap over after 3 minutes

#### Coaching Points:

Develop Agility with Balance and coordination  
 communication  
 one touch play  
 body shape  
 weight of pass

### Goalkeeper distribution short or long



#### Description:

Ball is played out by goalkeeper to blue team  
 the aim is to score points by building up to small goals. If that is no option then play a long pass to top zone  
 3 zones A, B or C  
 Defending team can pressure goalkeeper only on a back pass  
 challenge try and find a player on the half turn

#### Coaching Points:

2 point for short range goal  
 1 point for long range goal  
 accuracy and weight of pass  
 create space  
 communicate

## Session 10, When to play short and when to play long, MD-1

- Aim of the session is to develop distribution skills and develop tactical awareness of knowing when to play short and when to play long, in possession.
- Start session with an SAQ warm up to develop footwork and technical ball control.
- Progress session to a 5 v 5 general practice use guest players if necessary.
- Challenge goalkeeper and possession team to play short to mini goals, encouraging team to build from the back.
- If this is not an option play long, challenge attackers to make runs in behind.
- Psychological motivation, make game is competitive, who can complete the most accurate passers.

## Goalkeeper, when to play to feet or space

### SAQ warm up for Distribution



#### Description:

SAQ footwork to develop balance, agility and coordination  
3 different stages of footwork  
3 floaters and 3 goalkeepers  
ball is played through the cones, goalkeeper is challenged to play one touch back  
Progress to receiving on the side of the foot then play back  
floaters swap over after 3 minutes

#### Coaching Points:

Develop Agility with Balance and coordination  
communication  
one touch play  
body shape  
weight of pass

### Goalkeeper distribution Throwing



#### Description:

goalkeepers get into pairs and stand on marked out cones  
they take in turns for 2 minutes to practice throwing techniques

#### Coaching Points:

Role  
Javelin  
Side arm  
Over arm

## Session 11, When to play to feet, when to play to space, MD-1

- Aim of the session is to develop distribution skills and progress the goalkeeper's tactical knowledge of knowing when to play to feet or space.
- Start session with SAQ footwork and ball control.
- Progress onto throwing techniques.
- Progress session to small sided game focusing on playing to feet or space.
- Challenge goalkeepers to play forward accurately.
- Can outfield players find space?
- Develop tactical understanding, power strength and confidence.

## Session 12, When to play to feet, when to play to space, MD-1. Or player evaluations.

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### Goalkeeper, when to play to feet or space

#### SAQ warm up for Distribution

**Description:**

SAQ footwork to develop balance, agility and coordination  
3 different stages of footwork  
3 floaters and 3 goalkeepers  
ball is played through the cones, goalkeeper is challenged to play one touch back  
Progress to receiving on the side of the foot then play back  
floaters swap over after 3 minutes

**Coaching Points:**

Develop Agility with Balance and coordination  
communication  
one touch play  
body shape  
weight of pass

#### Goalkeeper distribution Throwing

**Description:**

goalkeepers get into pairs and stand on mark out cones  
they take in in turns for 2 minutes to practice throwing techniques

**Coaching Points:**

Role  
Javelin  
Side arm  
Over arm

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- This session is completely up to the coaches of the clubs.
  - Either return to last week learning focus of knowing when to play to feet or space.
  - Or use this session to do player evaluations to complete the curriculum.
-



**1 – 12 weeks**  
**Integrated sessions**

# Integrated Sessions week 1-6

Week	Team training	Goalkeeper thiam
one	Finishing	Shot Stopping and Reaction saves
Two	Finishing	Shot stopping and reaction saves
Three	Finishing	Shot stopping and reaction saves
Four	Counter attacking	Defending 1 v 1s
Five	Defending a Counter attacking	Defending 1 v 1s
Six	Defending a counterattack	Defending 1 v 1s

# Integrated Sessions Weeks 7 - 12

<b>Week</b>	<b>Team Training</b>	<b>Goalkeeper Thiam</b>
<b>Seven</b>	<b>Attacking From Wide Positions</b>	<b>Defending crossers</b>
<b>Eight</b>	<b>Attacking from wide positions</b>	<b>Defending crossers</b>
<b>Nine</b>	<b>Switching Play</b>	<b>Defending crossers</b>
<b>Ten</b>	<b>Switching play</b>	<b>Distribution</b>
<b>Eleven</b>	<b>Retaining position</b>	<b>Distribution</b>
<b>Twelve</b>	<b>Building out from the back</b>	<b>Distribution</b>

### An Integrated SAQ warm up for high speed running



#### Description:

Footwork drills are the same for both goalkeepers and outfield players  
Goalkeepers will do W technique, Cup and scope, If feeling confident progress to diving  
out field players Use inside volleys, control on the chest and if old enough head the ball.  
Foot work on the ladders, sid step and across, then after the ball skill work back through the cones

#### Coaching Points:

Focus on balance speed, Agility  
move into line with the ball  
Goalkeeper use 2 barriers  
On touch play  
communication

### Integrated Goalkeeper and team practice Finishing first time



#### Description:

A integrated Practice to develop goalkeepers shot stopping and reaction saves, and outfield players develop pattern of movement and finishing  
Build the 3rds following 4 3 3 shape, challenge play 2 seconds on the ball  
Goalkeepers challenge dont concede anymore then 2 goals per 6 minut block

#### Coaching Points:

Goalkeepers - move into line with the ball  
Goalkeepers, set position in relation to the ball  
Goalkeepers getting body behind the ball and set on dive  
Outfield player body shape - half turn  
Finish first time - create space and movement for shot

## Integrated goalkeeper and team practice Finishing, MD-2

- Session Aim is to develop your goalkeeper's ability to move into line with the ball
- Phase one is to develop SAQ footwork
- Phase two is a general practice for finishing, challenge outfield players to score first time and make forward runs into the box
- Challenge goalkeepers to move into line with the ball
- Progress session to a medium sided game

# Integrated goalkeeper and team session, MD-4

- Aim of the session is to develop your goalkeepers speed reactions and moving into line with the ball.
- Session starts with SAQ warm up
- Challenge outfield players to create space and finish first time from combination play.
- Challenge goalkeepers to move into line with the ball, concede no more than 2 goals per block.
- Session General practice is broken down into two fields and 6 x 3-minute blocks to increase intensity, Progress session to medium sided game

## An Intergrated SAQ warm up for high speed running



### Description:

Footwork drills are the same for both goalkeepers and outfield players  
Goalkeepers will do W technique, Cup and scope, If feeling confident progress to diving out field players Use inside volleys, control on the chest and if old enough head the ball.  
Foot work on the ladders, sid step and across, then after the ball skill work back through the cones

### Coaching Points:

Focus on balance speed, Agility  
move into line with the ball  
Goalkeeper use 2 barriers  
On touch play  
communication

## Finishing first time or take a touch Genral Practice intergrated



### Description:

2 v 2 with floaters, 2 fields A and B  
Goalkeepers try and move into line with the ball and set accordingly, Try and react to shot from attacker.  
Attacking teams must play to out side floaters before they can score.  
1 point for finishing from a touch  
2 point for finishing first time

### Coaching Points:

Goalkeepers move into line with the ball  
Goalkeepers set position in relation to the ball  
Goalkeepers lead with hands and step when diving  
Attackers forward runs, combination play, first time passing  
Attackers create space for shot destination making finish first time or take touch

# Week 3, Integrated goalkeeper and Team session, MD-2

## An Intergrated finishing practice for goalkeepers

### An Intergrated SAQ warm up For goalkeeper and outfield players



#### Description:

Footwork drills are the same for both goalkeepers and outfield players  
Goalkeepers will do W technique, Cup and scope, If feeling confident progress to diving out  
out field players Use inside volleys , controle on the chest and if old enouff head the ball.  
Foot work on the ladders, sid step and across, then after the ball skill work back through the cones

#### Coaching Points:

Focus on balance speed ,Agility  
move into line with the ball  
Goalkeeper use 2 barriers  
On touch play  
comunication

### An Intergrated goalkeeper and finishing practice



#### Description:

5 v 5 finishing with goalkeepers. Ball is played out by the goalkeeper  
pitch is divided into 2 zones A and B. If players score from objectives or Zone A they gain 2 points. Incourage this to challenge goalkeepers. Plays can enter Zone A or B if they travel with the ball or use combination play with team mates. Opponets will be challanged to win the ball back within 4 seconds. they gain a bonuce point if they acheve this. Session is done on a points system to encourage compotion. Goalkeepers are nutral as session is multy directional develop Agility

#### Coaching Points:

Goalkeepers are currently working on shot stopping and reation saves show challenge them to

- Aim of the session is to develop your goalkeeper's tactical awareness in game situations for shot stopping and reaction saves.
- Start the session with an SAQ warm up to incorporate speed reactions.
- Progress the session onto a 5 v 5 general practice with two zones.
- Challenge out field players to score first time, and from a one touch pass.
- Challenge goalkeepers to react to the shot and position goalkeepers in relation to the ball.
- Develop speed reactions and psychological concentration. Motivate goalkeepers to be better then opponent's goalkeeper.
- Progress session to a medium sided game.

# Integrated Goalkeeper defending 1 v 1 and team session defending a counter attacking, MD-3

- Aim of the session is to develop your goalkeeper's tactical awareness of starting position in relation to the ball, in game situation, coach ability to defend the goal and space between keeper and opponents.
- Start session with an SAQ warm up, incorporate high speed running.
- Challenge out field players to win the ball in general practice and score within 10 seconds. Can defenders pressure the ball and reorganize defensive shape.
- Challenge goalkeeper to position in relation to the ball.
- Progress session to medium sided game

**Red Star 08 Red 27th March**

**An Intergrated SAQ warm up For goalkeeper and outfield players**



**Description:**

Footwork drills are the same for both goalkeepers and outfield players  
Goalkeepers will do W technique, Cup and scope, If feeling confident progress to diving  
out field players Use inside volleys, control on the chest and if old enough head the ball.  
Foot work on the ladders, sid step and across, then after the ball skill work back through the cones

**Coaching Points:**

Focus on balance speed ,Agility  
move into line with the ball  
Goalkeeper use 2 barriers  
On touch play  
communication

**An Intergrated Goalkeeper defending 1 v 1 and defending a counter attack practice**



**Description:**

5 v 5 game with goalkeepers. Two Zones A and B. Attacking team plays through the 3rds . When defending team wins the ball they counter attack. 2 points for couter attacking team if they score a 1 v 1 or score with in 8 seconds.  
Challenge for goalkeepers deley opponents in 1 v 1 situations and communicate to defence

**Coaching Points:**

angle of aproch Goalkeepers  
body shape Starting postion in relation to ball  
deley opponnets Assess the speed of ball  
recovert runs Deley opponnets

# Integrated goalkeeper and team session defending 1 v 1, MD-3

- Aim of this session is to develop your goalkeeper's ability to defend 1 v 1s, in game situation and develop tactical awareness.
- Start session with SAQ warm up, develop high-speed running and acceleration.
- Aim for the team is to develop counter attacking. Challenge players to win the ball in middle zone then score within 8 seconds or 4 seconds from zone nearest to the goal. 2 points if they achieve this
- Challenge goalkeepers to force a mistake from opponents. Can you stay big and be brave?
- Progress session to 6 v 6 medium sided game, to develop game tactical awareness.

### An Intergrated SAQ warm up for high speed running



**Description:**

Footwork drills are the same for both goalkeepers and outfield players

Goalkeepers will do W technique, Cup and scope, if feeling confident progress to diving

out field players Use inside volleys , controle on the chest and if old enouff head the ball.

Foot work on the ladders, sid step and across, then after the ball skill work back through the cones

**Coaching Points:**

Focus on balance speed ,Agility

move into line with the ball

Goalkeeper use 2 barriers

On touch play

communication

### Intergrated Counter Attacking and goalkeeper defending 1 v 1 practice



**Description:**

Three zones A, B and C. Zone A is where the defending team (Blue Team) can score in. The ball will be roled out by the goalkeeper in Zone A , two players from the red team will attack creating 2 v 1. Challenge of seconds to score. zone A 4 seconds, B 8 seconds, C 12 seconds. if Red team brake through zone C there can only be one blue team player drop back creating 2 v 1 in favour of attcking team. bonuce point for scoring a 1 v 1 goal

**Coaching Points:**

Goalkeepers starting postion in relation to the ball

Assessment of the speed of ball

Deley opponents

Stay on center line

Chalange try not to concede a 1 v 1

# Integrated Goalkeeper and team session defending 1 v 1, MD-3

- Aim of this session is to develop your goalkeeper's tactical awareness in 1 v 1s and understand the use of feet.
- Start session with an SAQ high-speed running warm up, incorporate acceleration and deceleration.
- Sessions general practice is a waves practice for outfield players in transition. Challenge players to score within 8 second of winning the ball, creating 1 v 1 opportunities.
- Challenge your goalkeepers to be brave and force hold off opponents to allow defenders to make recovery runs.
- Can you goalkeeper react to shots at close range with his or her feet?

## Intergrated Attacking waves and goalkeeper 1 v 1s

### An Intergrated SAQ warm up for high speed running



#### Description:

Footwork drills are the same for both goalkeepers and outfield players  
Goalkeepers will do W technique, Cup and scope, If feeling confident progress to diving  
out field players Use inside volleys, control on the chest and if old enough head the ball.  
Foot work on the ladders, sid step and across, then after the ball skill work back through the cones

#### Coaching Points:

Focus on balance speed, Agility  
move into line with the ball  
Goalkeeper use 2 barriers  
On touch play  
communication

### Attacking waves practice for Intergrated counter attacking and goalkeeper 1 v 1



#### Description:

Waves practice starts with 2 v 2 then progresser up to 3 v 2  
3 v 3 and 4 v 3. Aim is to develop high speed running and forward runs at speed.  
Goalkeepers challenge try not to concede a 1 v 1 goal  
Attacking team will get 10 seconds to score.  
1 point per goal  
2 points for scoring in 6 seconds on the counter attack

#### Coaching Points:

Goalkeepers starting position in relation to the ball  
Assess the speed of the ball  
Dely attackers  
communicate to team mates  
Agility and Accleration physical development

# Integrated Goalkeeper and team session defending crossers MD-2

- Aim of this session is to develop the goalkeeper's ability to defend crossers.
- Start session with SAQ warm up, develop agility and verticality.
- Progress session to general practice attacking from wide positions
- Challenge for outfield players create overloads in wide areas.
- Challenge goalkeepers to defend to goal and space between opponents. Can they take the ball at the highest point.

## SAQ Intergrated Warm up for attacking and defending crossers



### Description:

Start with SAQ footwork  
Progress onto footwork and crossing exercise  
Take the ball at the highest point  
goalkeepers progress to Collapsing saves then defending the cross  
Players complete footwork then cross the ball into box

### Coaching Points:

Eye on the ball  
Tack ball at highest point  
raise knee closest to the ball up  
take the ball at the highest point  
Physical development Agility and verticality

## Intergrated Goalkeeper defending cressers and attacking down the right practice



### Description:

goalkeeper will role the ball out and red team will look to create overloads and attack down the right.  
if blue team win the ball they will look to counter attack into small goal.  
Challenge 6 seconds to score, score with your head 2 points  
Red Team objective is to cross the ball into the box, goalkeepers will look to take the ball at the highest point

### Coaching Points:

Goalkeepers set postion in relation to the ball  
body shape, eyes on the ball  
Take the ball at highest point - knee up  
Physical development Agility and vdericality  
Phycological and social, Communication and challange dont conseed from a cross.

# Integrated Goalkeeper and team session defending crossers, MD-4

- Aim of this session is to develop the goalkeeper's ability to defend crossers.
- Start session with SAQ warm up, develop agility and verticality.
- Progress session to general practice attacking from wide positions, open up the field with width as it's a MD-4
- Challenge for outfield players create overloads in wide areas.
- Rules for outfield players, 3 points for goals from wide areas 1 point for scoring from central zone.
- Challenge goalkeepers to defend to goal and space between opponents. Can they take the ball at the highest point. Be prepared to defend low crossers.

## Integrated goalkeepers practice, attacking down the left



### Description:

6 v 6 phase of play with the 3 as the server from throwings  
Aim is to develop the players understanding of attacking down the left hand side of play, and develop your goalkeepers ability to defend crossers.  
The defensive team must be compact, when they win the ball counter attack into small goal.

### Coaching Points:

Goalkeepers starting position in relation to the ball  
Defend the goal and space between you and opponents  
Take the ball at the highest point with the knee closest to the ball up.  
Attackers movement and create space with supporting angles  
Shape and timing of forward runs into the box

## Integrated goalkeeper attacking from wide positions General practice



### Description:

5 v 5 multi directional exercise with neutral goalkeepers  
aim of exercise is to create overloads in wide positions in attack. game starts with goalkeepers when ball goes out of play  
defending team try and win the ball in 6 seconds then secure the ball for 8 - 10 seconds to score bonus point  
two second on the ball in central zone, and goals must come from wide areas

### Coaching Points:

Goalkeepers starting position in relation to the ball  
Goalkeepers take the ball at the highest point and raise the knee closest to the ball up when taking ball  
Outfield players create space and movement  
One touch finishing from crossers

# Integrated goalkeeper and team session for defending crossers, MD-3

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- ▶ Start session with SAQ footwork develop agility.
- ▶ 6 v 6 multi directional practice with goalkeepers.
- ▶ Aim for attacking team to create width and switch the play. Attacking team can score in any goal.
- ▶ Goalkeepers defend crossers at the highest point. Defend goal and space between you and opponents.
- ▶ Goalkeepers will distribute the ball to teammates.
- ▶ Defenders win the ball and retain possession for 8 to 10 seconds, bounce point for switching play to opposites zone.



# Integrated goalkeeper and team Switching play session, md-4

- Aim of this session is to develop tactical awareness in possession and understand when to switch play. Focus on goalkeeper distribution in game situations.
- Start session with SAQ warm up. Incorporate multi directional exercise.
- Develop speed and agility with power.
- Progress to general practice, with multi directional switching play.
- Progress session to specific practice with 3 zones use goalkeepers to switch play across.
- Challenge goalkeepers to adopt a good body shape when receiving the ball. Can they find a player in space?
- Psychological motivation, make sure games are competitive.

## Switching play Genral practice



### Description:

4 v 4 switching play exercise using 2 floaters, and 2 goalkeepers. The pitch is split into 2 zones right and left. Aim to switch the play from right to left to floatuer to score. One defender can enter wide zone to stop opponent from scoring. Goalkeepers start play and can be used to switch the play. if defending team wins the ball get the ball to the goalkeepers. Floaters are playing for both teams. Attacking teams must stay in there zones.

### Coaching Points:

create space  
movement  
combination play  
Communication - head up  
Physical development speed agility

## Intergrated goalkeeper switching play phase of play



### Description:

6 v 6 phase of play using the goalkeeper to switch the play. Aim is to play forward into mini goals. Defenders challenge - Stay compact and stop attackers playing forward - win the ball and counter attack in big goal. Out field players challenge 4 and 5 2 seconds on the ball. Goalkeeper challenge - find a player wide in space.

### Coaching Points:

3 zone Attackers must look to cover all the zones. Defenders try and cover 2 out of 3 zones. Create space, movement, support play, body shape and communication. Physical - Speed and agility.

# Integrated goalkeeper and team session, when to play to feet and when to play to space MD-2

- Aim of the session is to focus on retaining possession.
- Start with an SAQ warm up to develop speed reactions and agility.
- Progress to a 4 v 4 general practice with goalkeepers acting as floaters.
- Develop tactical awareness, playing to feet or space. If players are open the play to feet, if players are tightly marked then play to space in behind opponents. Challenge defenders to defend a compact shape.
- Ensure there is more freeze coaching as this is a MD-2.
- Progress session to building out from the back, focus on your goalkeepers positioning.

### Intergrated Goalkeeper possesstion, feet or space



**Description:**  
A 4 v 4 skill redom practice to develop tactical awerness of playing to feet or space  
possession practice for playes to play forward to oppersite floaters to gain 1 point  
challenge for defenders to mark man to man  
Challenge floaters to find players in space  
Goalkeepers can distrabute the ball with hands

**Coaching Points:**  
Head up - communicate  
body shape open  
receve on the half turn  
movement and suport play  
create space as a team

### Intergrated goalkeeper session bulding out from the back



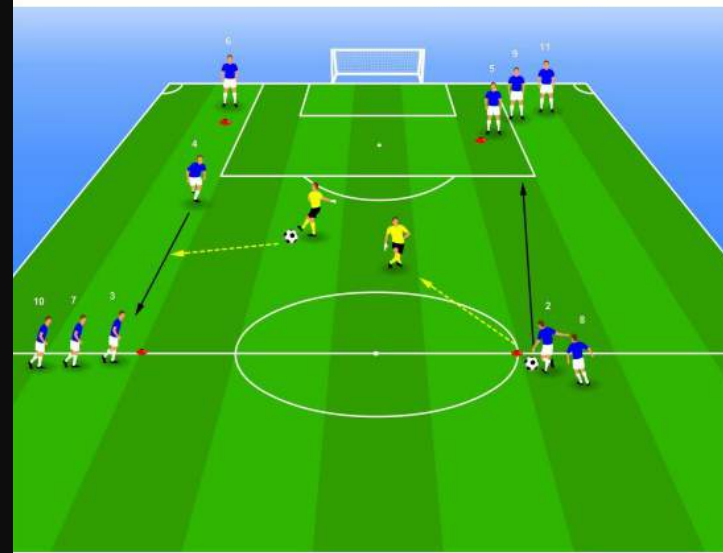
**Description:**  
Phase of play goalkeeper starts with the ball to bulid out playing 4 3 3. The aim is to bulid up to the 3 mini goals representing the numbers 11, 9 and 7  
Defenders look for lose trigger to press goalkeepers, if good posstion the drop and stay compact  
1 point per goal

**Coaching Points:**  
if high press then play long  
if opponents stay compact play short  
Challenge attackers to create space off the ball  
play forward effectively

# Integrated goalkeeper and team Session, when to play short, when to play long MD-2

- Aim of this session is to develop tactical awareness of knowing when to play short and when to play long.
- Start session with SAQ warm up developing speed reactions. Progress onto a combination play exercise with short and long passers. Make sure goalkeepers are the floaters, with 2 balls to increase repetition.
- Progress to specific practice for building out from the back.
- Challenge outfield players to find space.
- Challenge goalkeepers to build out short, if this is not an option the play long. Coach outfield players to make runs accordingly.
- Challenge defenders to adopt a compact shape and press high. If they win the ball, can they score in 8 seconds.
- Make the focus on more tactical awareness and reduce the physical intensity as this session is a MD-2. add more free coaching.

## Combination play warm up short and long range passing



### Description:

Start with 1 ball and 1 floater. Play to floater (goalkeeper) then return pass, after this play across and follow the pass. Progress to 2 goalkeepers as floaters and 2 balls. Rule 2 two play challenge 1 touch

### Coaching Points:

Head up  
communication  
1 and 2 touch play  
weight of pass  
body shape

## Integrated goalkeeper session building out from the back



### Description:

Phase of play goalkeeper starts with the ball to build out playing 4 3 3. The aim is to build up to the 3 mini goals representing the numbers 11, 9 and 7. Defenders look for lose trigger to press goalkeepers, if good position the drop and stay compact. 1 point per goal

### Coaching Points:

If high press then play long.  
if opponents stay compact play short  
Challenge attackers to create space off the ball  
play forward effectively



# Homework Tasks

# Homework task curriculum

Weeks	Technical	Physical SAQ	Psychological
One	Static collapsing saves	Agility, balance footwork	Repetition
Two	Static collapsing saves	Agility, balance footwork	Repetition
Three	Statice Diving saves	Agility, balance footwork	Repetition
Four	Statice diving saves	Agility, balance footwork	Repetition
Five	Rebound off the wall saves, hands	Agility, coordination	Concentration
Six	Rebound off the wall saves, feet	Agility, coordination	Concentration
Seven	Rebound off the wall saves, feet	Agility, coordination	Concentration
Eight	Rebound off wall, take ball at highest point	Agility, verticality	Concentration
Nine	Rebound off wall, take ball at highest point	Agility, verticality	Concentration
Ten	Juggles, keep the ball up	Balance, coordination	Confidence
Eleven	Juggles, keep the ball up	Balance coordination	Confidence
Twelve	Juggles, keep the ball up	Balance, coordination	Confidence