



Churchland Soccer League Goal Keeper Training Plan

Goal Keepers

Ages 9 & up

8 FREE Academy-Style, Goal Keeper Training Sessions

Fall & Spring Season

Week 1: "W" Hand Placement

Week 2: Body Position Prior to Save

Week 3: Ball Securing Techniques

Week 4: Diving - Hand Placement

Week 5: Diving - Attacking the Ball

Week 6: Diving - High & Low

Week 7: Distribute - Rolling & Throwing

Week 8: Distribute - Long Passing & Punting