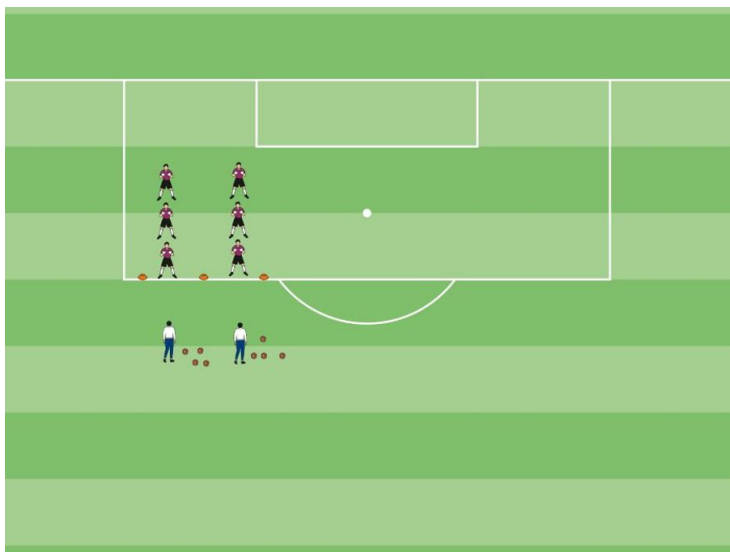








TRAINING SESSION

Basic Handling Drill



	Goalkeeping - Positioning
	U9 to U19
	to Players
	
	Intensity: 2
	10:00 min (10 x 01:00 min, 02:00 min rest)

Objective

Introduce basic handling position in active and dynamic setting

Description







Coach (server) will half volley ball to keeper's chest area and keeper uses contour or basket. 3rd rotation - Keeper must use one of the four basic catching techniques.

Key Points

Hands on upper 3rd of the ball - this forces ball down if the catch is missed thumbs behind ball to protect face and better control

TRAINING SESSION

Dynamic Set Position

	Goalkeeping - Positioning
	U9 to U19
	to Players
	
	Intensity: 2
	10:00 min (10 x 01:00 min, 01:00 min rest)

Objective

The set position for the goalkeeper is not stationary, but it is a set position which is dynamic, balanced and ready to move quickly in any direction.

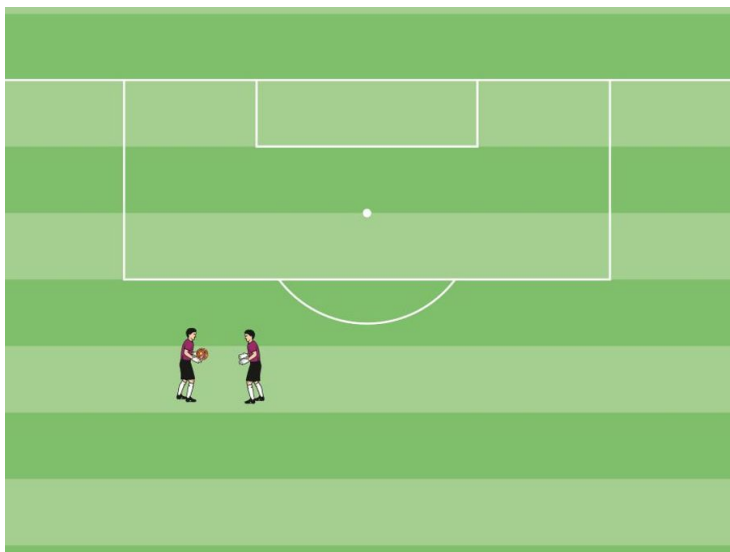
Description



Feet are slightly wider than shoulder width with weight forward onto the balls of the feet. Knees are bent slightly into a ready athletic position. Trunk of the body is flexed at the waist and slightly forward so that the head is in front of the feet. The head is still. The arms are flexed at the elbow and the elbows are slightly forward of the chest. The hands are in a ready position with the palms of the hands facing slightly forward and slightly down. Should be on balls of feet with slight bounce "practice bounce" to prevent standing still

Key Points

TRAINING SESSION

Introduction to Boxing



	Goalkeeping - Positioning
	U9 to Senior
	to Players
	
	Intensity: 3
	10:00 min (10 x 01:00 min, 02:00 min rest)

Objective

To learn to properly box away ball with one or two hands.

Description

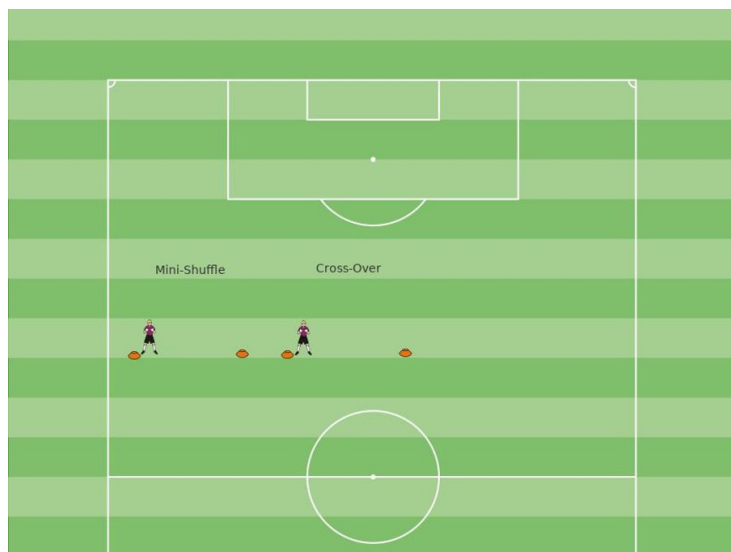
1. Player 1 holds ball in high contour. Player two boxes with one fist to try to dislodge ball. P1 will have to readjust grip between attempts. 2. P1 tosses ball to P2 who then two handed boxes back to P1 who makes good basket or contour catch. After 10 times, P2 tosses to P1.




Key Points

Look for fists to be closed so that knuckles from back of hand to mid-finger create a flat surface. Elbows close to body and arms forcibly through center of ball. For two-handed, make sure fists are not together, but close.

TRAINING SESSION

Footwork Options



	Goalkeeping - Positioning
	U9 to Senior
	to Players
	
	Intensity: 4
	20:00 min (20 x 01:00 min, 02:00 min rest)

Objective

To learn basic footwork options to use with handling techniques

Description







1. Start behind cones. Take a step forward and handle shot.
2. Shuffle, touch cone and then mimi-shuffle back to middle, get set and handle shot.
3. Shuffle from one cone to the other and then cross-over in one or two steps, get set and handle shot.
4. Start in front of one cone, drop-step, mini-shuffle to set position and handle shot.
5. Shuffle between cones reading shooters rhythm. When shooter steps to strike ball, adjust back to middle, get set and handle shot.
6. Roll ball out to server, get into set position and handle shot

Key Points

Shots should be at keepers to train basic handling - NO DIVING
Keepers should alternate starting positions
Check for dynamic set position (training bounce)
Coach proper handling technique - Basket, contour and footwork
Basket catch is used for lower shots.

TRAINING SESSION

Basic Hand Positions

	Ball Control
	U9 to U19
	to Players
	
	Intensity: 1
	10:00 min (10 x 00:00 min, 00:00 min rest)

Objective

To work on basket; contour; side-contour; intro to high-contour

Description

Contour refers to catching the shape of the ball. Thumbs should be facing each other. Index fingers should be closest of all fingers. Wrists are not flexed forward or backward. The contour catch is a one-sound (both hands working together) catch. Body is relaxed; contour catch is made at comfortable distance in front of body with arms slightly flexed and elbows down and slightly away from body. Basket Catch Two-sound catch (forearms and then chest). Create basket with forearms parallel and upper body over the ball. Side-contour catch is the same as the contour catch with these exceptions: Keeper could not get the body behind the ball so has to reach beyond their base to make save. The head, eyes, hand, and ball all come together to make this catch. The side-contour is the contour catch turned on its side so that one hand is on the top of the catch and the other is on the bottom. This is a one-sound catch and is used most often when keepers make diving saves. The high-contour The high-contour catch is exactly like the contour catch but the hands are above the head and catching the ball above an attacker's challenge. The arms don't need to be fully extended but they do need to be mostly extended and slightly forward (not directly above the head).

Key Points

Contour Catch - Thumbs are behind ball, catch is being made from mid-chest up Basket Catch - Catch is being made from ground up to mid-chest. If balls are dropped, often forearms are not parallel, creating big hole at the bottom of the basket.