



# WEEK 4

## Goalkeepers



CELTIC FOOTBALL CLUB



# Practice #13

(Handling)

- Use four cones to create a box 5/5m in size and stand in the middle with a ball in hand. Start with basic handling exercise to warm up for 5mins.
  - Figure of 8 around the legs.
  - Ball circulates around the waist / hold behind and throw in front.
  - Hold ball between legs, one hand in front, one behind, drop the ball and switch hands.
  - Keep the ball in the air moving from side to side, hands above the head.
- Throw the ball in the air and practice taking off with each foot to catch the ball at the highest point. 3 sets of 10 throws.
- As above but start from a kneeling / seated position. 3 sets of 10 throws.





# Practice #14

(Handling / Diving)

- Stand between the 2 goals and receive a feed into your hands above your head / chest height / waist height / ground roll. Work for 1mins at each height with 30s rest between.
- Get your partner to stand further away and feed the ball with more speed. Same sets/rest as above.
- Now ask them to vary the height of the feed so you have to react to it. Ask them to add in a bounce before it comes to you.
- Now start on your knees and get them to feed it at an angle so we can bring in a dive & release back. 1 min work alternating sides with 30secs rest x 4 sets.
- Same as above but from a standing position.





# Practice #15

(Footwork)

- Set out 4 different coloured cones in a box. The box should be 5/5m.
- Stand in the middle of the box, always facing forwards. Set a timer on your phone and every 10sec look to side step to a cone and then return to the middle and set your feet as if there was a shot coming. 2mins work, 1mins rest x 3 sets.
- As above but this time react to a call. When you set in the middle can they feed you a ball to catch?
- Set the timer to 15sec intervals. Ask them to call 2 colours. 2mins work, 1mins rest x 3 sets. Again can you do this but get them to feed a ball to catch?
- Now work 1 or 2 cones on the command but step forward and use the top cones as a goal to save a shot. 2mins work, 1mins rest x 3 sets.





# Practice #16

(Distribution (Hands / Feet))

- Start in the goal and look to throw the ball towards the 3 targets positioned ahead of you. You score a point every time you hit the target. How many points can you score in 12 throws? Complete 2 rounds underarm and 2 rounds overarm.
- Now throw the ball in the air and catch it at its highest point to replicate catching a cross. As you land look to throw the ball towards a target. Again how many points can you score in 12 throws.
- If you have a partner, ask them to feed you the ball. Control it with your feet and try and pass it to hit the target. Again have 12 attempts but work 6 passes on each foot.
- This time ask the partner to feed it to your hands, catch & distribute towards your target. How many points can you score?

