

# GK Training #1

Coach Devon w/Chiefs FC

- Warmup w/3 sets of 25 hand-to-ground bounces; Focus on catching the ball with the “W” technique
  - Ball should not come above your chest
  - Catch it clean; Repeat with Speed
  - When comfortable bounce the ball to either side in a semi-circle; CATCH IT CLEAN!

- Warmup your feet w/the following stationary/moving exercises:
  - 4x25 toe touches on top of ball (both feet)
  - 4x25 toe touches ball in-between feet
- Wall Passes are great!
  - If you have a wall available to you complete your warmup with alternating throws & passes into the wall.

- STRETCHING IS CRUCIAL!!!

- Be sure to stretch all major muscle groups including your calf, hamstrings, quadriceps, hip flexors, arms, shoulders, neck and core.

- Stretch for comfort & flexibility;  
Don't over do it!

- **FOOTWORK MAKES LEGENDS!!!**
  - Today's Drill = "The Clam"
    - Set 5 cones/markers approx. 12 yards apart from a single starting point in a semi-circle; the starting point is your goal line.
    - Side Shuffle to/from each marker back to the original point all the way around "the clam"; 1 set w/o ball and 1 set w/ball
    - Run to/Backpedal from each marker back to the point all the way around "the clam"; 1 set w/o ball and 1 set w/ball
    - Crossover Step to/from each marker back to the original point all the way around "the clam"; 1 set w/o ball and 1 set w/ball

# \*Extra Work w/A Partner\*

- 3 sets of 10 shots from medium distance; focus on your catching + return distribution.
- 3-5 minutes of passing back & forth with varying distances & moving targets
- Long Distribution; if the space permits
- Side-to-Side tosses for light diving

# Video Links

- Here's a GREAT Solo GK Core Workout:  
<https://youtu.be/135ZjTh2RIg>
- Here's an AWESOME footwork drill\_video:  
<https://youtu.be/qumlgBpm2u4>
- Great Saves for Inspiration:  
<https://youtu.be/0gN1c9EEfuA>