

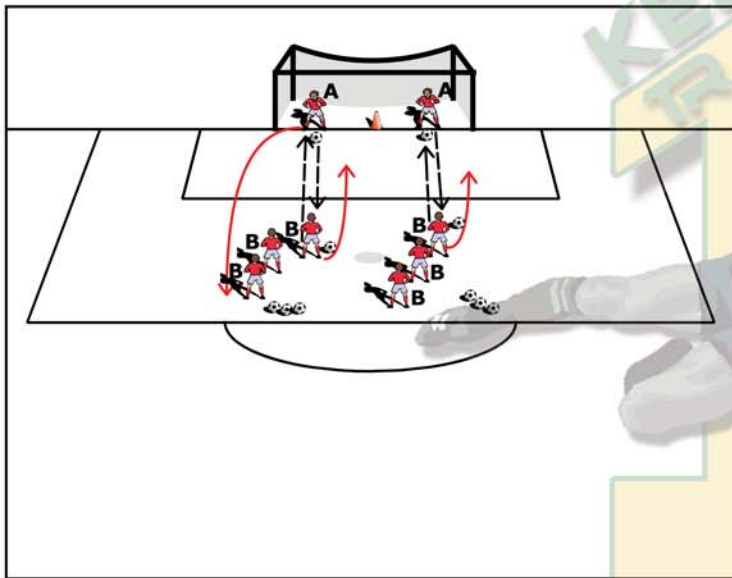
### ACTIVITY #1

**Set up:** Keepers in groups of three. Create a 6 yard triangle with three cones and a keeper is at each cone.

**Instructions:** The working keeper sets behind the cone and moves laterally to collect the ball served from one of the other keepers. The service should start on the ground and gradually move up.

**Coaching Points:**

- proper footwork to get to the ball
- focus on the ball
- proper handling technique



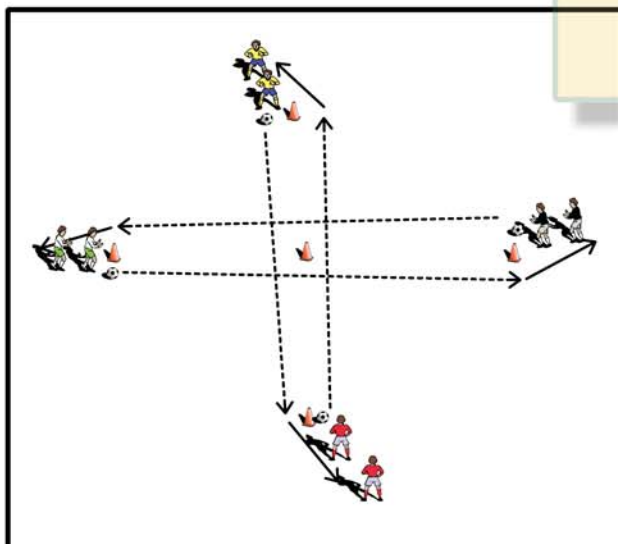
### ACTIVITY #2

**Set up:** Save and move. Basic handling techniques.

**Instructions:** GK "A" starts in goal and GK "B" is 10 yards away. GK "B" passes ball into GK "A"'s feet. GK "A" controls and passes back towards GK "B". GK "B" moves towards the goal after passing towards GK "A" and takes the place of GK "A". GK "A" moves towards the back of the line. This process continues until all GK's get the idea.

**Progression:** Volley into the GK's hands for palms-up or W-shape saves. GK "B" throws the ball into the air and GK "A" must go forward and take off to take the ball at its highest point.

**Coaching Points:** Basic handling. Footwork. Communication. Volleys. Throws. Movement. Warm up.



### ACTIVITY #3

**Set up:** Set up cones 10 yards apart with one in the centre of the box. Two keepers at each outside cone and one ball at each outside cone.

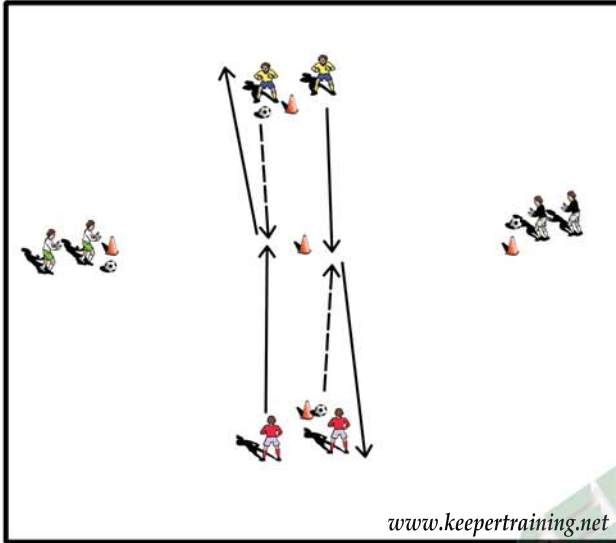
**Instructions:** Keepers dribble to the cone across from them and move to the end of that line. Facing lines go at the same time.

- Dribble to centre and pass to facing line, continue to opposite cone.
- Dribble to centre cone pass to right.

**Coaching Points:**

- focus on the task at hand
- timing and vision

**ACTIVITY #4**



**Set up:** Set up cones 10 yards apart with one in the centre of the box. Two keepers at each outside cone and one ball at each outside cone.

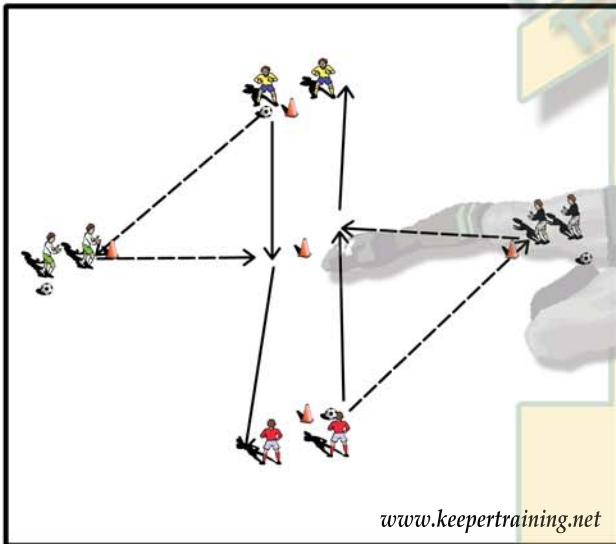
**Instructions:** Keepers move to the centre cone to receive a service from the opposite cone and then continue to the opposite cone. Facing lines go at the same time.

- Volleyed service to body.
- High balls.

**Coaching Points:**

- focus on the task at hand
- timing and vision

**ACTIVITY #5**



**Set up:** Set up cones 10 yards apart with one in the centre of the box. Two keepers at each outside cone and one ball at each outside cone.

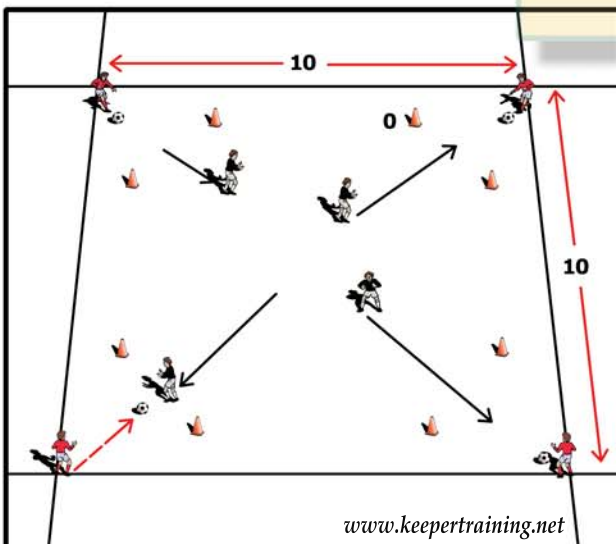
**Instructions:** Keeper roll the ball to the keeper on their right and then move to the centre cone to receive service, continue to opposite cone. Facing keepers go at the same time.

- Roll the ball to the left.

**Coaching Points:**

- focus on the task at hand
- timing and vision

**ACTIVITY #6**



**Set up:** Footwork, agility, saves and decision making.

**Instructions:** GK must move around the areas, then move towards a goal to receive a pass from any server. 1. Pass to feet, pass back move off. 2. Pass to scoop, pass back move off. 3. Pass to midriff and above, w-shape catch, pass back, move off. 4. Move towards high catch, pass back move off. 5. Pass for step dive, pass back, move off (dive both directions). 6. Any other saves which are relevant to session.

**Coaching Points:** Key factors: footwork, agility, quickness across the ground, various saves and catches.