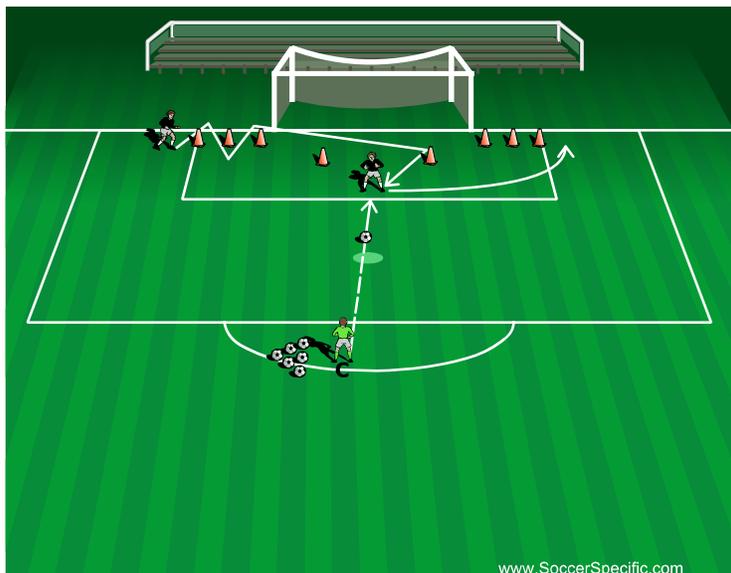


ACTIVITY #1

Set up: Place 4 flat or tall cones on each side of the goal. Goalkeepers begin on the outside of the cones to begin, and then rotate to the opposite side of the goal after each repetition as shown. Goalkeeper coach or trainer begins outside the 18 yard box with plenty of balls.

Instructions: GK1 begins by side-stepping between each of the cones, once the GK passes the final cone they immediately "step-up" to cut the angle and get-set to react to the shot. Once the GK makes the save, they rotate to the opposite side and GK2 then goes. GK's can vary their movements from side-stepping, moving forward and back, hopping over the cones, using one leg only, etc. Service by the coach begins with balls on the ground, mid-section, and then higher balls.

Coaching Points: Footwork; balance and coordination; agility and change of direction; proper technique receiving low (basket catch), medium and high (contour catch).

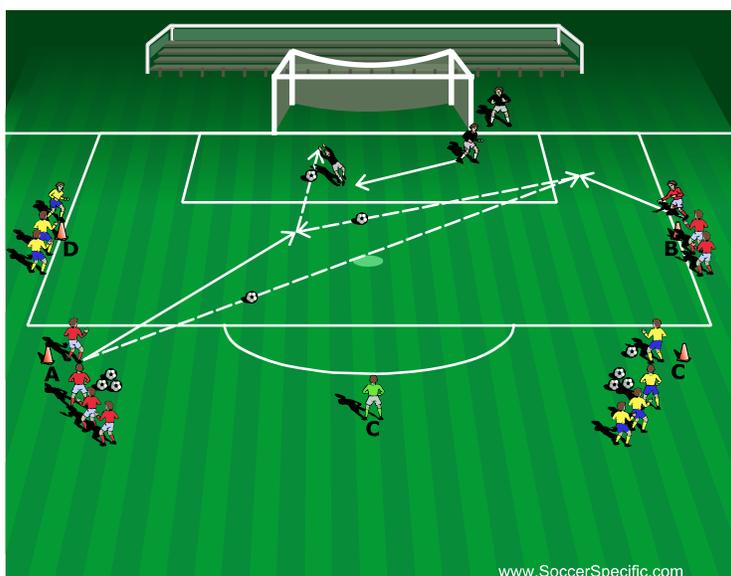


ACTIVITY #2

Set up: Place 3 flat or tall cones on each side of the goal and 2 cones 4 yards apart and 3 yards off the goal line. Goalkeepers begin on the outside of the cones to begin, and then rotate to the opposite side of the goal after each repetition as shown. Goalkeeper coach or trainer begins outside the 18 yard box with plenty of balls.

Instructions: GK1 begins by now implementing any type of footwork they choose, but need to demonstrate a different movement each time. Once the GK passes the final cone, the GK quickly moves and taps the opposite higher cone, and then "steps-up" to cut the angle and get-set to react to the shot. Once the GK makes the save, they rotate to the opposite side and GK2 then goes. Service by the coach again begins with balls on the ground, mid-section, and then higher balls.

Coaching Points: Footwork; balance and coordination; agility and change of direction; foot speed and getting across the goalmouth to make the save; keep head up and eyes focused on the ball at all times; proper technique receiving low (basket catch), medium and high (contour catch).



ACTIVITY #3

Set up: 44 X 20 area or as needed. Divide into two equal teams, with goalkeepers, and put 3 or 4 players on each corner as shown. Be sure to have plenty of extra balls for the exercise.

Instructions: Player "A" takes a touch diagonally into the field and then passes a ball on the ground to player "B," who then takes one touch to drop the ball back to player "A" who runs to meet the ball and finish with a shot on goal. Players "A" and "B" then rotate positions. Play continues with players "C" and "D" doing the same. After a set period of time, rotate players to the other side for the opposite foot. Make it a competition, each team keeps track of the number of goals scored. GK's must cover the near post attacker and play the exercise honestly.

Coaching Points: Reaction time; responsiveness and awareness; agility in changing directions; footwork; measured momentum; bravery and commitment diving to cover back post shots.



ACTIVITY #4

Set up: 44 x 55 area or as needed (half field), with a midfield line. Divide team equally, two goalkeepers, with one team (Red) starting at the midfield line as defenders; the (Yellow) team begins behind goal #2 as the attackers.

Instructions: Play begins with the goalkeeper in goal #1 distributing the ball to the goalkeeper in goal #2 with a punt, drop-kick, or throw. Once the goalkeeper receives the ball, one defender and two attackers immediately enter the field of play creating a 2 v 1 situation as shown. If the defenders win the ball, they immediately counter to goal #2. Variations include 3 v 2, 4 v 3, and then even numbers (i.e., 4 v 4). Rotate roles accordingly.

Coaching Points: Starting positions in relationship to the ball; reading and reacting to through ball situations - attacker only and/or with a recovering defender; staying on your feet to react vs. coming out to smother a 50/50 ball; communication and organization; distribution.

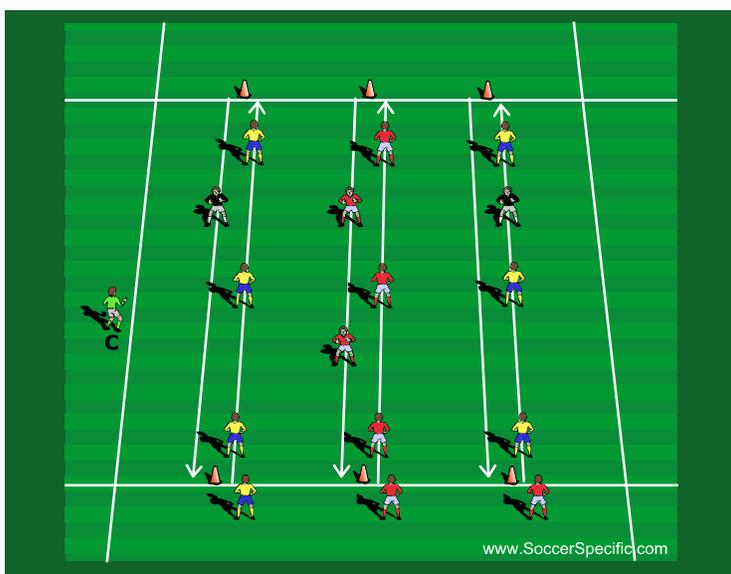


ACTIVITY #5

Set up: Create a 20 x 30 area or as needed with a center line, two goals and goalkeepers. Divide players into two teams; 2 v 1 restricted to each half as shown.

Instructions: Play begins with one goalkeeper serving to one of the strikers who have created space. Team are restricted to each half and play 2 v 1 until the ball is either scored or out of play. Create a competition between the two teams - who can score the most goals in a set amount of time?

Coaching Points: Communication and organization managing a small sided game; dealing with long range, close range, and through ball situations; maintaining good vision and awareness in support of the ball; demonstrate proper distribution techniques; decisive and effective decision making in all areas.



ACTIVITY #6

Set up: Cool down. 20 x 30 area or as needed. Create 3 lines with players equally distributed in each line as shown.

Instructions: Designate "Team Captains" (GK's) for the cool down exercises. Players begin by jogging back and forth between the cones. Players progress by performing various dynamic exercises, flexibility movements to include, but aren't limited to: skipping, lunge walks, squats, toe touches, leg swings, side-stepping, grapevine, gate (groin) movements, knee hugs, heel kicks, etc. Reduce heart-rate. Final stretch.

Coaching Points: Reinforce the objective of the session: GK shot stopping and attacking/finishing for field players; review session; remind players of upcoming training, games or events.