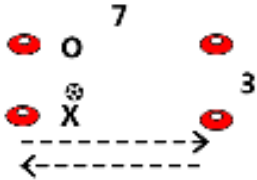


U11/12 Goalkeeper Session 1: Ready Position – Hands – Catching

1. Warm-Up

a. Side step shuttle



- Players shuttle between cones and
 - Roll ball on ground
 - Throw ball stomach/chest high
 - Throw ball above head
- Always play diagonally ahead of partner so that ball is picked up on run

Go back and forth two times

b. Stretches

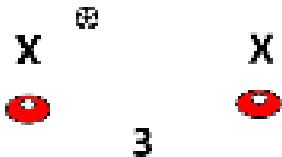
- Stand with legs shoulder width apart, knees slightly bent, and
 - Hold ball behind head, elbows slightly bent
 - Hold ball straight out in front of chest, arms straight
 - Hold ball between legs pushing back as far as possible
 - Hold for 20 seconds, repeat twice
- Sit on ground with legs apart and flat on ground,
 - hold ball in front of left foot for 20 seconds
 - hold ball in front of right foot for 20 seconds
 - repeat twice
 - if you can't get ball in front of feet go as far as you can

c. Hurdle Jump



- Jump over hurdle sideways, 10 times each way (20 jumps)
- Jump over hurdles forward/backward (20 jumps)
- Three sets

d. Sit/Kneel & Catch Ball

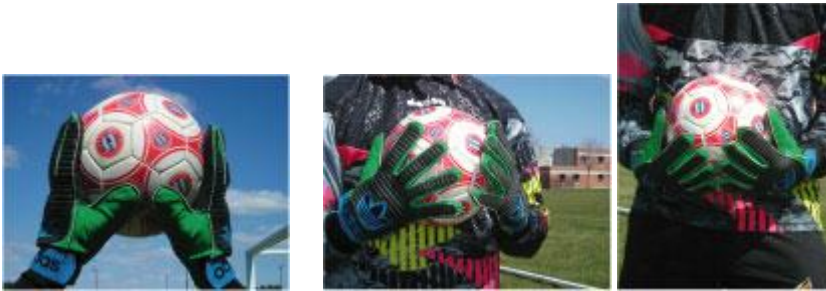


Goalkeepers are 3m apart, one serves and the other catches. Alternate after 15 throws. First sit with legs slightly apart, and then kneel.

- Vary throws at keeper
 - Above head, high beside keeper, high at body
 - On ground at keeper and beside keeper
- Keeper catches ball and returns to server
- Ball straight at keeper on ground while kneeling must be scooped with forward dive

2. Review Positions

Hands:



Ready Position:

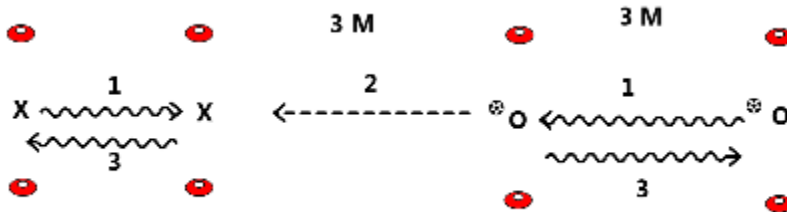
Play is outside 18 yd box



Ball is close in



3. Ready Position and Catch

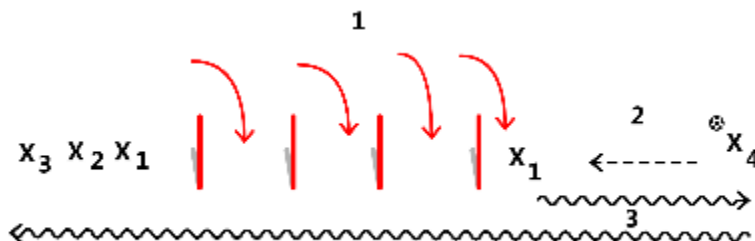


Two goalies work together

1. O (with ball) and X run to front of grid
2. When X is set, O throws ball straight at X at various heights
3. X catches and both run backwards to back of grid

Repeat with X throwing ball

4. Hurdle Jump – Set – Catch



1. X1 jumps forward over hurdle, feet together (two legged jump) and gets ready after last jump
2. X4 throws ball at X at various heights. X catches ball and takes position of X4.
3. X4 sprints behind X3

Reinforce proper set position for close in shots