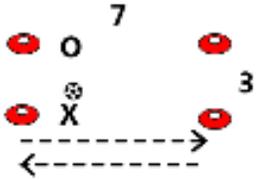


U11/12 Goalkeeper Session 2: Ready Position –Catching- Low Dives

1. Warm-Up (20 min.)

a. Side step shuttle



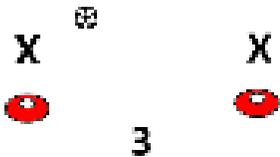
- Players shuttle between cones and
 - Roll ball on ground
 - Throw ball stomach/chest high
 - Throw ball above head
- Always play diagonally ahead of partner so that ball is picked up on run

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. Sit/Kneel & Catch Ball



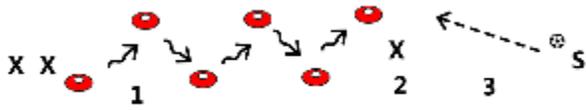
Goalkeepers are 3m apart, one serves and the other catches. Alternate after 15 throws. First sit with legs slightly apart, and then kneel.

- 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

d. Collapsing Dives

Server stands 3 yds. in front of keeper and throws ball at various heights (including ground) to either side of keeper. Keeper catches ball while “collapsing” and landing on ground. As keeper gets good at controlling ball increase distance of throw from body and increase pace of through. Emphasize proper “landing” – never on bone such as elbow and always facing forward after landing. Watch for proper hand position during catches.

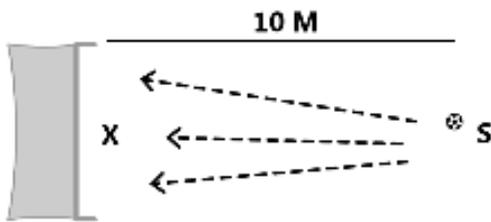
2. Catching High Balls 1 (10 min)



1. Keeper sidestep shuttles between cones spaced three steps apart
2. After last cone keeper assumes ready position and
3. Catches ball thrown above head by server

Make sure keeper jumps up to catch ball at highest point.

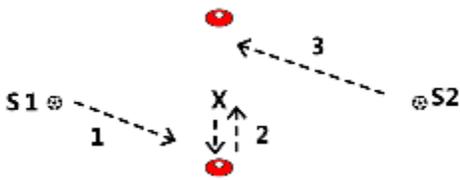
3. Catching High Balls 2 (10 min)



4. Keeper is 1 – 3 steps in front of goal line in ready position.
5. Server throws high ball for keeper to catch
6. Throws are above head and to sides

Pace the throw to allow the keeper to shuttle to the sides and catch the ball. This is not a diving activity

4. Low Dives



Goal is same width as that used in games

1. Server 1 throws low ball for keeper to dive and control.
2. After save, keeper gets up, sets in goal facing server 2
3. Keep alternating servers (who can be extra keepers which are rotated).



The concept of the “W” still applies. You do want to make sure that the hand closest to ground provides a “backstop” for the ball while the other puts pressure from the top.

5. Shots

Take shots from about 10 M out to emphasize catching high balls and making low dives. Adjust pace of shots to allow keeper to control ball and increase pace as keepers get better.