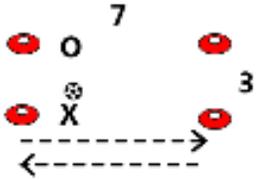


U11/12 Goalkeeper Session 3: Dive-Jump-Reflex

1. Warm-Up (20 min.)

a. Side step shuttle



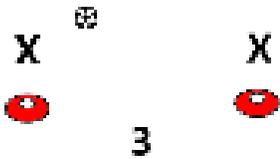
- Players shuttle between cones and
 - Roll ball on ground
 - Throw ball stomach/chest high
 - Throw ball above head
- Always play diagonally ahead of partner so that ball is picked up on run

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



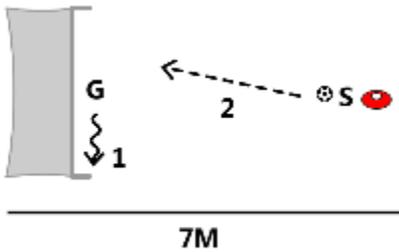
Goalkeepers are 3m apart, one serves and the other catches. Alternate after 15 throws. First sit with legs slightly apart, and then kneel.

- 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.

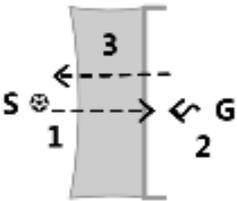
2. Shuttle & Dive (10 min)



1. Keeper sidestep and touches bottom of post
2. Server throws/kicks ball to opposite post and keeper dives across to make save

After keeper touches bottom of post they take one step and push off leading leg to dive. Alternate sides.

3. Jumping (10 min)

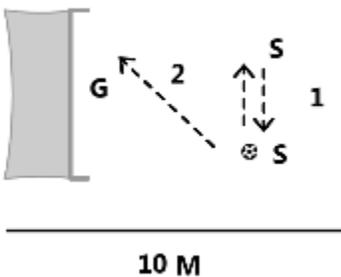


Keeper is 2-3 steps in front of goal, facing net.

1. Server throws ball over top of cross bar
2. Keeper steps up and jumps to control ball at highest point and
3. While in air throws it back to server

Work on timing of jump

4. Reaction Saves (10 min)



1. Two servers quickly pass ball back and forth
2. At any time one of the servers takes a shot anywhere

Keeper needs to be in "ready position" two steps off goal line. Keeper must keep eyes on ball and make a reaction save.

5. Shots (10 min)

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.