

Topic = Goalkeeper - Footwork

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS		
	<ul style="list-style-type: none"> <li>* 4 Goalkeepers with a ball each</li> <li>* Players stand just off set from their partner</li> <li>* Simultaneously the ball is tossed under arm across to your partner</li> <li>* The Player then shuffles across to receive the ball and toss the ball back.</li> <li>* Players work for 60 seconds</li> </ul>	<ul style="list-style-type: none"> <li>* Stay on the balls of your feet</li> <li>* Shuffle over, don't cross your legs</li> <li>* Knees Bent</li> <li>* Shoulders square to the ball</li> </ul>		
<p><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Set up a slalom of cones</li> <li>* Keeper shuffles through the cones</li> <li>* As they hit the flags, the server drop kicks a ball in to them</li> <li>* Keeper catches the ball and plays back to the server.</li> <li>* Restart through the slalom</li> <li>* Progress to server playing it to the side</li> </ul>	<ul style="list-style-type: none"> <li>* Knees Bent</li> <li>* Feet Shoulder width apart</li> <li>* Brush feet along the grass</li> <li>* Eyes focusing forward</li> <li>* Set feet as the server strikes the ball</li> <li>* Body behind the ball</li> </ul>		
<p><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Servers start on the edge of the six yard box</li> <li>* Goalkeeper starts on the near post</li> <li>* Strikers start about 12 yards out, level with the other side of the 6 yard box. Place a cone on the six yard box</li> <li>* Server plays a ball across to the striker</li> <li>* As the ball is played across, the keeper must move to the cone first</li> <li>* The striker attempts to score between the cone and near post. Rotate players through positions</li> </ul>	<ul style="list-style-type: none"> <li>* One cross over step when keeper leaves near post</li> <li>* Shuffle quickly to set yourself between cone and near post</li> <li>* Set feet when striker hits the ball</li> <li>* Body behind the ball</li> <li>* Keep the ball out of the net.</li> </ul> <p><b>Progression: Play until goal is scored, keeper has secured possession, or ball is out of bounds</b></p>		
<p><b>MATCH CONDITION ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 6 V 6 including Goalkeepers</li> <li>* Normal Soccer Rules</li> <li>* Stand behind Goalkeepers and focus on the footwork</li> </ul>	<p><b>KEY TO DIAGRAMS</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>😊 = Goal-keeper</li> <li>😊 😜 = Players</li> <li>▲ = Cone</li> <li>🚩 = Flag</li> </ul> </td> <td style="width: 50%;"> <ul style="list-style-type: none"> <li>-----▶ = Movement</li> <li>→ = pass or throw</li> <li>🏠 = Goal</li> </ul> </td> </tr> </table>	<ul style="list-style-type: none"> <li>○ = Ball</li> <li>😊 = Goal-keeper</li> <li>😊 😜 = Players</li> <li>▲ = Cone</li> <li>🚩 = Flag</li> </ul>	<ul style="list-style-type: none"> <li>-----▶ = Movement</li> <li>→ = pass or throw</li> <li>🏠 = Goal</li> </ul>
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<p><b>COOL DOWN</b></p>	<p>Players throw, roll and catch the ball in pairs. Stretch</p>			