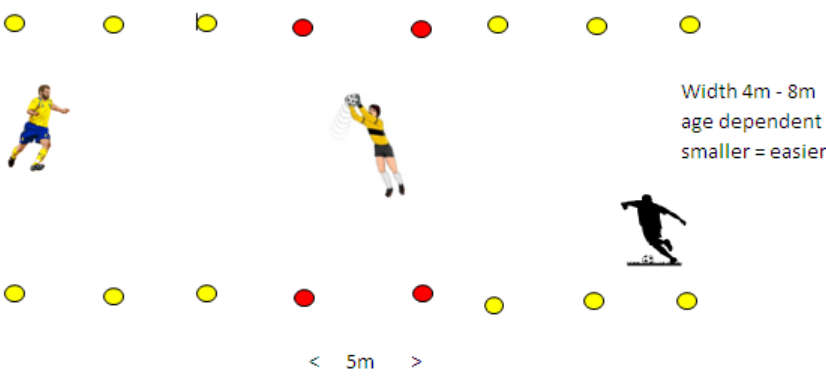




# Goalkeeping

## Training Plan

<b>Title:</b>	Goalkeeping
<b>Objectives:</b>	1. Improving Goalkeeping basic skills
<b>Age range:</b>	U6s +
<b>No. of Players:</b>	3 (1 can be coach)
<b>Time:</b>	30mins max
<b>Organisation:</b>	Plenty balls.Discs
<b>Drill:</b>	<p>1 GK in middle section. 2 players (can be 2 other GKs) try to pass, shoot or run past GK. GK to save, stop, catch, narrow angle so ball does not pass through red zone.</p> <p>Drill can be used for anticipation, setting position for shot, receiving balls, narrow angle, quick off line.</p> <p>Can also be used for intense warm up with feeders closer to GK eg GK saves, returns then turns for immediate serve from opposite feeder.</p>  <p>&lt; 5m &gt;</p> <p>&lt; 20 to 30m. Bigger for long shots, 1v1s. Shorter for stops, reactions. &gt;</p>
<b>Coaching Points:</b>	Coach the GK technique. Anticipation. Catching and holding. Protecting.
<b>Progression:</b>	Depending on technique. Feeders can go further to take harder shots (if feeders are capable).