



Beginner GK Session

Category: Goalkeeping: Footwork/Handling
Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

"Collect and Correct" after every save. Have the whole body set and prepared for the save (body weight and shape, hands and eyes trained on the ball). Pick up feet and move quickly into locations that maximize your ability to make the save.

Warm Up (5 mins)

WARM UP

ORGANIZATION: open space, find a partner to pass, throw, and volley between. Every 7 reps, shuffle away shuffle back 10 yards, and find a new partner. After 5 minutes, GKs lead group in a dynamic warm up.

COACHING POINTS: have fun and start getting your mind and body ready to train!



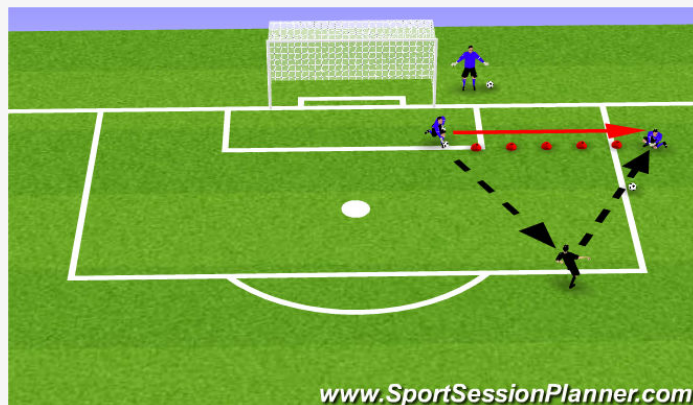
Low Basket (10 mins)

LOW BASKET

ORGANIZATION: GKs line up at one end of cones, after rolling ball to coach the GK uses fast footwork to get to the other side to make a low basket save. After save is made, GK gets back in line until their next turn.

PROGRESSION: balls served from coach are faster and GKs are encouraged to smother.

COACHING POINTS: Pick up the feet to move quickly, keep hips and shoulders facing the field, end with a strong/progressive set position, split legs hands down into the pocket with pinkies touching, make the save fully safe with ball 100% in the basket.

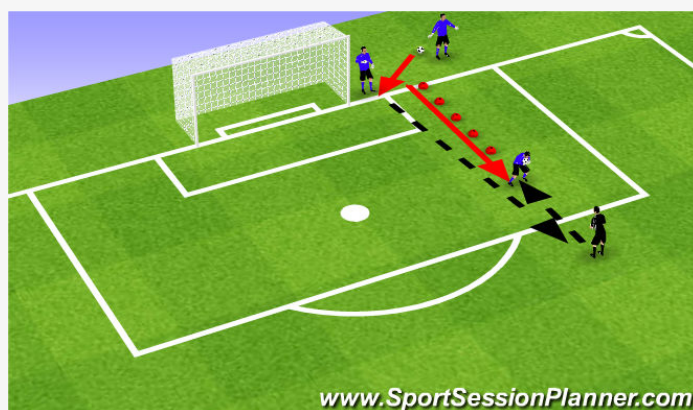


Basket (15 mins)

BASKET

ORGANIZATION: GKs take a touch from one side of cones to other and passes from feet to coach, fast feet through cones, get set and make the basket save.

COACHING POINTS: Pick up the feet and drive the knees to move quickly and get set before the shot, hit the split squat when shot is taken, reach for the ball with pinkies together, contact ball with forearms and 'close the trap'.



Contour (15 mins)

CONTOR CATCH

ORGANIZATION: From beside the goal, GKs throw the ball out to the coach and quickly get set on their ball line and angle arch. Coach throws or follies ball at GK for them to contour catch. Cones are there not for footwork but to guide GKs to their positioning.

COACHING POINTS: Get in and set quickly, reach out for the ball with strong wrists and make contact on the middle/top of the ball, lightly bent elbows to absorb the shock, move body into the flight of the ball even after the catch is made.



Game (20 mins)

GAME (Keeper Wars Variation)

ORGANIZATION: Two GKs in opposite goals, each with their own 18 yard box. GKs not playing serve contour catches to the active GKs anytime there is a restart (out of bounds or goal). A new GK steps in anytime a goal is scored, 2 shots in a row are missed, or a ball is misshandled from a side server. GKs may throw, full or half volley, or kick from the ground to score. GKs keep track of goals scored and at the end of the game, GKs name a winner and name a 'Top Save'.

COACHING POINTS: Focus on reading the triggers and cues so that GK can be set and read for the shot, be dynamic and don't be afraid to try new things, take every save seriously, play fast but be controlled, take mental notes of when a catch was clean vs unclear, a compete for everything!

