



# TRAINING

## Goalkeeping



Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Juggling	Juggling	Juggling	Juggling	Juggling	Active Recovery	OFF
Technical Training	GK Training	Technical Training	GK Training	Technical Training	(Half Mile Light Jog)	
Fitness (U13 +)		Fitness (U13+)		Fitness (U13+)	(U13+)	

### Goalkeeper Training

#### Activity 1 (Contours) 5 Sets Total

Player begins in diving position with ball. Player reloads to jump over the cone set x3 to land on the opposite side to then bounce the ball x3 for contours. Player repeats to opposite side to complete 1 set.

#### Activity 2 (Baskets) 8 Sets Total

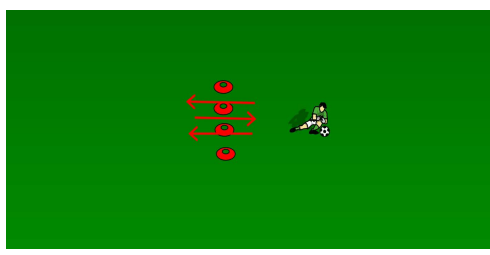
Player weaves through cones laterally with ball in hand in set position. Once player completes footwork, they toss the ball forward for a basket. Player does the activity back to starting point to complete the set.

#### Activity 3 (Scoops/Front Smothers) Scoops: 8 Sets Total

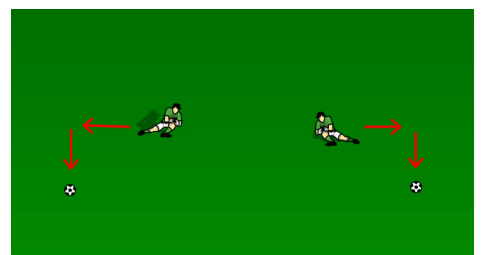
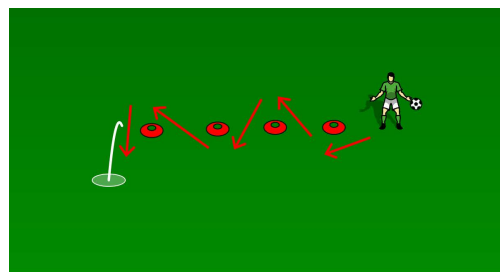
##### Front Smothers: 8 Sets Total

Player begins in diving position and reloads into set position. Player then moves towards stationary ball to collect in a scoop/ front smother. Player will alternate between scoops and front smothers throughout the activity.

#### Baskets: 8 Sets Total



Contours: 5 Sets Total



Scoops: 8 Sets Total  
Front Smothers: 8 Sets Total





# TRAINING

## Goalkeeping



### Activity 4 (High Balls) 12 Sets Total

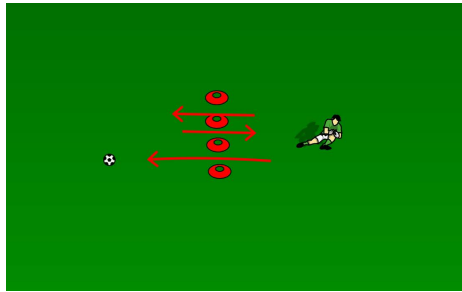
Player holds ball while in diving position, then reloads to toss ball up in the air to collect for a high ball.

#### High Balls: 12 Sets Total



### Activity 5 (Low Dives) 16 Sets Total

Player begins in diving position, then reloads to jump over cones x3 to land in set position. Player then low dives to stationary ball. Player should alternate between diving to the left and right.



#### Low Dives: 16 Sets Total Left: 8 Total Right: 8 Total

### Activity 6 (Collapse Dives) 6 Sets Total

Player begins in diving position with ball in hand, then reloads to jump over cones x3 to land in set position. Player tosses ball to the side for a collapse dive. Player should alternate between diving to the left and right.

#### Collapse Dives: 6 Sets Total

