



TRAINING

Goalkeeping

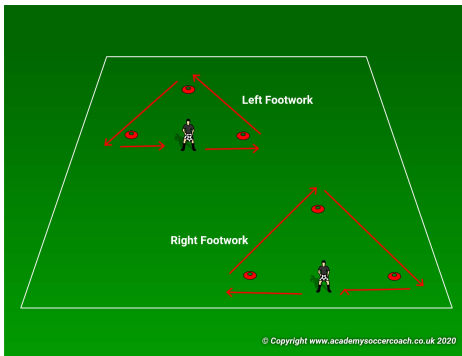


Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Juggling	Juggling	Juggling	Juggling	Juggling	Active Recovery	OFF
Technical Training	GK Training	Technical Training	GK Training	Technical Training	(Half Mile Light Jog)	
Fitness (U13 +)		Fitness (U13+)		Fitness (U13+)	(U13+)	

Goalkeeper Training

Activity 1 (Contours) 5 Sets Total

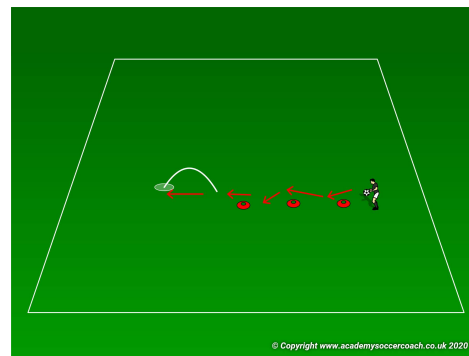
Player bounces ball three times catching in a contour, player shuffles with ball to wide cone, back pedals to back cone, sprints to opposite wide cone and shuffles back into the middle (starting position). Player repeats to opposite side to complete 1 set.



Contours: 5 Sets Total

Activity 2 (Baskets) 8 Sets Total

Player does two feet in between each cone footwork while holding ball in set position. Once player completes footwork, player tosses the ball forward and moves forward to collect in a basket. Player does the activity back to starting point to complete the set.



Baskets: 8 Sets Total

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

Front Smothers: 8 Sets Total

Player jumps over the cones, jumps back and jumps over again into set position. Player then moves towards stationary ball to collect for a scoop. Player will alternate between scoops and front smothers throughout the activity.



Scoops: 8 Sets Total
Front Smothers: 8 Sets Total





TRAINING

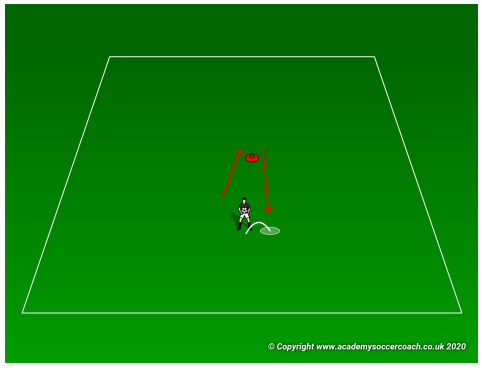
Goalkeeping



Activity 4 (High Balls) 12 Sets Total

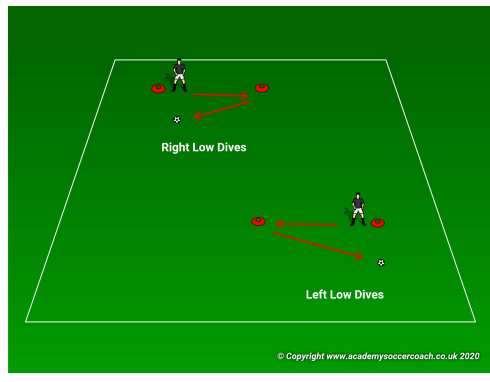
Player holds ball in set position. Player bounces ball hard above head, while ball is in the air, player back pedals around the cone and sprints forward to attack the ball at the highest point.

High Balls: 12 Sets Total



Activity 5 (Low Dives) 16 Sets Total

Player shuffles across to cone and low dives to ball back across. 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 laterally weaves through cone while holding ball in set position. Once player completes footwork, player tosses ball to the side for a collapse dive. Player reloads with ball and repeats to the opposite side to complete the set.

Collapse Dives: 6 Sets Total

