



# TRAINING

## Goalkeeping

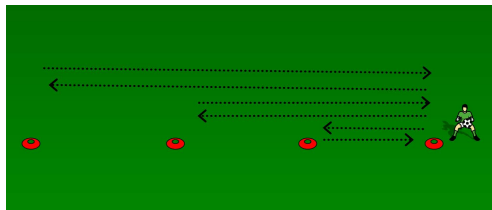


Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Juggling	Juggling	Juggling	Juggling	Juggling	Active Recovery	OFF
Technical Training	GK Training	Technical Training	GK Training	Technical Training	(Half Mile Light Jog)	
Fitness (U13 +)		Fitness (U13+)		Fitness (U13+)	(U13+)	

### Goalkeeper Training

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

Player starts with ball in hand in set position. Player shuffles to cone and bounces ball x5 collecting in contours and shuffles back to starting cone to bounce ball x5 again. Player repeats to each cone to complete the set.



Contours: 5 Sets Total

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

Player has ball in hands in set position. Player jumps over cones laterally twice and jumps forward in set position over cones. Player tosses ball forward to collect in a basket.



Baskets: 8 Sets Total

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

##### Front Smothers: 8 Sets Total

Player jumps over cones laterally twice and jumps forward in set position over cones. Player then moves towards stationary ball to collect in a scoop/ front smother. Player will alternate between scoops and front smothers throughout the activity.



Scoops: 8 Sets Total  
Front Smothers: 8 Sets Total





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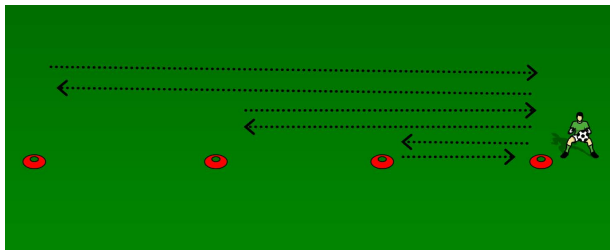
## Goalkeeping



### Activity 4 (Low Dives) 6 Sets Total

Player begins with ball in hands in set position. Player shuffles to first cone to drop the ball and shuffles back to starting cone. Player then shuffles to collect in a low dive and shuffles back to starting cone. Player repeats to each cone.

**Low Dives: 6 Sets Total**  
**Left: 3 Total**  
**Right: 3 Total**



### Activity 5 (Collapse Dives) 6 Sets Total

Player begins with ball in hands in set position. Player shuffles to first cone to toss the ball for a collapse dive and reloads to shuffles back to starting cone. Player repeats to each cone.

**Collapse Dives: 6 Sets Total**  
**Left: 3 Total**  
**Right: 3 Total**

