



TRAINING

Goalkeeping



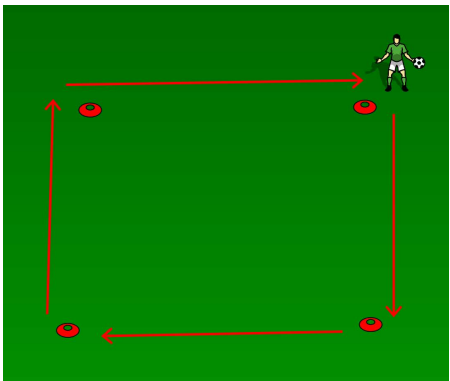
Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Juggling	Juggling	Juggling	Juggling	Juggling	Active Recovery	OFF
Technical Training	GK Training	Technical Training	GK Training	Technical Training	(Half Mile Light Jog)	
Fitness (U13 +)		Fitness (U13+)		Fitness (U13+)	(U13+)	

Goalkeeper Training

Activity 1 (Footwork)

4 Sets Total

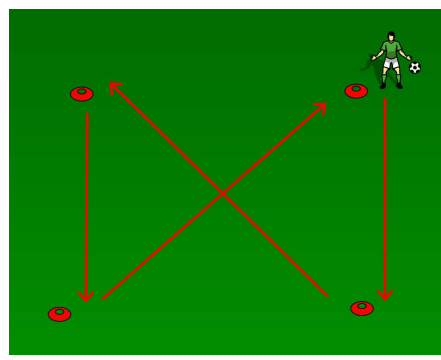
Player starts with ball in hand in set position. Player sprints forward to cone, shuffles to next cone, back pedals to next cone and shuffles to starting cone. Player completes 2 sets starting at back right cone and 2 sets starting at back left cone.



Activity 2 (Footwork)

4 Sets Total

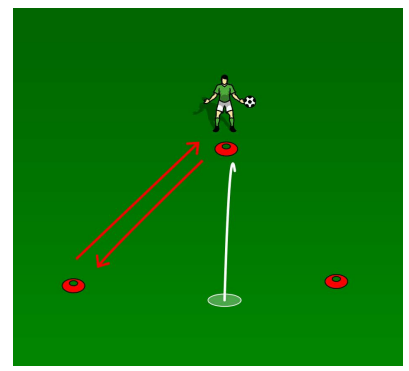
Player has ball in hands in set position. Player sprints forward to top cone, cross over steps to diagonal back cone, sprints forward and cross over steps to diagonal back cone. Player completes 2 sets starting at back right cone and 2 sets starting at back left cone.



Activity 3 (Baskets)

5 Sets Total

Player has ball in hands in set position. Player side shuffles to wide cone and back sets to starting cone. Player tosses ball forward to collect in a basket. Player completes activity to each side to complete 1 set.





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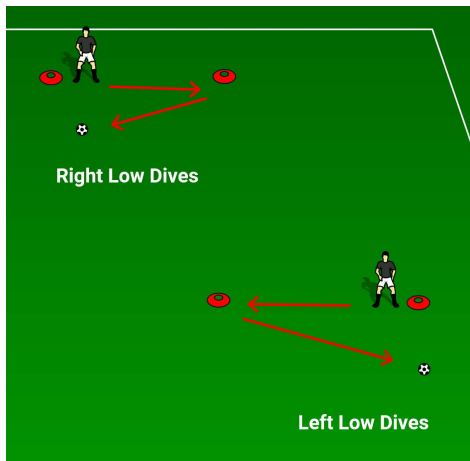
Goalkeeping



Activity 4 (Low Dives) 16 Sets Total

Player shuffles to opposite cone. Player lowers body to dive towards stationary ball. Player repeats to opposite to complete 1 set.

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



Activity 5 (Collapse Dives) 16 Sets Total

Player begins with ball in hands in set position. Player weaves through cones. Player tosses ball out for collapse dive. Player reloads and repeats to opposite side to complete 1 set.

Collapse Dives: 16 Sets Total
Left: 8 Total
Right: 8 Total

