



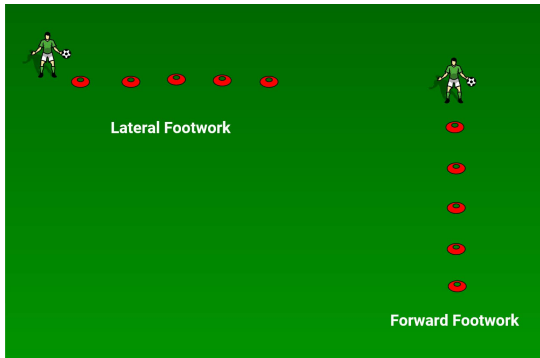
TRAINING

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+)	

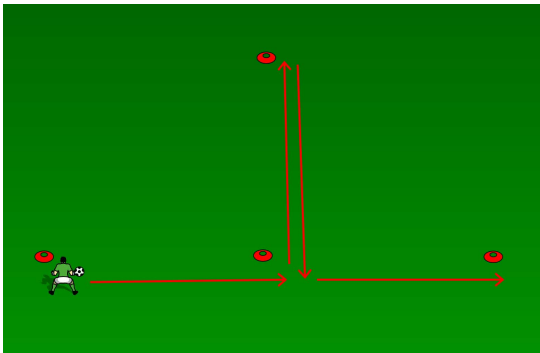
Goalkeeper Training



Footwork (Part I):

Player is to perform each footwork through all cones and back to complete the set. Player should be holding ball in set hand position the entire time. Each footwork should be performed at a high challenging pace for 6 Sets each.

- Two Feet In Between Each Cone (Forward)
- One Foot In Between Each Cone (Forward)
- Shuffle In Between Each Cone (Forward)
- Two Hops In Between Cones, One Hope Back (Forward)
- Weaving Through Each Cone (Laterally)
- Leading Foot In, Other Foot In, Leading Foot Out, Other Foot Out (Laterally)
- Two Feet In Between Each Cone (Laterally)



Footwork (Part II):

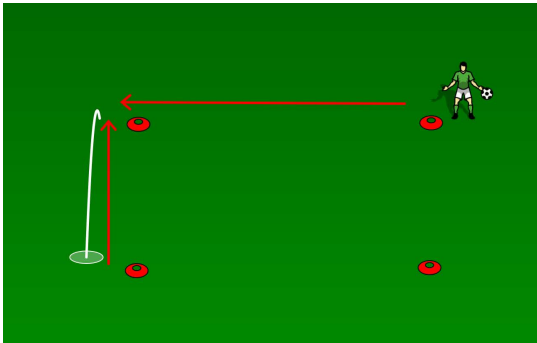
- Player shuffles to middle cone, sprints to top cone and back pedals back to middle cone then shuffles to wide cone. Player is to repeat from the opposite side to complete the set. Player should be holding ball in set hand position the entire time. Player should complete 5 Sets.
- Player cross over steps to middle cone, sprints to top cone and back pedals back to middle cone then cross over steps to wide cone. Player is to repeat from the opposite side to complete the set. Player should be holding ball in set hand position the entire time. Player should complete 5 Sets.





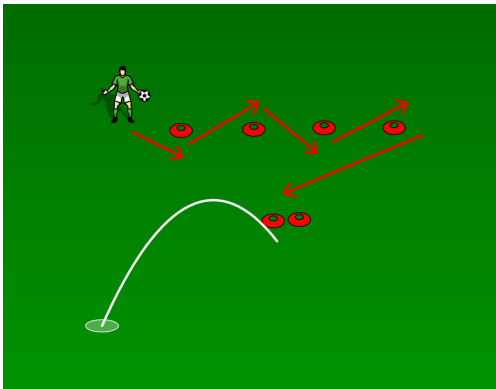
TRAINING

Goalkeeping



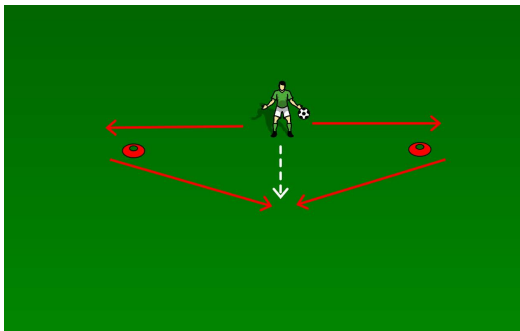
Activity 1:

- Player starts at the back cone with ball in set position. Player bounces ball x3 collecting in a contour then shuffles to opposite cone and sets. Player tosses the ball forward to collect in a basket. Player back pedals to cone and repeats to the opposite side to complete one set. Player completes 6 sets total.
- Player starts at the back cone with ball in set position. Player bounces ball x3 collecting in a contour then shuffles to opposite cone and sets. Player rolls the ball forward to collect in a scoop. Player back pedals to cone and repeats to the opposite side to complete one set. Player completes 6 sets total.



Activity 2:

- Player weaves laterally through cones with ball in hands, shuffles to behind cone set (hurdle) and jumps over into set position. Player then rolls ball to the side and low dives to ball. Player repeats the activity on the opposite side to complete the set. Player should complete 6 sets total.
- Player weaves laterally through cones with ball in hands, shuffles to behind cone set (hurdle) and jumps over into set position. Player then tosses ball to the side and collapse dives to ball. Player repeats the activity on the opposite side to complete the set. Player should complete 6 sets total.



Activity 3:

- Player bounces ball x3 to collect in a contour. Player rolls ball forward then shuffles laterally around to a wide cone. Player then attacks the ball into a low dive. Player should make sure that they are stepping forward and keeping hips forward. Player should repeat to opposite side to complete the set. Player should complete 6 sets total.
- Player bounces ball x3 to collect in a contour. Player tosses ball forward then shuffles laterally around to a wide cone. Player then attacks the ball into a collapse dive. Player should make sure that they are stepping forward and keeping hips forward. Player should repeat to opposite side to complete the set. Player should complete 6 sets total.

