



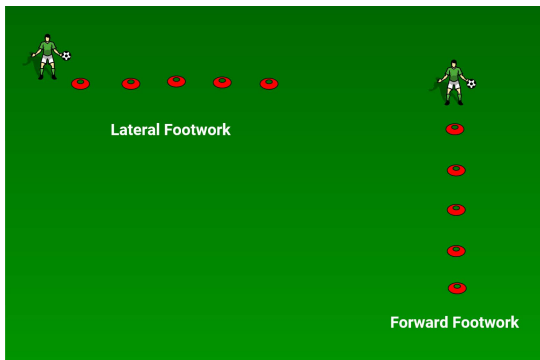
TRAINING

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+)	

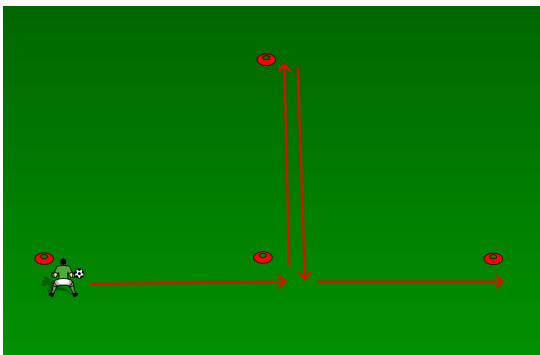
Goalkeeper Training



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 Hop 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):

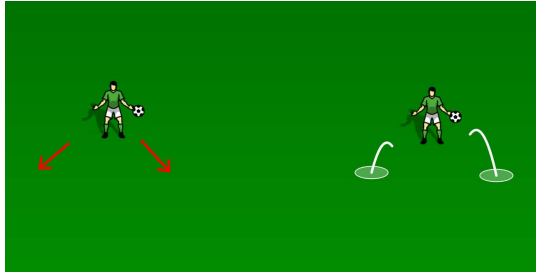
- Player shuffles to middle cone, sprints to top cone and back pedals back to middle cone then shuffles to wide cone. Player is to repeat from the opposite side to complete the set. Player should be holding ball in set hand position the entire time. Player should complete 5 Sets.
- Player cross over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





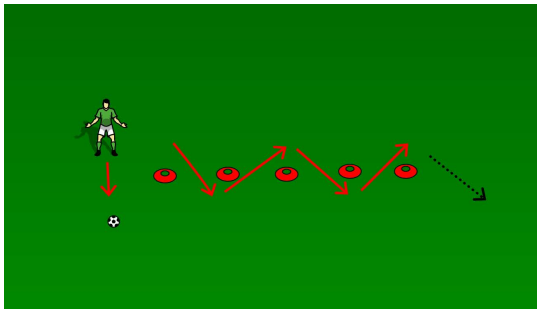
TRAINING

Goalkeeping



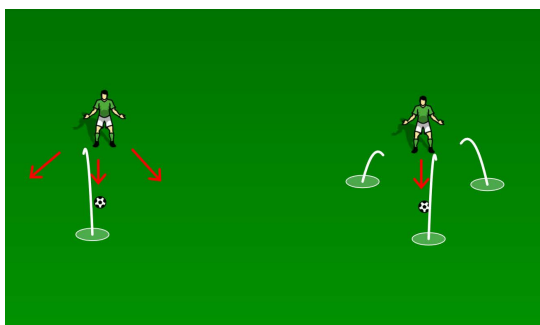
Activity 1:

- Player starts in set position with ball in hand. Player bounces ball 3x to collect in contour. Player then tosses ball wide right for a collapse dive. Player reloads into set position and tosses ball wide left for a collapse dive. Player reloads into set position to complete the set. Player should complete 8 total sets.
- Player starts in set position with ball in hand. Player bounces ball 3x to collect in contour. Player then rolls ball wide right and low dives to ball. Player reloads into set position and rolls ball wide left and low dives to ball. Player reloads into set position to complete the set. Player should complete 8 total sets.



Activity 2:

- Player starts in set position. Player attacks stationary ball to collect in a scoop. Player with the ball, weaves laterally through the cones. Once footwork is complete, player rolls ball wide for a low dive. Player reloads and does weaving lateral footwork back to the starting point to complete the set. Player should complete 8 total sets on each side.
- Player starts in set position. Player attacks stationary ball to collect in a front smother. Player with the ball, weaves laterally through the cones. Once footwork is complete, player tosses ball wide for a collapse dive. Player reloads and does weaving lateral footwork back to the starting point to complete the set. Player should complete 8 total sets on each side.



Activity 3:

- Player starts in set position with ball stationary in front. Player attacks the ball to collect in a scoop. Player then tosses ball wide right for a collapse dive. Player reloads into set position and tosses ball wide left for a collapse dive. Player reloads into set position and tosses ball high to collect a high ball. Player should be attacking the ball at the high point, bringing one knee up with a keeper call. Player should complete 10 total sets.
- Player starts in set position with ball stationary in front. Player attacks the ball to collect in a front smother. Player then rolls ball wide right for a low dive. Player reloads into set position and rolls ball wide left for a low dive. Player reloads into set position and tosses ball high to collect a high ball. Player should be attacking the ball at the high point, bringing one knee up with a keeper call. Player should complete 10 total sets.

