



# TRAINING

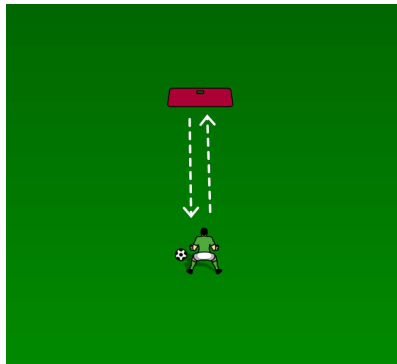
## \* Goalkeeping



| Monday                        | Tuesday | Wednesday | Thursday | Friday      | Sat                   | Sun |
|-------------------------------|---------|-----------|----------|-------------|-----------------------|-----|
| <b>Summer Series Training</b> |         |           |          | Juggling    | Active Recovery       |     |
|                               |         |           |          | GK Training | Half Mile (Light Jog) |     |
|                               |         |           |          | Fitness     |                       |     |

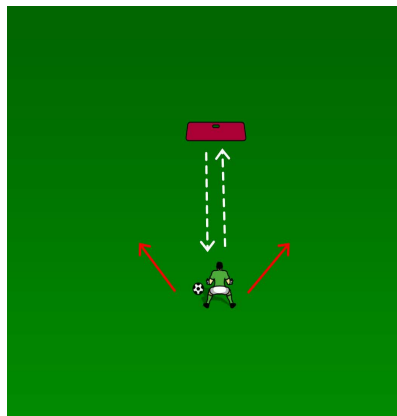
### Activity:

Set Up: Player will need a flat surface to pass against such as a wall or bench.



- Player passes ball against the wall/bench for 1 minute with a 45 second recovery to complete one set.
  - > Left Foot One Touch (4 Sets)
  - > Right Foot One Touch (4 Sets)
  - > Left Foot Two Touch (4 Sets)
  - > Right Foot Two Touch (4 Sets)

- Player passes ball against the wall/bench twice then sets to collect third pass into specific handling. Player should complete for 1 minute with a 45 second recovery to complete 1 set.
  - > Left Foot Two Touch Pass, Scoop (4 Sets)
  - > Right Foot Two Touch Pass, Front Smother (4 Sets)



- Player rolls ball against the wall/bench twice then sets to collect third rolls into specific handling. Player should complete for 1 minute with a 45 second recovery to complete 1 set.
  - > Roll, Scoop (4 Sets)
  - > Roll, Front Smother (4 Sets)

- Player rolls ball against the wall/bench twice then sets to collect third rolls into specific handling, player then rolls ball wide for a low dive. Player should complete for 1 minute with a 45 second recovery to complete 1 set.
  - > Roll, Scoop, Low Dive (4 Sets)
  - > Roll, Front Smother, Low Dive (4 Sets)





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\*Goalkeeping

