



UNIONVILLE-MILLIKEN SOCCER CLUB GOALKEEPER SESSION

TOPIC: Footwork...progressions made for age appropriateness

WARM UP/STRETCH: (30 minutes)

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| <ol style="list-style-type: none"> 1. Players shuttle through cones. <ol style="list-style-type: none"> a. Change speed at every other cone. b. Sideways, change direction facing at every other cone. c. Claim a catch at every other cone. 2. Same as above but with ball. <ol style="list-style-type: none"> a. Collapse with ball at every cone. 3. Basic catching in pairs. <ol style="list-style-type: none"> a. Ball on ground. b. Ball at mid rift. c. Ball at face. 4. Basic catching moving pairs. <ol style="list-style-type: none"> a. Same as above. 5. Pairs on butts: <ol style="list-style-type: none"> a. Throw to each side and collapse. b. Roll to each side and "kill." (one hand on top, one hand behind) 6. 1 standing, 1 ready position. Place 2 cones 6' apart as mock goal. <ol style="list-style-type: none"> a. GK standing points to ball on ground, other GK "kills" it. b. GK standing drops ball to side, other GK catches and collapses. Ball does not touch ground. c. GK ready rolls ball out to partner, who one touches back on ground to side for GK to "kill." Increase speed when comfort is there. d. GK stands in goal facing game. Other GK throws ball in from side, claim cross and return. | <p>^ ^ ^</p> <p>^ ^ ^ ^</p> <p>^ ^ ^</p> <p>^ ^ ^</p> <p>^ ^ ^</p> <p>^ ^ ^</p> <p>^ ^ ^</p> |
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FOOTWORK: (25 minutes)

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| <ol style="list-style-type: none"> 1. Shuttle forwards through cones. 2. Run forward through cones. 3. 1 and 2, with ball. 4. Shuttle forward and collapse every 3 cones. (keep ball off of ground) 5. "3" Cone drill. Start at X¹, save at X², then return. <ol style="list-style-type: none"> a. Ball at mid rift b. Ball at face c. Ball on ground. | <p>^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^</p> <p>^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^</p>
<p style="text-align: center;"> X^1 ^ X^2 </p> |
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COACHING POINTS:

- Catching the ball:
- low: body behind, thumbs out, finish
 - mid: body behind, thumbs out, finish
 - high: body behind, "W", highest point, finish
- Footwork:
- take the shortest path
 - efficient movement, watch crossing feet
 - set for shot stop