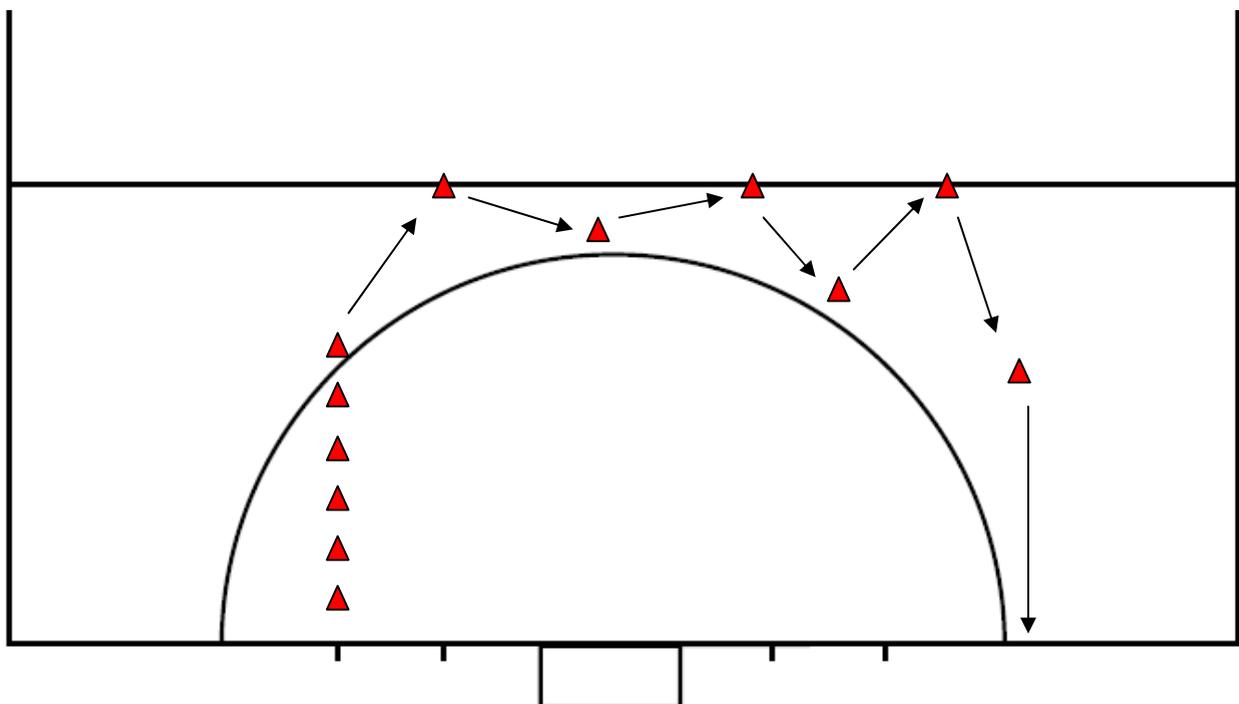


JUNIOR DEVELOPMENT CENTRE	
DATE:	VENUE:
TIME: Various	DURATION: 2.0 hours per session
GROUP:	NUMBER IN SESSION: Varied depending on venue
EQUIPMENT REQUIRED:	Cones, bibs and balls.
SESSION TOPIC:	SESSION 1 – Basics – Positioning, Movement & Stance
TIME	ORGANISATION
0 - 15 mins	WARM-UP/INTRODUCTION (All Players) Warm-up jog (medium pace). Bio-mechanical stretching/dynamic flexibility.
15 - 20 mins	MAIN CONTENT (Goalkeepers only) Simple Running Race
20 - 30 mins	MAIN CONTENT (Goalkeepers only) Movement Around Cones
30 - 40 mins	MAIN CONTENT (Goalkeepers only) Cone Colours
40 - 50 mins	MAIN CONTENT (Goalkeepers only) Follow The Cones
50 – 55 mins	BREAK
55 - 70 mins	MAIN CONTENT (Goalkeepers only) Put The Ball In
70 - 85 mins	MAIN CONTENT (All Players) Shooting Exercise
85 - 115 mins	MAIN CONTENT (All Players) Small-sided games (4 v 4, 5 v 5 or 6 v 6, incl. goalkeepers).
115 - 120 mins	COOL DOWN/SUMMARY (All Players) Warm-down jog (slow pace). Static stretching. Feedback and concluding remarks.

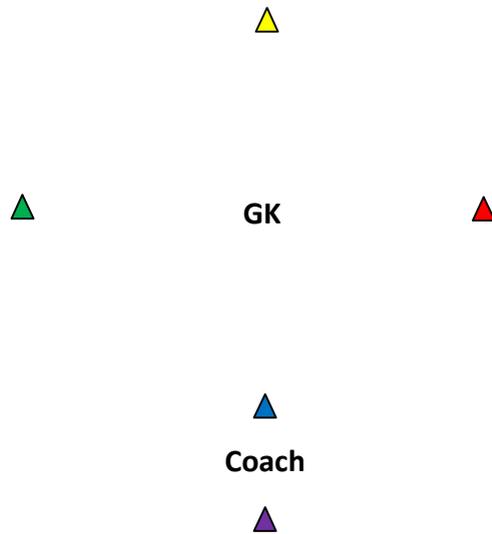
N.B. This syllabus is designed to be a guide and can be adapted, in consultation with the Head Goalkeeper Coach to suit the age and abilities of the group.

EXERCISE 1: Simple Running Race/Other movement games	
Why:	Very often young goalkeepers find it difficult just standing up in the kit – and then we expect them to make saves. Our first session is all about getting the movement and positioning right and starting with learning to move in the kit is key.
How:	In full kit, goalkeepers must race from one side of the pitch and back. Or play football with a hockey ball/ or play goal Frisbee – anything to get the group moving in their kit.
Duration:	5 mins

EXERCISE 2: Movement Around Cones	
Why:	To assist goalkeepers with lateral movement as well as forward movement.
How:	Goalkeepers start by stepping through the first line of cones, then side step through the zig zags and end with a sprint to the final cone. The exercise can be repeated and can also be started with the sprint. Depending on numbers, it can also be a race with a staggered start.
Coaching Points:	<ul style="list-style-type: none"> • Bounce through the first cones • Quick side steps through the zig zags • Explosive sprint!! • Look for the position of the hands – UP and NOT by the sides
Duration:	10 mins



EXERCISE 3: Cone Colours	
Why:	To work on movement in all directions, to improve fitness and to work on explosive movement.
How:	The goalkeeper is simply given the colour of a cone to move to. Keep going for 2 minutes (or until the goalkeeper has had enough). Repeat twice per goalkeeper.
Coaching Points:	<ul style="list-style-type: none"> The goalkeeper should face the front at all times.
Duration:	10 mins



EXERCISE 4: Follow The Cones	
Why:	To work on fitness, movement, change of direction and concentration.
How:	<p>This is where coaches can use their imagination. Use three different coloured cones as follows:</p> <ul style="list-style-type: none">  Move forwards  Sidestep  360° turn around <p>You can make the exercise easier or more difficult dependent on the age and ability of the group.</p>
Coaching Points:	<ul style="list-style-type: none"> The exercise is intended to be confusing!! The idea is that the goalkeeper performs the drill slowly at first and then builds up pace. Look for quick feet and correct body shape at all times.
Duration:	15 mins

JUNIOR DEVELOPMENT CENTRE	
DATE:	VENUE:
TIME: Various	DURATION: 2.0 hours per session
GROUP:	NUMBER IN SESSION: Varied depending on venue
EQUIPMENT REQUIRED:	Full goalkeeping kit, cones, bibs and balls.
SESSION TOPIC:	SESSION 2 – Kicking
TIME	ORGANISATION
0 - 15 mins	WARM-UP/INTRODUCTION (All Players) Warm-up jog (medium pace). Bio-mechanical stretching/dynamic flexibility.
15 - 20 mins	MAIN CONTENT (Goalkeepers only) Exercise 1: The Basics.
20 - 30 mins	MAIN CONTENT (Goalkeepers only) Exercise 2: Three Person Kick
30 - 40 mins	MAIN CONTENT (Goalkeepers only) Exercise 3: Movement to a Kick
40 - 50 mins	MAIN CONTENT (Goalkeepers only) Exercise 4: Goalkeeper in the Middle
50 - 60 mins	BREAK
60 - 70 mins	MAIN CONTENT (Goalkeepers only) Exercise 5: Triangle Kick and Score
70 - 85 mins	MAIN CONTENT (All Players) Exercise 6: Integrated exercise (i.e. outfield drill with a shooting element)
85 - 115 mins	MAIN CONTENT (All Players) Small-sided games (4 v 4, 5 v 5 or 6 v 6, incl. goalkeepers).
115 - 120 mins	COOL DOWN/SUMMARY (All Players) Warm-down jog (slow pace). Static stretching. Feedback and concluding remarks.

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SESSION NOTES:

“Well, it’s what we mostly do!”

Let’s face it, as goalkeepers we do a lot of kicking and that is what today’s session is about.

It is very important that goalkeepers kick with **both** feet – we all favour one, but we must practice with both.

Key Coaching Points:

- As much as possible we want goalkeepers to use the **side** of the foot.
- We also want **body weight over the ball** as we kick.
- Finally we are looking for goalkeepers to **meet the ball**, move towards it as much as possible and **not** wait for the ball to get to us.

EXERCISE 1: The Basics

Why:

So basic, but so important.

How:

Simply kick the ball to each other starting close together (about 5m apart) and then increase the distance (10m, 20m, half pitch – whatever you like/deem appropriate given the respective ages and abilities of the group)

Coaching Points:

Younger/less experienced goalkeepers tend to want to stop the ball first, then kick. Try to get them used to just kicking!

Duration:

5 mins

GK1



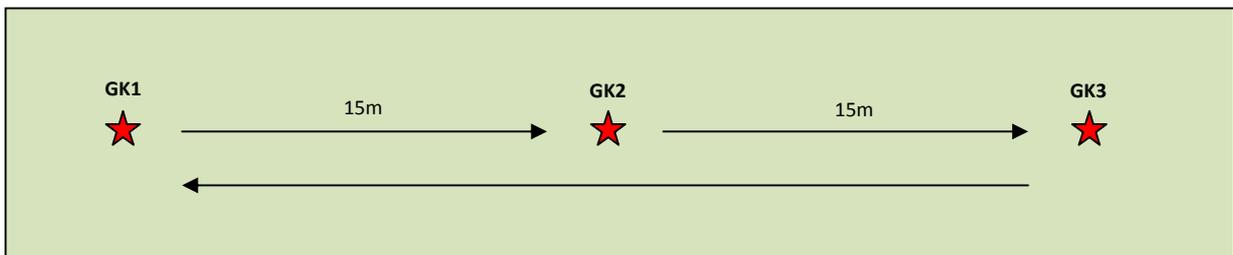
GK2



Direction of the ball

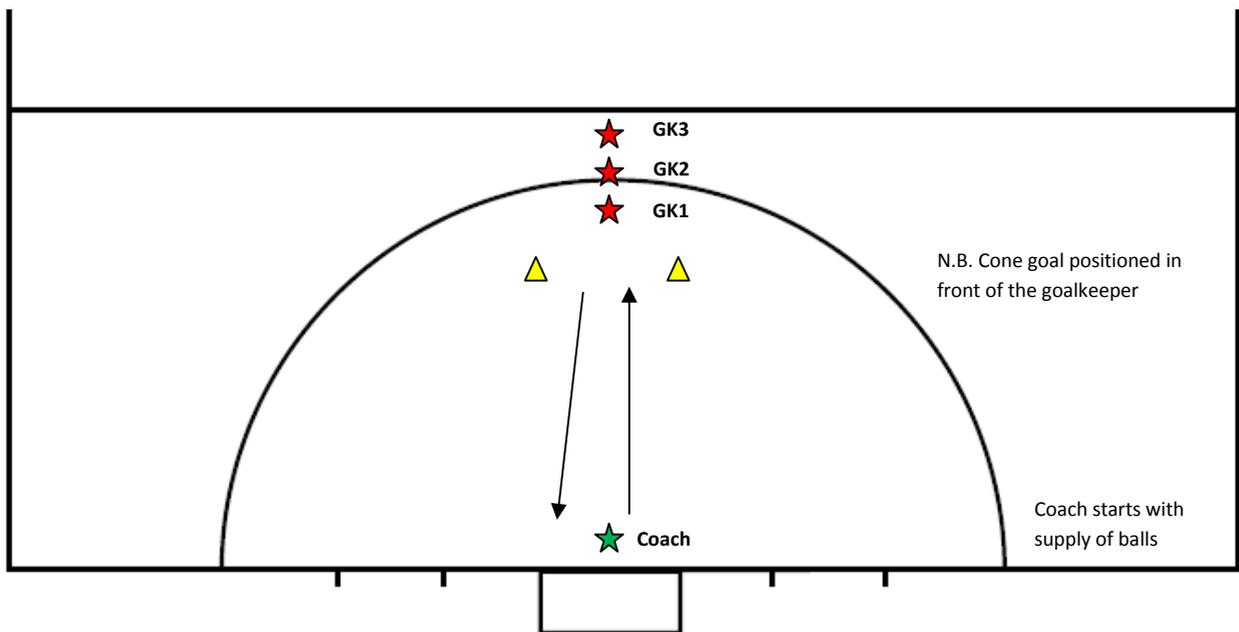
EXERCISE 2: Three Person Kick

Why:	To practice correct kicking technique - head over ball, use the side of the foot and move towards the kick. Also, to practice kicking across different distances.
How:	<ul style="list-style-type: none">• Goalkeeper 1 (GK1) kicks to GK2.• GK2 then kicks to GK3.• GK3 kicks all the way to GK1. Rotate, so that each goalkeeper tries all three positions.
Coaching Points:	<ul style="list-style-type: none">• We are looking for a strong kicking technique.• Head over the ball.• Goalkeepers should kick using the side of the foot.• Use both feet to kick.
Duration:	10 mins



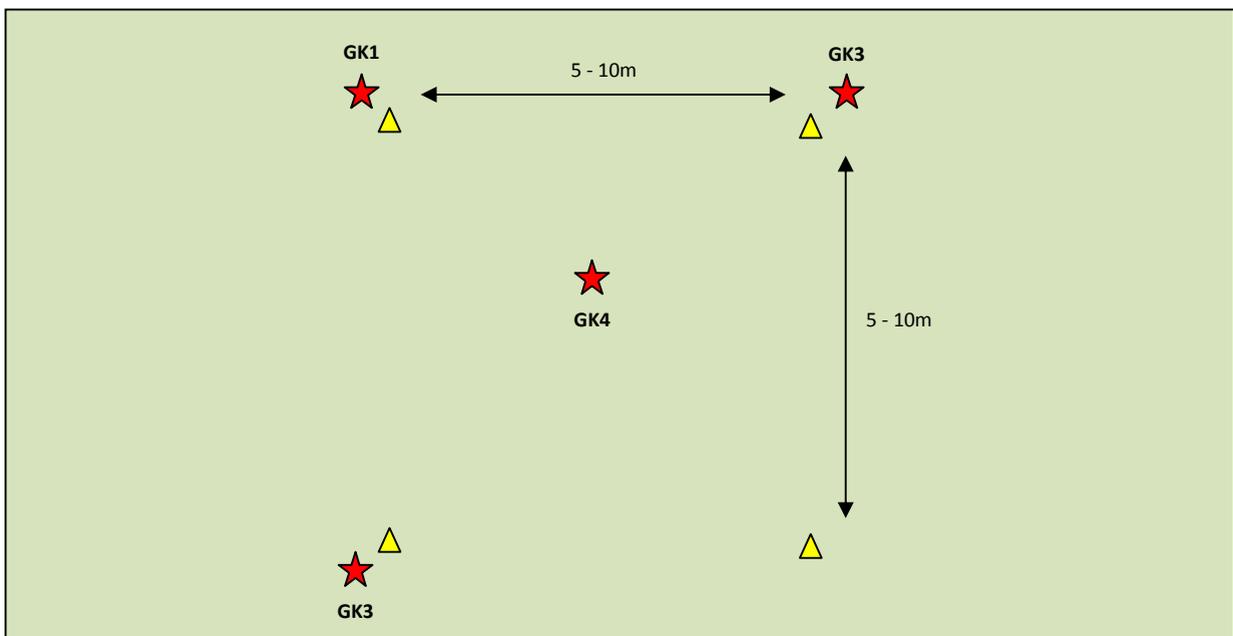
EXERCISE 3: Movement to a Kick

Why:	To increase goalkeepers' confidence at moving towards a kick and to encourage them to 'play' the ball away from danger (i.e. not back to the coach).
How:	<ul style="list-style-type: none">• The coach feeds balls from the goal.• The goalkeeper moves forwards and kicks the ball (crucially, not back at the coach).• If the ball comes straight back to the coach, then the goalkeeper has conceded a goal (as this would present a simple rebound).• The goalkeeper should also ensure that they kick the ball before it goes through their cone goal.
Coaching Points:	<ul style="list-style-type: none">• We are looking for some hip movement to change the direction of the ball.• Goalkeepers should face forward at all times.• Goalkeepers should move backwards facing the coach after their kick, when returning to the back of the queue.
Duration:	10 mins



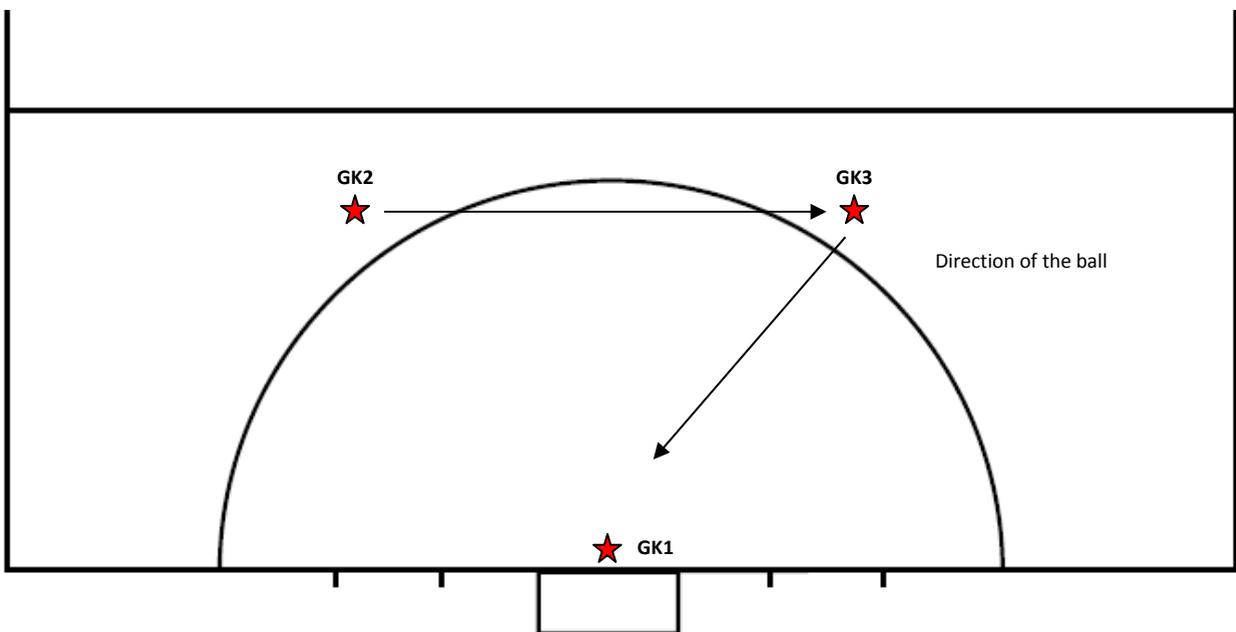
EXERCISE 4: Goalkeeper in the Middle

Why:	To improve fitness and decision making, and to ensure that goalkeepers are using the correct kicking technique.
How:	<ul style="list-style-type: none">• GK's 1, 2 and 3 try to kick the ball to each other while GK4 tries to intercept.• One cone is left free to allow for movement.• The goalkeeper who loses the ball (or whose kick is intercepted), becomes the new intercepting goalkeeper in the middle.
Coaching Points:	<ul style="list-style-type: none">• Look for a change of direction, movement and communication.• Adapt the drill as required for the number of goalkeepers (i.e. move the cones closer/further away, increase the number of balls or maybe introduce a second intercepting goalkeeper in the middle).
Duration:	10 mins



EXERCISE 5: Triangle Kick and Score

Why:	Fun!! Goalkeepers try to score a goal to increase the power of their kicking and improve their movement.
How:	<ul style="list-style-type: none">• GK2 kicks to GK3 who attempts to score past GK1.• GK2 kicks 6 balls; goalkeepers are then rotated to ensure that each goalkeeper has the opportunity to try all of the positions.• You can also switch the side of the starting position, so both feet are used.
Coaching Points:	<ul style="list-style-type: none">• Reinforce the kicking technique.• Increase the power of the kick by working on timing.• Goalkeepers should look to place their kick past the goalkeeper in goal (GK1).
Duration:	10 mins



JUNIOR DEVELOPMENT CENTRE	
DATE:	VENUE:
TIME: Various	DURATION: 2.0 hours per session
GROUP:	NUMBER IN SESSION: Varied depending on venue
EQUIPMENT REQUIRED:	Full goalkeeping kit, cones, bibs and balls.
SESSION TOPIC:	SESSION 3 – Glove Work
TIME	ORGANISATION
0 - 15 mins	WARM-UP/INTRODUCTION (All Players) Warm-up jog (medium pace). Bio-mechanical stretching/dynamic flexibility.
15 - 20 mins	MAIN CONTENT (Goalkeepers only) Exercise 1: Hand Tennis.
20 - 35 mins	MAIN CONTENT (Goalkeepers only) Exercise 2: Taking the Ball Under Control.
35 - 50 mins	MAIN CONTENT (Goalkeepers only) Exercise 3: Quick Feet – Save Anything!
50 - 70 mins	MAIN CONTENT (Goalkeepers only) Exercise 4: “A Bit of Both”.
70 - 85 mins	MAIN CONTENT (All Players) Exercise 5: Integrated exercise (i.e. outfield drill with a shooting element)
85 - 115 mins	MAIN CONTENT (All Players) Small-sided games (4 v 4, 5 v 5 or 6 v 6, incl. goalkeepers).
115 - 120 mins	COOL DOWN/SUMMARY (All Players) Warm-down jog (slow pace). Static stretching. Feedback and concluding remarks.

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SESSION NOTES:

“So, it’s in the air... Whack it!”

The older you get, the more likely it is that you will have to deal with balls coming at you in the air, but even at a junior level, the ball can often ‘jump up,’ so it is worth practising early to make sure that it’s not a great surprise when it happens.

Key Coaching Points:

- We are looking for confidence, hands being in the ‘ready’ position for making the save and for control in the save.
- Goalkeepers should be able to identify when to deflect the ball away and to control it, to allow for a clearance with the feet.

EXERCISE 1: Hand Tennis

Why:

This drill is great fun but crucially it gets goalkeepers moving towards a ball in the air and get them used to ‘pushing’ at the ball to make it go in the direction that they want it to go.

How:

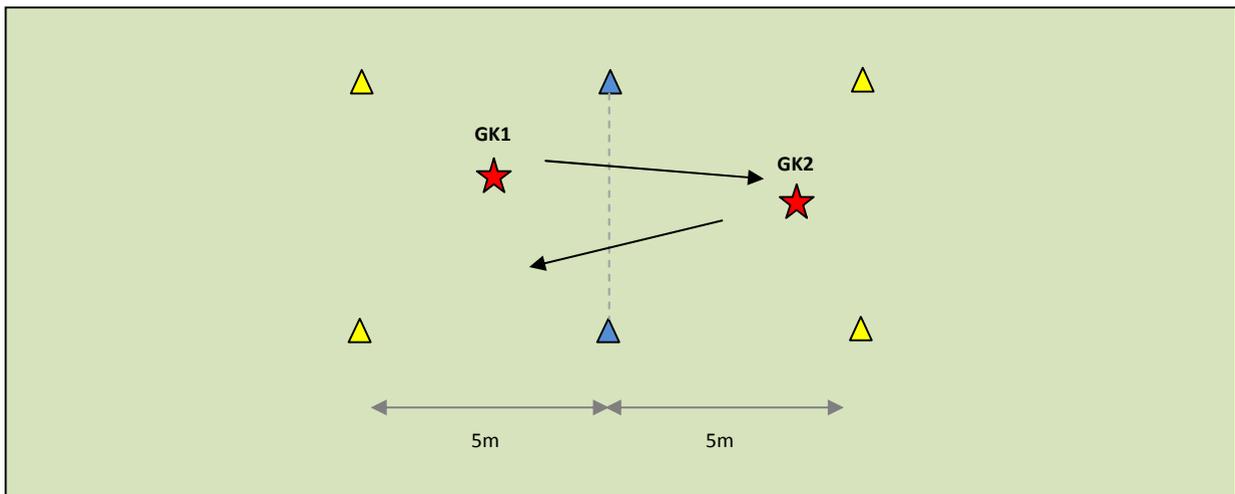
- In pairs, goalkeepers try to play ‘hand tennis’.
- Start with a tennis ball and then progress to a hockey ball.
- Vary the distance between the goalkeepers – see how far apart they can stand.

Coaching Points:

- Ensure that goalkeepers ‘move with the save’ (i.e. they should never be static).
- Work on the position of the glove, getting the body behind the ball.

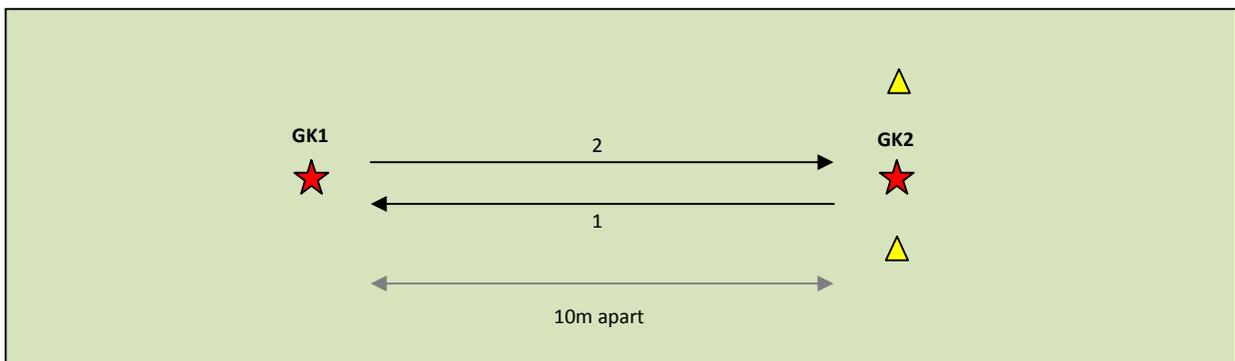
Duration:

5 mins



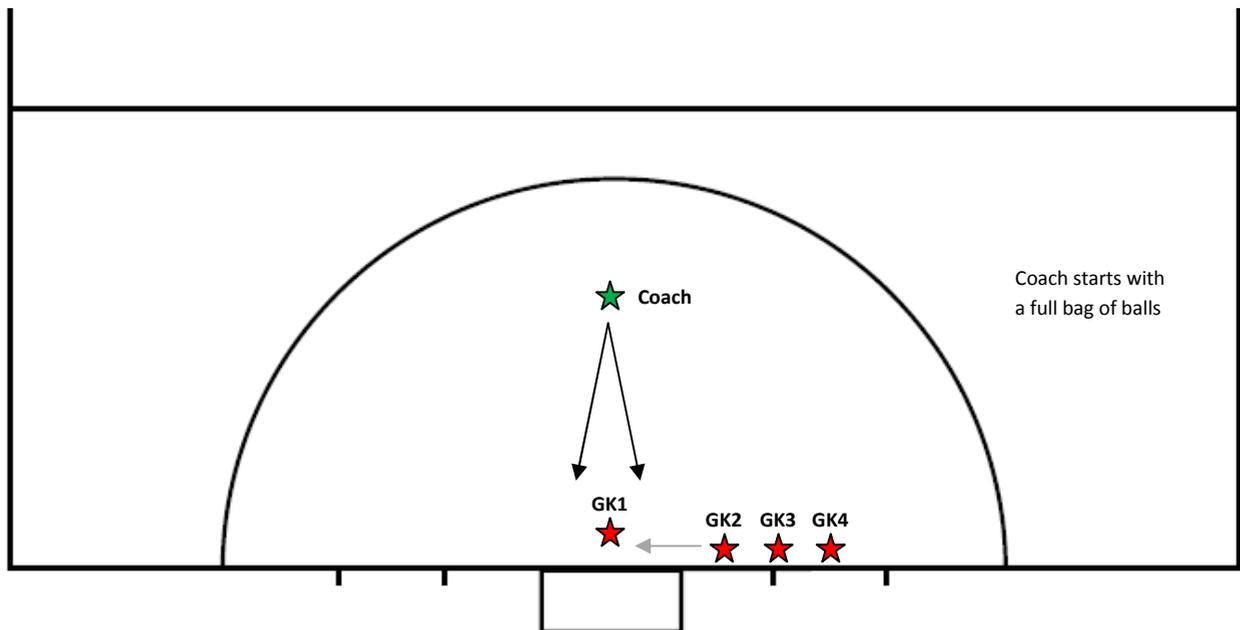
EXERCISE 2: Save and control

Why:	To improve goalkeepers' confidence at dealing with balls in the air and to improve their control.
How:	<ul style="list-style-type: none">• Goalkeepers should work again in pairs.• GK2 throws the ball high to GK1.• GK1 brings the ball down and kicks the ball back to GK2. <p>Repeat the exercise six times. Goalkeepers then swap over roles (5 mins).</p> <p>Progression:</p> <ul style="list-style-type: none">• Repeat the exercise as above, but this time place one cone on each side of GK2.• GK1 now has to place their kick at the cones• As a final progression, run the drill as above, but GK2 attempts to save the kick from GK1 by preventing it from going through the 'cone goal'. <p>Repeat the exercise twice each. (10 mins).</p>
Coaching Points:	<ul style="list-style-type: none">• Keep the eyes on the ball.• Keep the ball close to you.• Head over ball to keep the kick under control.
Duration:	15 mins



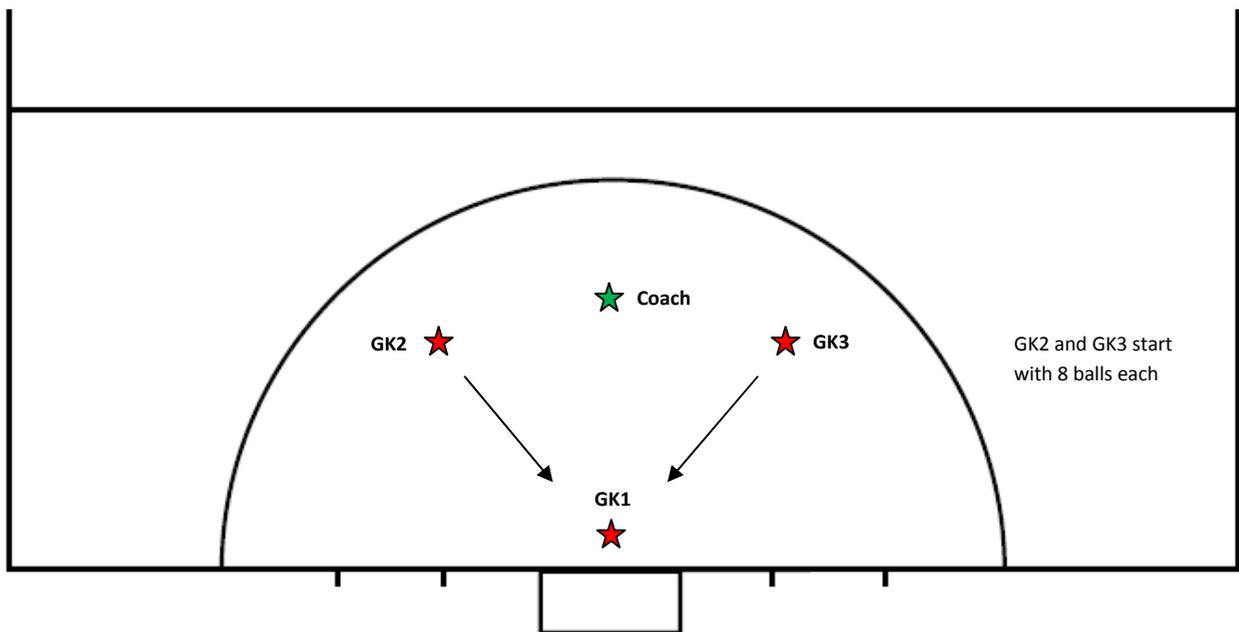
EXERCISE 3: Quick Feet – Save Anything!

Why:	To increase goalkeepers' confidence at saving difficult shots, increasing the speed and agility.
How:	<ul style="list-style-type: none">• The coach stand on the penalty spot and feeds balls high into the goal.• Goalkeepers in turn, move across to save the ball with the gloves. They must decide whether to deflect or control with the gloves and then kick clear.• The exercise should begin with goalkeepers moving to their left (glove).• They then and then change sides to save with their right (stick).• Repeat the exercise twice on each side.• Use as many balls as you can, to keep the drill moving (remember to get goalkeepers to join the back of the queue after each turn).
Coaching Points:	<ul style="list-style-type: none">• Goalkeepers should 'take their whole body with them' and not just stick out a hand.• This gives greater control and gives them a safety cushion if they miss the ball – it may well just hit the body, but at least this should prevent a goal.
Duration:	15 mins



EXERCISE 4: "A bit of both"

Why:	This drill brings together all of the elements of glove work worked on to date. The exercise helps to improve goalkeepers' confidence. Have fun with the drill – maybe introduce a competition element (who saves the most?).
How:	<ul style="list-style-type: none">• GK2 and GK3 stand in line with the penalty spot.• GK2 feeds the ball high to GK1 who saves and then moves across the goal to save a kick from GK3.• Go through 16 balls and then rotate the goalkeepers round the positions. <p>Progression:</p> <ul style="list-style-type: none">• To vary the drill, let the 'feeders' decide whether to throw or kick so that the goalkeeper in goal (GK1) is not already expecting to make a particular type of save.
Coaching Points:	<ul style="list-style-type: none">• The coach should make sure that the 'feeders' are fair and not throwing/kicking at the same time.
Duration:	20 mins

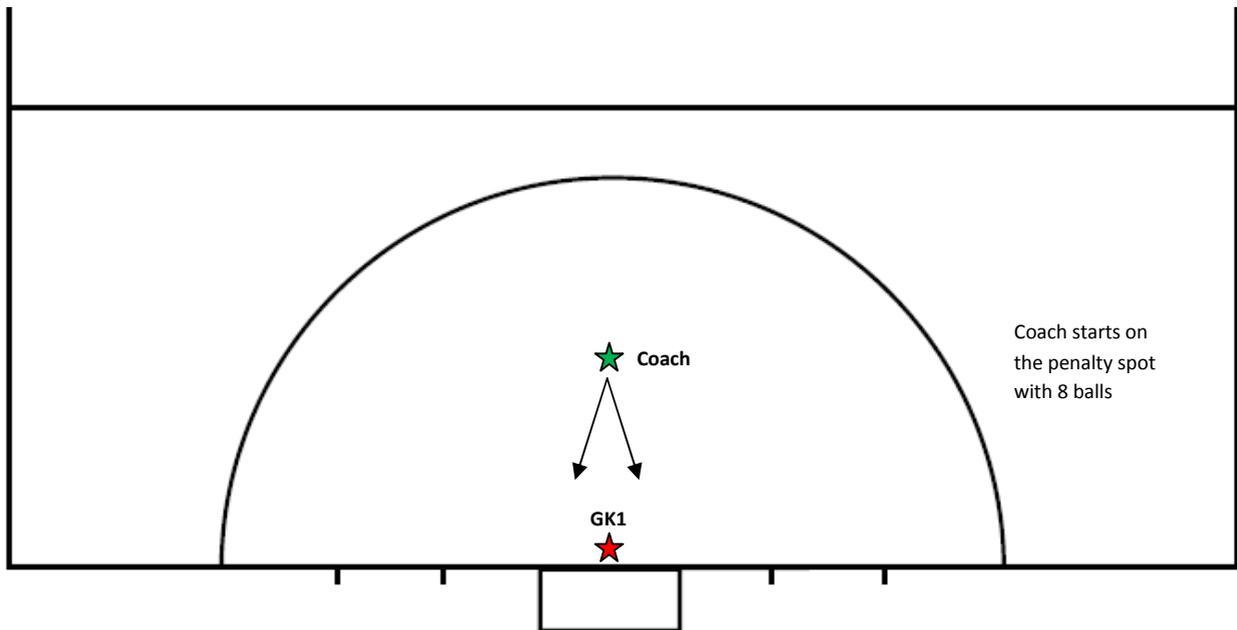


JUNIOR DEVELOPMENT CENTRE	
DATE:	VENUE:
TIME: Various	DURATION: 2.0 hours per session
GROUP:	NUMBER IN SESSION: Varied depending on venue
EQUIPMENT REQUIRED:	Full goalkeeping kit, cones, bibs and balls.
SESSION TOPIC:	SESSION 4 – Diving and Ground Work
TIME	ORGANISATION
0 - 15 mins	WARM-UP/INTRODUCTION (All Players) Warm-up jog (medium pace). Bio-mechanical stretching/dynamic flexibility.
15 - 25 mins	MAIN CONTENT (Goalkeepers only) Exercise 1: Saving With A Dive From a Central Position.
25 - 40 mins	MAIN CONTENT (Goalkeepers only) Exercise 2: Saving With A Dive From One Side of the Goal.
40 - 55 mins	MAIN CONTENT (Goalkeepers only) Exercise 3: Get Down, Get Back Up Again.
55 - 75 mins	MAIN CONTENT (Goalkeepers only) Exercise 4: Four Cone Dive.
75 - 90 mins	MAIN CONTENT (All Players) Exercise 5: Integrated exercise (i.e. outfield drill with a shooting element)
90 - 115 mins	MAIN CONTENT (All Players) Small-sided games (4 v 4, 5 v 5 or 6 v 6, incl. goalkeepers).
115 - 120 mins	COOL DOWN/SUMMARY (All Players) Warm-down jog (slow pace). Static stretching. Feedback and concluding remarks.

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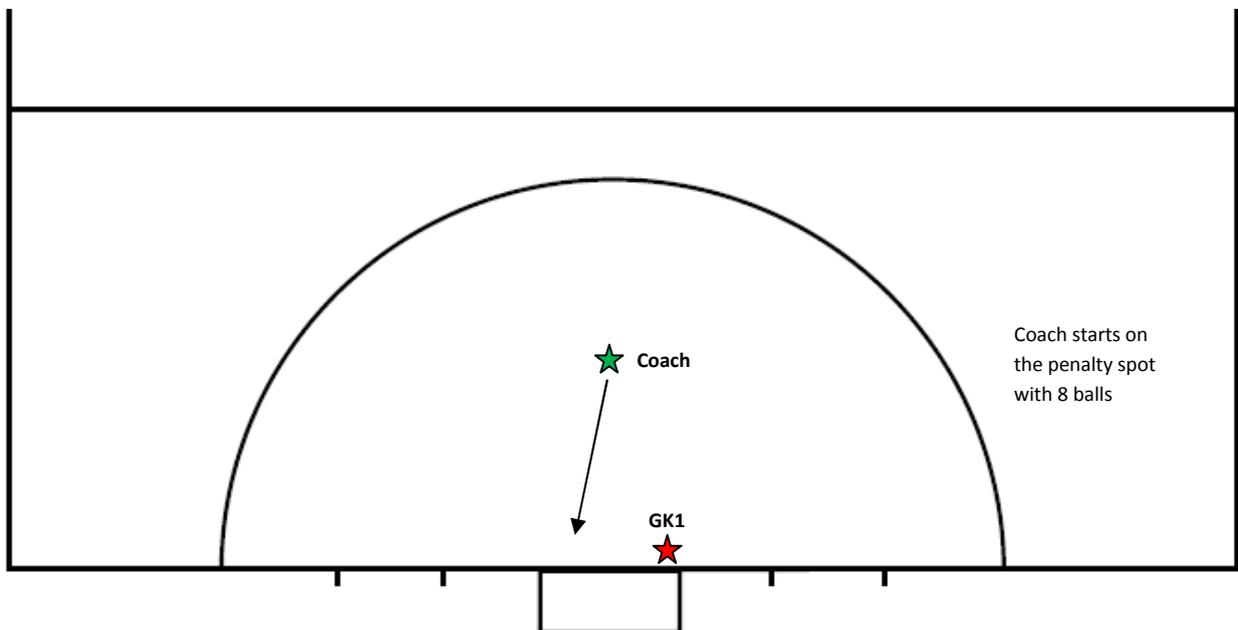
EXERCISE 1: Saving With a Dive From a Central Position

Why:	To introduce the principles of diving for the ball.
How:	<ul style="list-style-type: none">• Goalkeeper 1 (GK1) starts in the middle of the goal.• The coach feeds balls into the goal to the left and right sides.• GK1 moves to make a save.• GK1 repeats the drill with 8 balls.• Rotate the goalkeepers so that all participants have a turn.• Repeat the exercise twice.
Coaching Points:	<ul style="list-style-type: none">• We are looking for correct position, agility and extension of the dive to make the save.• The stick position should be slightly forward or straight (<u>not</u> flat).• Extend the reach of the stick and hand (as appropriate, depending on the side at which the save is being made).
Duration:	10 mins



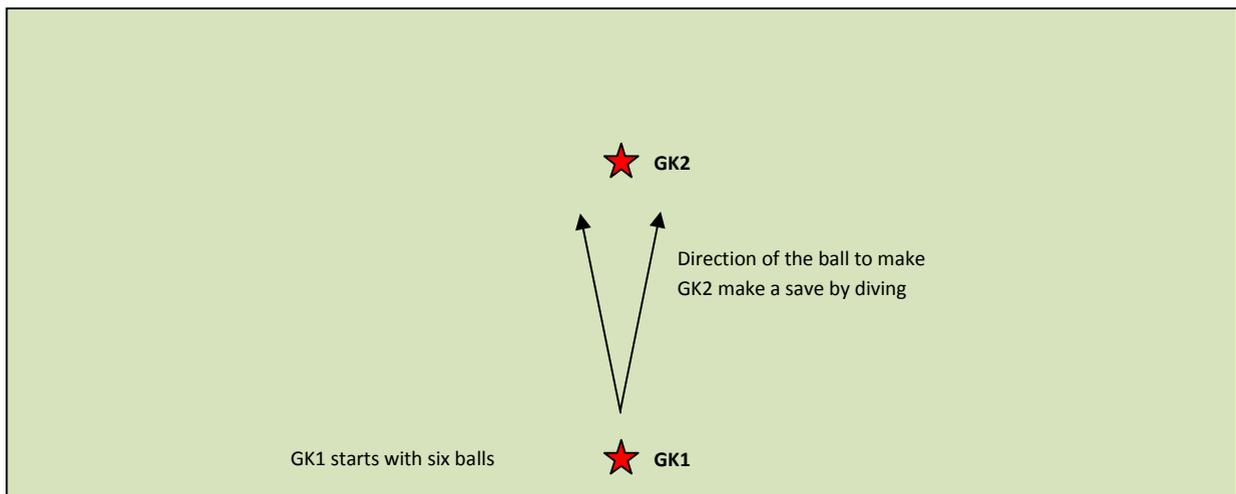
EXERCISE 2: Saving With a Dive From One Side of the Goal

Why:	To improve a goalkeeper's movement in getting to the ball to make a save and to learn to deflect the ball away from danger.
How:	<ul style="list-style-type: none">• This time GK1 starts on the post and on their haunches.• The coach feeds five balls towards the goal, aiming for the opposite corner to the goalkeeper's starting positioning.• GK1 dives to make the save.• Repeat with the goalkeeper starting from the opposite post.• Rotate all goalkeepers, so that all participants have a turn.• Repeat the drill twice.
Coaching Points:	<ul style="list-style-type: none">• Increase the speed of getting to the ball.• Extend the hand/stick (appropriate depending on the side at which the save is being made – right-hand side should be the stick; left-hand side should be the glove).• Work on the recovery time – make the save, then get back up!
Duration:	15 mins

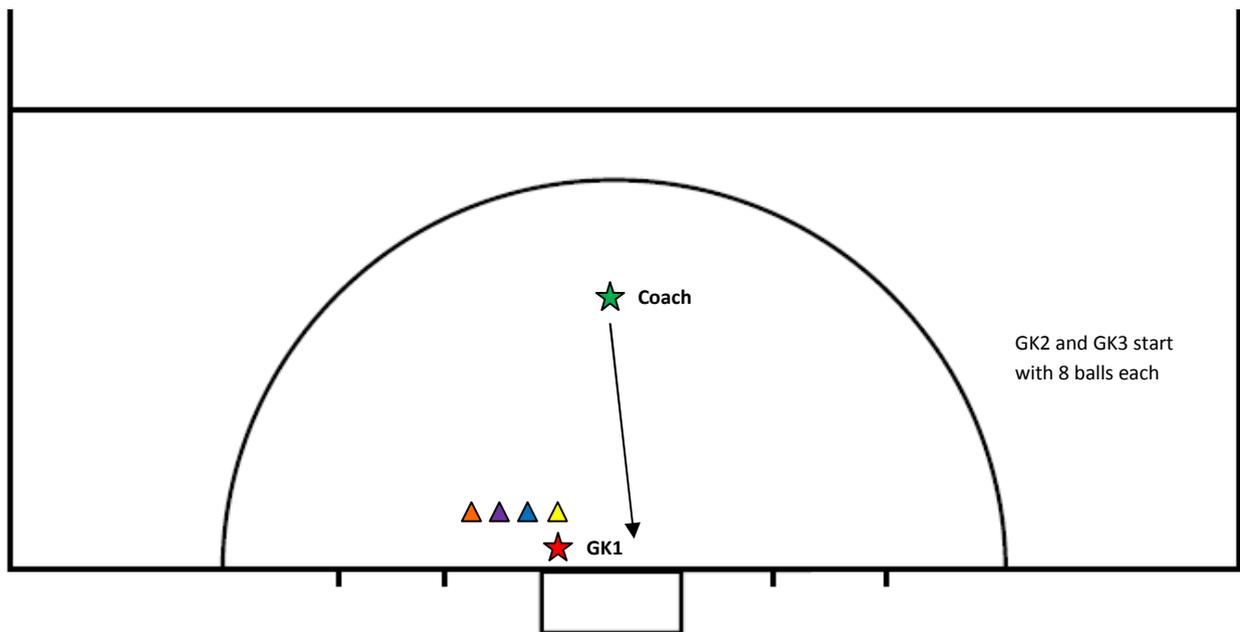


EXERCISE 3: Get Down, Get Back Up Again!

Why:	To allow goalkeepers to practice diving to both sides and crucially, getting back to their feet again.
How:	<ul style="list-style-type: none">• The coach counts 1, 2, 3 and then shouts 'Go'.• On the shout of 'Go,' goalkeepers dive to whichever side is indicated by the coach (who points the direction with their hand).• Goalkeepers must then return to their feet, whilst the coach starts to count.• Goalkeepers should be back on their feet by the count of three. <p>Then...</p> <ul style="list-style-type: none">• Divide the goalkeepers into pairs.• Each pair stands facing each other, about 10m apart.• GK1 starts with 6 balls and feeds them along the ground to GK2.• GK2 has to dive to stop each ball.• Once GK2 has attempted to save all 6 balls, the goalkeepers swap roles.• Then repeat the exercise.
Coaching Points:	<ul style="list-style-type: none">• Work on the speed of recovery (i.e. getting back up again!).• The position on recovery should be with the weight in a forward position (<u>not</u> backwards).• This drill is an extension of Exercise 2 – work on the correct use of the hand or stick, depending on which side the save is being made (right-hand side should be the stick; left-hand side should be the glove).• There should not be any over-rotation of the body – at no time should goalkeepers end up on their stomach!
Duration:	15 mins



EXERCISE 4: Four Cone Dive	
Why:	To increase fitness, speed and a goalkeeper's <u>belief</u> in making 'impossible' saves.
How:	<ul style="list-style-type: none"> • The coach feeds balls towards the far corner of the goal. • GK1 starts on the first cone (yellow) and dives to make a save. • GK1 then moves to the next cone (blue), increasing the distance that they must move to make the save. This requires an element of 'pre-movement' to get to a position from which to make the save. • Each time the exercise is repeated, GK1 starts further away from the goal to increase the distance that they are required to move to make the save. • The drill is repeated 8 times. • All goalkeepers rotate in to take a turn at the exercise. • If time permits, repeat the exercise from the other side.
Coaching Points:	<ul style="list-style-type: none"> • Goalkeepers should look to make a save with the stick when moving to the right-hand side. • Goalkeepers should look to make a save with the glove when moving to the left-hand side. • Goalkeepers should attempt to make the save, deflecting the ball off the back line (goal line), allowing no chance of a rebound. This is important as the goalkeeper is 'out of action' when they are on the ground, making it far more difficult to make any 'follow up' saves.
Duration:	20 mins



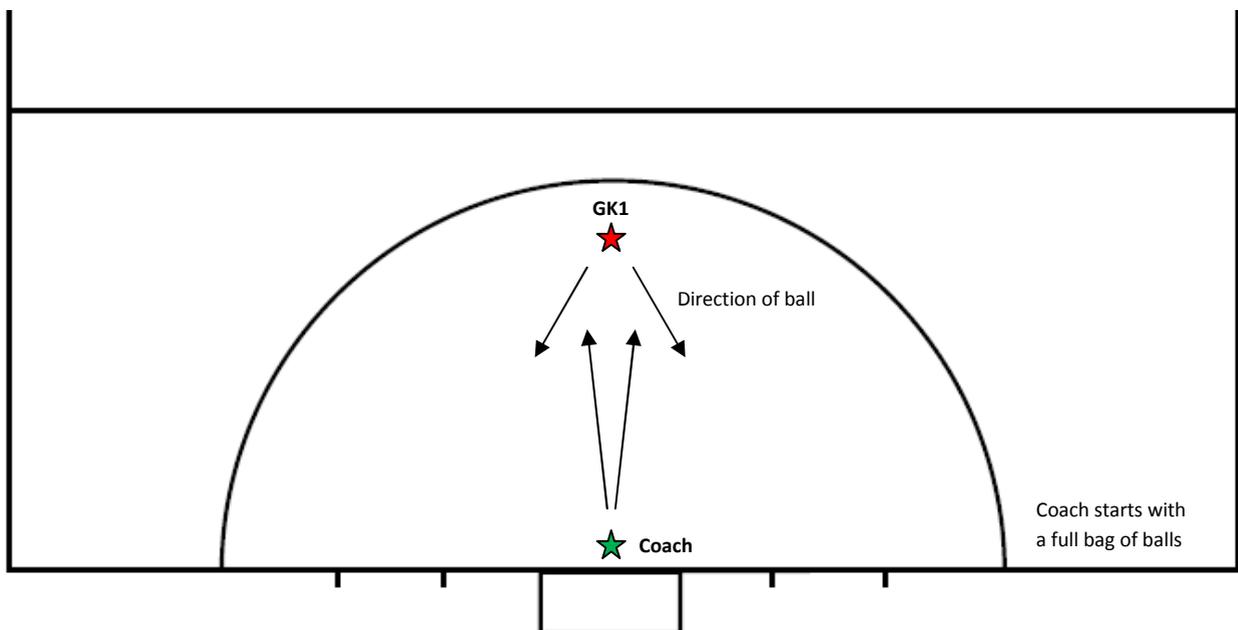
JUNIOR DEVELOPMENT CENTRE

DATE:	VENUE:
TIME: Various	DURATION: 2.0 hours per session
GROUP:	NUMBER IN SESSION: Varied depending on venue
EQUIPMENT REQUIRED:	Full goalkeeping kit, cones, bibs and balls.
SESSION TOPIC:	SESSION 5 – Smothering and Decision Making
TIME	ORGANISATION
0 - 15 mins	WARM-UP/INTRODUCTION (All Players) Warm-up jog (medium pace). Bio-mechanical stretching/dynamic flexibility.
15 - 25 mins	MAIN CONTENT (Goalkeepers only) Exercise 1: Single Smother.
25 - 40 mins	MAIN CONTENT (Goalkeepers only) Exercise 2: "Where's It Coming From?"
40 - 55 mins	MAIN CONTENT (Goalkeepers only) Exercise 3: Where To Kick It.
55 - 75 mins	MAIN CONTENT (Goalkeepers only) Exercise 4: "Stay or Go?"
75 - 90 mins	MAIN CONTENT (All Players) Exercise 5: Integrated exercise (i.e. outfield drill with a shooting element)
90 - 115 mins	MAIN CONTENT (All Players) Small-sided games (4 v 4, 5 v 5 or 6 v 6, incl. goalkeepers).
115 - 120 mins	COOL DOWN/SUMMARY (All Players) Warm-down jog (slow pace). Static stretching. Feedback and concluding remarks.

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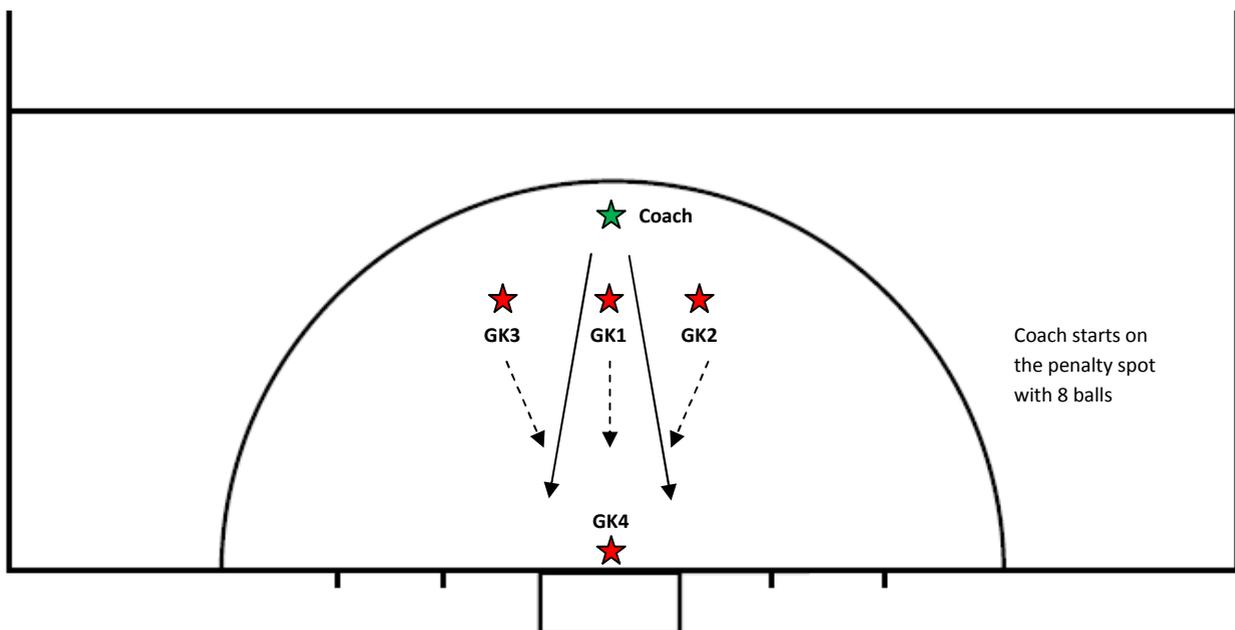
EXERCISE 1: Single Smother

Why:	This exercise is designed to improve goalkeepers' decision-making and understanding of when to go to ground and when to stay on their feet. Goalkeepers will practice smothering the ball at an attacker's feet.
How:	<ul style="list-style-type: none">• The coach feeds balls to the left and right side of the goalkeeper (GK1).• GK1 then moves towards the ball and goes down to 'smother' the ball as quickly as possible.• Repeat the exercise until all balls have been used. <p>Back To Basics:</p> <ul style="list-style-type: none">• This drill is not easy!! In particular, the surface can make this drill extremely challenging. If this is the case, get the goalkeepers to kick rather than smother (N.B. on a water-based pitch it should be easier to smother).
Coaching Points:	<ul style="list-style-type: none">• Work on the timing of going down to the ball.• Encourage the correct positioning of the legs in correctly smothering the ball.• Goalkeepers' movement should be both towards the ball <u>and</u> through the ball.• Keep the body over the ball.• Goalkeepers should not extend the legs away from the body.
Duration:	10 mins



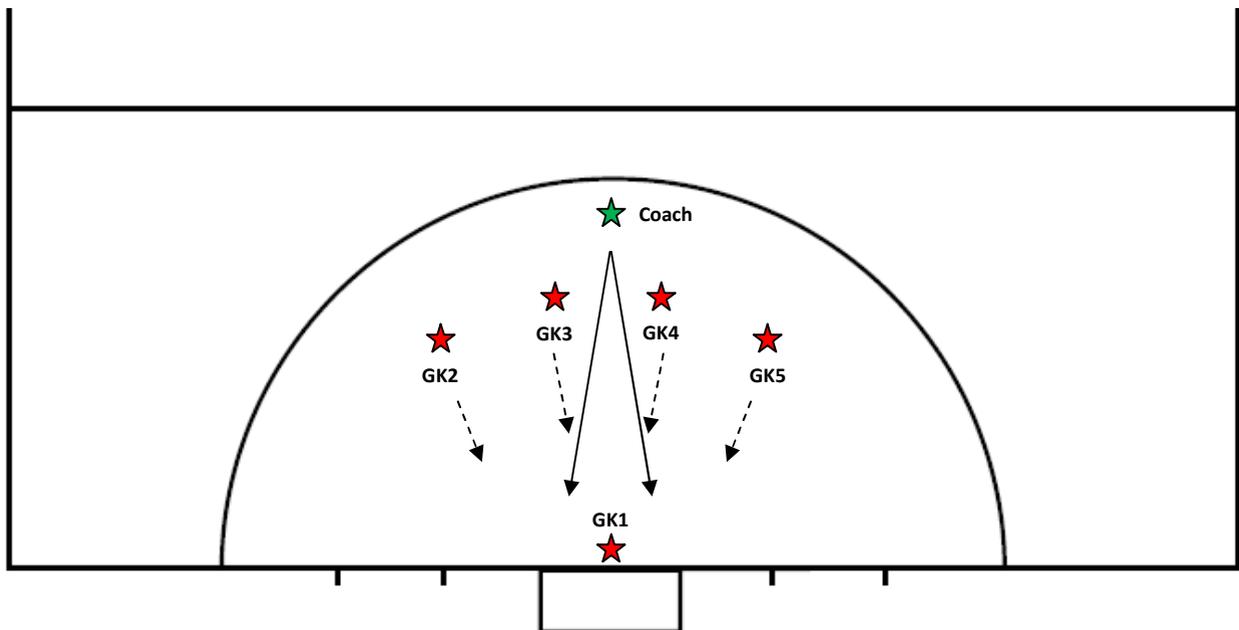
EXERCISE 2: "Where's It Coming From?"

Why:	To improve goalkeepers' decision making ('should I stay or go?').
How:	<ul style="list-style-type: none"> The coach feeds the ball into the zone between GK1, GK2, GK3 and the goalkeeper in goal (GK4). GK1, GK2, and GK3 must face the goal at all times. The coach then names one goalkeeper to attack the ball that has been feed into the zone (GK1, GK2 or GK3). GK4 (in goal) must decide whether to stay and save the shot/kick or advance to smother/save the ball before the incoming goalkeeper can get to it. The coach will vary the distance that the ball is fed into the zone to keep all goalkeepers guessing and to make the decision making element more challenging (goalkeepers will have to select the appropriate type of save depending on the distance to the ball and/or the distance to the incoming goalkeeper). Rotate the goalkeepers to give all participants a turn in goal. <p>Progression:</p> <ul style="list-style-type: none"> To make the drill more challenging for GK4, the coach may choose to include rebound saves for all other goalkeepers (GK1, GK2 or GK3). Rotate the goalkeepers to give all participants a turn in goal.
Coaching Points:	<ul style="list-style-type: none"> Goalkeepers should be looking to make the 'correct' decision and choose the most appropriate method of saving the ball. The importance of speed, bravery and positioning of the goalkeepers should be emphasised. Goalkeepers must be in the 'ready' position in preparation for the save.
Duration:	15 mins



EXERCISE 3: "Where to kick it"

Why:	This exercise is designed to get goalkeepers thinking about where to save and to enhance their reading of the game.
How:	<ul style="list-style-type: none">• Goalkeeper 1 (GK1) starts in goal. All other goalkeepers (GK2, GK3, GK4, etc) are positioned at equal distances around the circle ('D').• The coach feeds a ball in from the top of the circle.• GK1 then makes a save, attempting to keep the ball away from all other goalkeepers who are looking to make rebound saves and score in the goal.• The coach leads the exercise by asking the 'outfield' goalkeepers to move around and then shouts "Stop," at which point the ball is fed in towards the goal (on the ground).• The goalkeeper in goal (GK1) is not only required to make the save, but also be aware of where they are saving to. They should ensure that their clearance does not return to one of the 'outfield' players, to prevent the likelihood of a rebound shot.• The coach should also vary the angle at which the ball is fed in to make the decision making element more challenging.• Rotate the goalkeepers to give each participant a turn in goal.
Coaching Points:	<ul style="list-style-type: none">• Goalkeepers should look to make 'easy' saves.• They are required to read the situation and determine which type of save to use.
Duration:	15 mins



EXERCISE 4: "Stay or go?"

Why:	To improve goalkeepers' close-range decision making.
How:	<ul style="list-style-type: none">• The coach delivers balls across the circle ('D') to GK2, GK3 and GK4 who are waiting to shoot/score.• GK1 has to decide whether to stay in their goal or attack the ball to smother or deflect the ball to safety.• The coach angles the ball differently as often as possible.• Outfield players can also be used.• Rotate the goalkeepers to ensure that all participants have a turn.• Change the side of the pitch from which the ball is delivered.• Each goalkeeper should receive 10 balls from both sides.• Repeat again if time permits.
Coaching Points:	<ul style="list-style-type: none">• Goalkeepers need to select the appropriate type of save, depending on the distance from the ball and the angle at which it is delivered into the circle.• The coach should emphasize the importance of strong kicking and quick feet.
Duration:	20 mins

