



YOUTH GOALKEEPER WARM UP:

Warm up should build the confidence of the GK and prepare the body for physical activity
Warm up should consist of GK movements and skills that will be administered in the game

- 5-10 MIN Light footwork and stretching
5-10 MIN Individual eye-hand coordination catching skills and movement

EYE HAND COORDINATION

- Service Reps 15-20 GK sitting down – concentrate on hand placement
15-20 GK kneeling – concentrating on hand placement and capturing the ball
15-20 GK standing – service low, med, and high balls directly at the GK

MOBILITY AND CATCHING – GK standing

- Service Reps 10-15 Service GK – 1-3 steps to the right and to the left
Focus on staying on your feet, capturing the ball, and properly distributing the ball back to the coach
** Body Behind the Ball = BBB

DIVING

- Service Reps 15-20 GK kneeling – concentrating on hand placement and safely landing
15-20 GK standing – service 2-4 steps to the right and to the left
• Service can be from hands but preferably from the foot

HIGH BALLS Focus on calling “KEEPER” – Instruct GK to be Loud, Clear and Direct

- Service Reps 10-20 GK must move forward to the ball, hands preferably above head, focus on getting underneath the ball and capturing the ball. Start approximately 12-15 yards away and gradually move further away.
Service Reps 10-20 GK must move to the right or to the left to capture the ball.

SHOT STOPPING – either from coach or from team exercise

- Service GK from the inner perimeter of the penalty area. Focus on the GK positioning and timing. GK should be 2-3 steps off the goal line and in the center of the goal; cutting the goal equally in half. *GK must distribute the ball in game like fashion and practice communicating his/her commands i.e. “turn and play” “look left/right” etc.
Service GK from outside the penalty area. Focus on capturing the ball, distributing the ball and supporting the defensive players.

ONE vs. ONE’s Coach or players can dribble into box directly toward goal

- Service Reps 4-6 GK must anticipate and react; coming out of the box to meet the attacker

DISTRIBUTION

- GK Reps 3-5 goal kicks from right side and the left side – focus on driving the ball for distance and lofting the ball to get over the first line of attackers, and maintaining possession.
GK Reps 6-8 Punts – punt from the right and the left side of the goal

PRIOR TO GAME:

- GK - Hydrate and fix GK gear i.e. tie shoes, tuck shirt, etc.
Coach - Positive and motivational comments only –
*no technical instruction - *Tactical instruction only