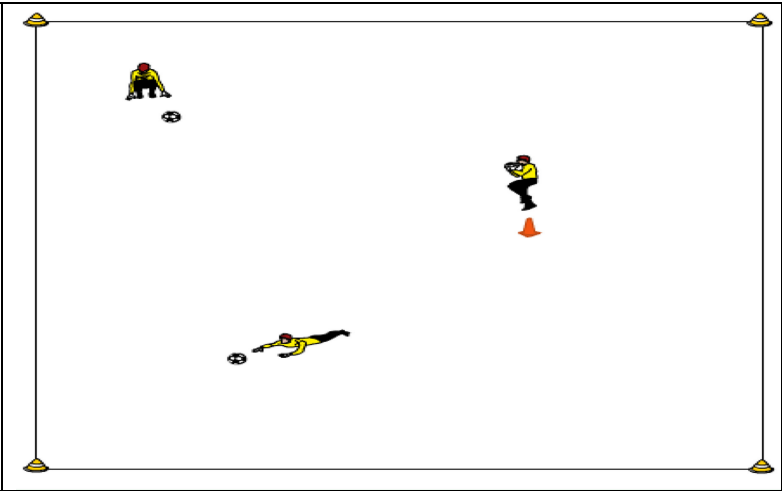
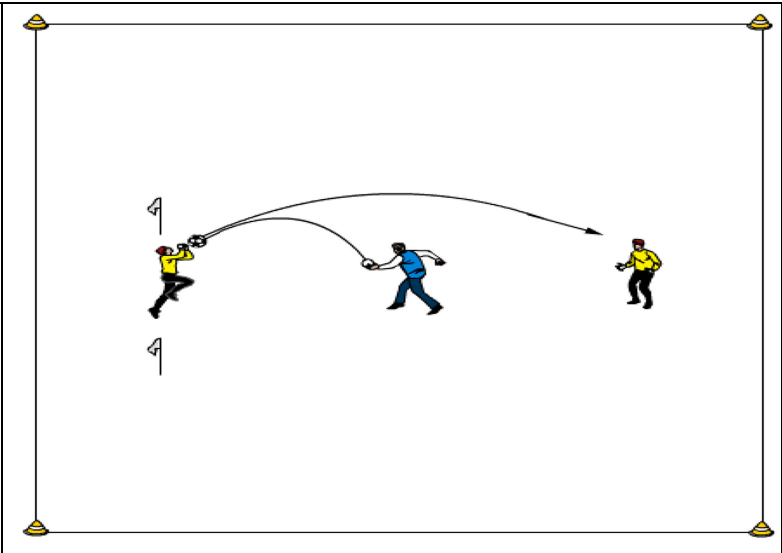
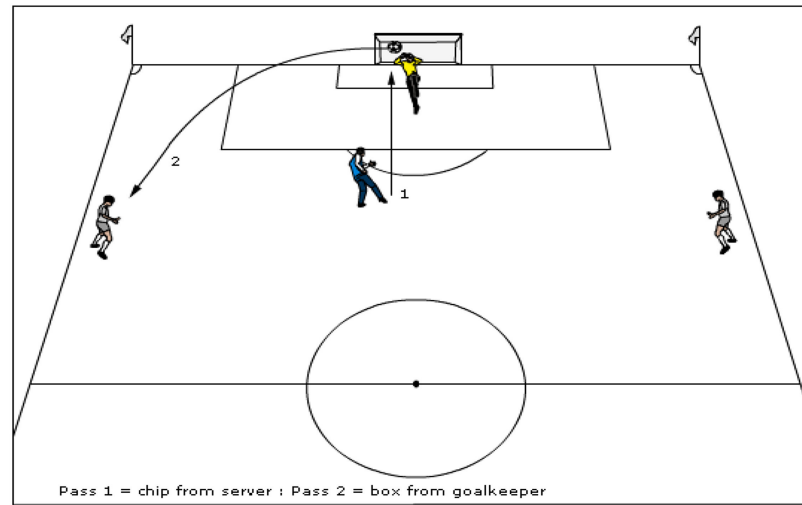


Activity Name	Description	Diagram	Purpose/Coaching Points
1 Warm-up			
<p>In a 20 x 15 yard space with one to three goalkeepers.</p>	<ul style="list-style-type: none"> ◆ Forward roll (10); backward roll (10). ◆ Crawling forward on all fours then diving on stationary ball. ◆ Throw ball up high, do forward roll, get up, and catch. ◆ Throw ball up; jump over obstacle (bag, cone, ball, etc.) catch. Turn 180 degrees when going over obstacle. 		<ul style="list-style-type: none"> ◆ Go full speed when going for the ball ... go half speed at all other times. ◆ Focus on good form and body control.
2 Fundamental			
<p>Same grid as before.</p>	<p>Kneeling facing a server five yards away. Server tosses the ball to the keeper who punches the ball over the server to a target player twenty yards away. Fifteen balls, double fisted.</p>		<ul style="list-style-type: none"> ◆ Eyes focused on the ball ◆ Fists clenched tightly to form a solid striking surface ◆ Keep the elbows close to one another so that the fists stay together

3 Match Related

Use the defensive third of the field.

Keeper in the goalmouth, server at the top of the penalty area with twenty balls. Two target players on opposite touchlines twenty-five to thirty-five yards from the goal line. The server chips the ball into the goal area. The keeper comes off the line and double fist box the ball out to the target players.

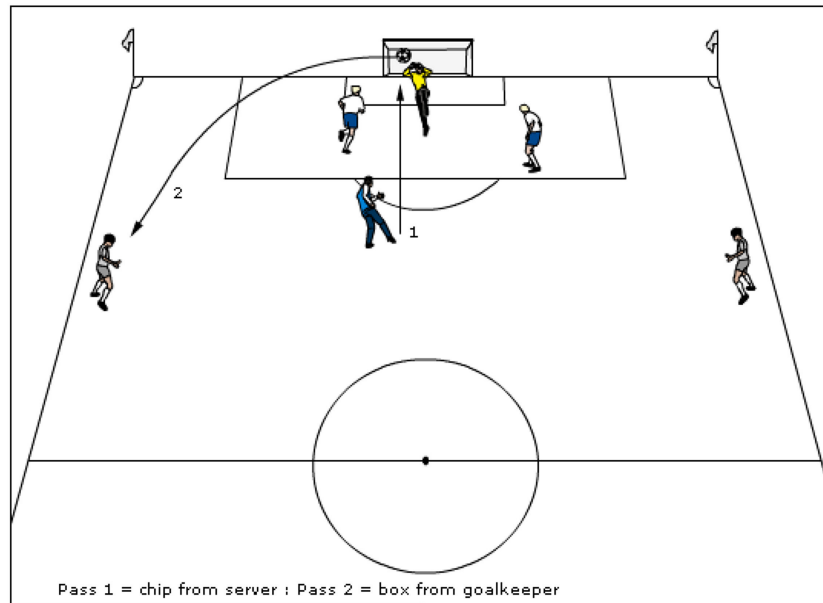


- ◆ Keep the fists pressed against one another to form a solid and flay striking surface
- ◆ Extend the fists from the chest at a 45 degree angle to punch the ball upward and outward

4 Match Condition

Use one half of the field.

Same as above, but add two strikers in the penalty area. Also add one defender, which the keeper must direct. Server not only varies the pace of the chips, but also the spot from which they are taken; i.e., top and both sides of the penalty area.

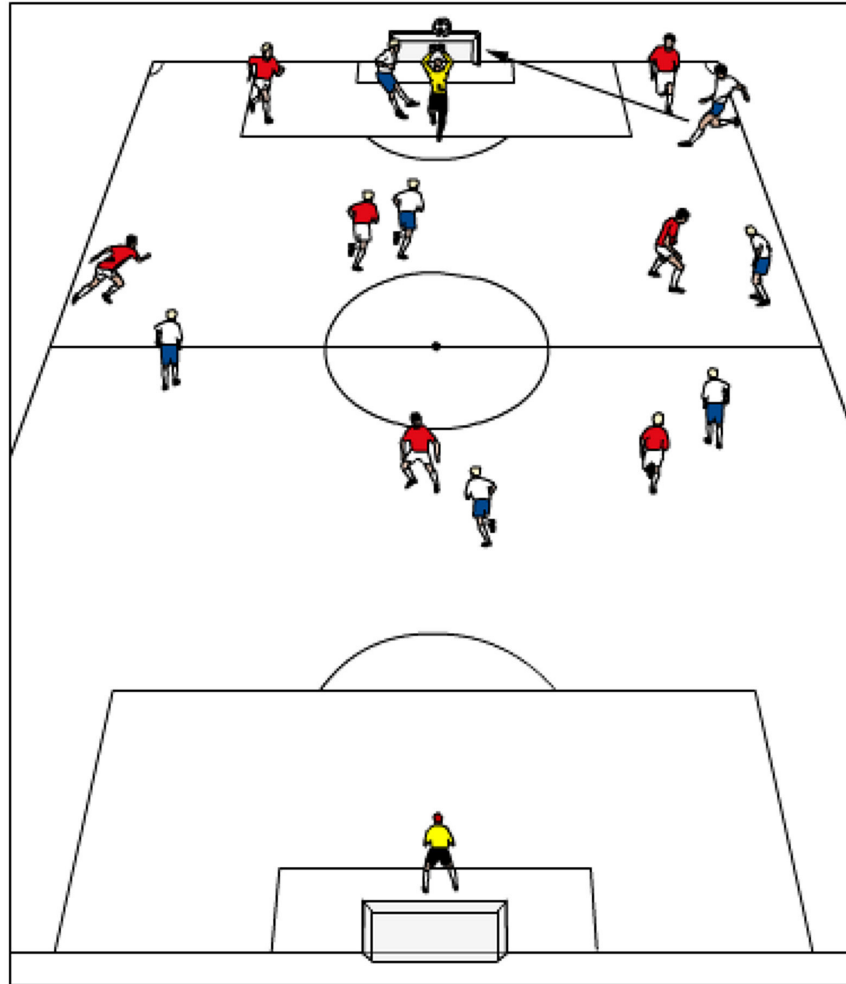


- ◆ Bring up the knee on the side from which the striker is challenging you to protect your side
- ◆ Thrust the knee upward to increase your vertical jump
- ◆ Follow through with the fists toward the target area

5 Match

Play 8 vs. 8 on an 80 by 60 yard field so that crosses will reach the penalty area with greater frequency.

Play by the FIFA Laws of the Game. Give a bonus points for goals off of headers to increase the number of high crosses for the goalkeepers to challenge.



As the coach moves from goal to goal he/she should ask the keepers how they are doing on the key coaching points described above.

COOL-DOWN