

The goalkeeper's circuit

This goalkeeping circuit improves your goalkeeper's all-round handling skills. From catching under pressure to getting rid of the ball quickly and making reaction saves, this session will improve their technique and decision making.



What you tell your players the session is about

1. Catching the ball under pressure.
2. Quick distribution.
3. Throwing technique.
4. Increasing speed of thought.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15 mins	15 mins	15 mins	5 mins

Activity	Kit	Outcome
Warm up	Bibs and cones	Players' reaction skills are tested. From <i>The Ultimate Warm-Ups Manual</i> , exercise 5
The session	Balls, cones and goals	The goalkeeper is looking confident during all exercises
Development	Balls, cones and goals	The goalkeepers are reacting quickly to distribute the ball
Game	Balls, cones and goals	Normal game
Warm down	n/a	Gentle jogging and stretching exercises



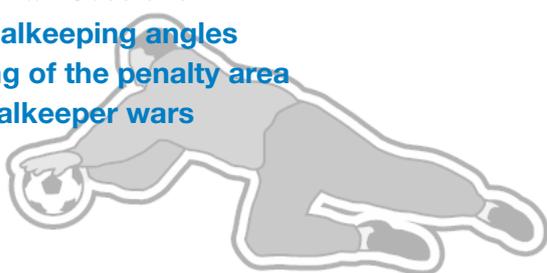
Where it fits

Individual skills: Goalkeeping specific practice, catching, throwing, speed around the box, reaction, diving, handling

Team skills: Goalkeeping specific practice

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What to think about

Quick distribution from a goalkeeper can often lead to your team creating a chance to score on the counter attack.

Therefore, having a goalkeeper who is comfortable when advancing to catch crosses is vitally important to the team.

In addition, goalkeepers who have the awareness to get to the edge of their box quickly after catching the ball, will give themselves more space and time to pick the correct pass.





Set-up

- Create a 40 yards by 30 yards area with a goal at either end. Divide the area in half with a line down the middle of the pitch.
- Have a number of balls in each half for the servers to use.



What you get your players to do

Each end of the pitch has three goalkeepers. One goalkeeper works as the server (GK1), one as the catcher and distributor (GK2), and one as the forward and then the saving goalkeeper (GK3).

The practice starts at the same time at both ends. GK1 throws a ball for GK2 to catch under pressure from GK3.

On catching the ball, GK2 immediately runs to the edge of his box and throws the ball with power towards the opposite goal. Both GK3s must react from being a forward in order to get back into position and save the throws.

Swap roles so GK1 becomes GK2, GK2 becomes GK3 and GK3 becomes GK1.



What to call out

- “Come and claim the ball”
- “React and get to the edge of the box”
- “Throw with power and direction”



Development

Now play a normal game. However, rather than taking place kicks or throw ins, the game is re-started with balls being played into the penalty box. The goalkeepers then have plenty of opportunity to react and claim crosses before trying to distribute the ball quickly to start attacks.

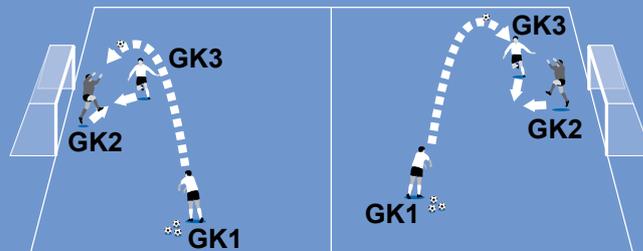


Game situation

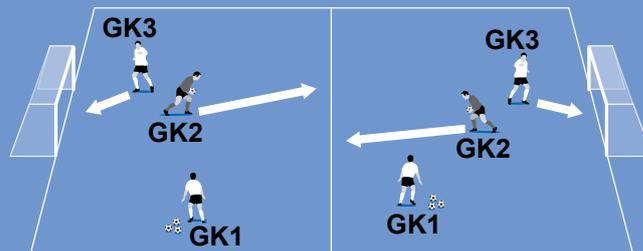
Play a normal game. In possession, consider whether your goalkeepers make good decisions on when to speed up an attack or when to hold on to the ball and slow the game down?

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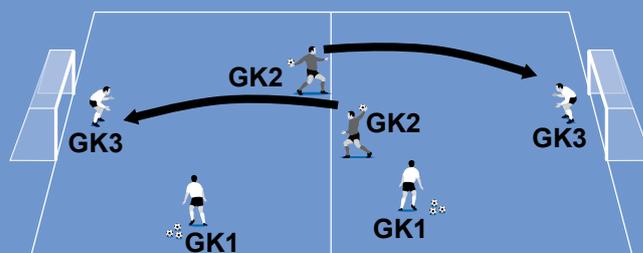
player movement \Rightarrow serve $\square\square\square\Rightarrow$
thrown shot \rightarrow



The servers (GK1) throw the ball in the air for the goalkeepers (GK2) to catch whilst under pressure from the resting goalkeepers (GK3).



GK2 has now caught the ball and must run to the edge of their box in order to make a thrown shot at the opposite goal.



GK3 must quickly react in order to save the thrown shot.