

St. Mary's Youth Soccer Training Series

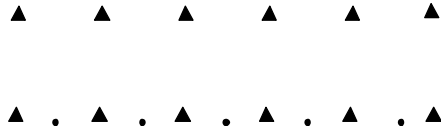
Topic: GK Technical Training
Age/Level: ALL



Notes: This session will require individual attention to the GK. This Session is not designed to be incorporated into the team training Session. It is also designed for 2 or more GK's. The focus will be on Their movement and technique. This is a very taxing session on the GK's

→ Run Pass ● Dribble

Progression: 1 (Warm-up)
 Exercise: Channel Drill
 Time: 20 Minutes



Set up 2 rows of cones as shown, 5yd Spacing between all cones, place balls in five gaps.

1. Have GK side shuttle around the outside in low, Bent knee position with palms out 2x left, 2x rt.

2. GK sprints forward, touches ball, back peddles back

Side shuttles to next space and repeats process to end

And back 3x.

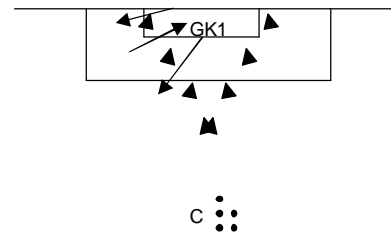
3 GK sprints to ball, picks it up, bounces into the ground

Catches it with palms facing toward ground, places ball back

On ground, and repeats process as stated above. Use imagination for other movements

GK2
GK1

Progression: 3
 Exercise: Angle Drill
 Time: 10-20 Minutes

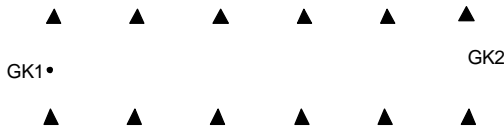


Using a goal or a set of cones the actual width of the goal being used for your age GK, set up 7 cones in shape of triangle. Coach or GK stand at top and:

1. plays balls on ground
2. Bounces balls
3. Kicks balls into body
4. Toss balls high to catch
5. Toss balls high to push over

*GK's run around each cone in a cycle around all seven. Balls should be played as they come around cone 1st cycle and as they back peddle on each even cycle. This will give them a since of shot angle and depth.

Progression: 2
 Exercise: Channel Work
 Time: 10-15 Minutes



Using the same setup from above:

1. Have GK1 & GK2 kick ground balls back and forth for 2 minutes

2. GK1 & GK2 kick ball from hands to each other for 2 minutes

3. GK1 & GK2 drop kick ball from hands to each other for 2 minutes

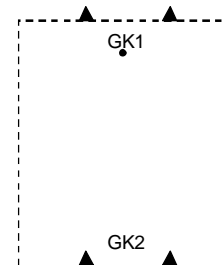
4. GK1 & GK2 overhand throw ball from hands to hands to each other for 2 minutes

5. GK1 & GK2 overhand throw ball from hands to ground (bounce ball) to each other for 2 minutes

6. GK1 & GK2 roll balls down channel to each other for 2 minutes

**Make sure GK's are using good footwork, staying light on toes, hands in good position, and moving left and right to gain possession of balls.

Progression: 4
 Exercise: GK War
 Time: 10-15 minutes



Setup a small grid ~ 20 x 25 with goals and put GK in each goal. Have them shoot, throw, bounce...the ball at the opposing goal to try to score. GK's should now use techniques used for attacking and defending goal from earlier in session to stop goals and try to score on opponent. Have them keep score and play games to five.

Variations to consider:

Have 1 or both GK's start from ground, get up and get in ready position quickly before goal can be scored.