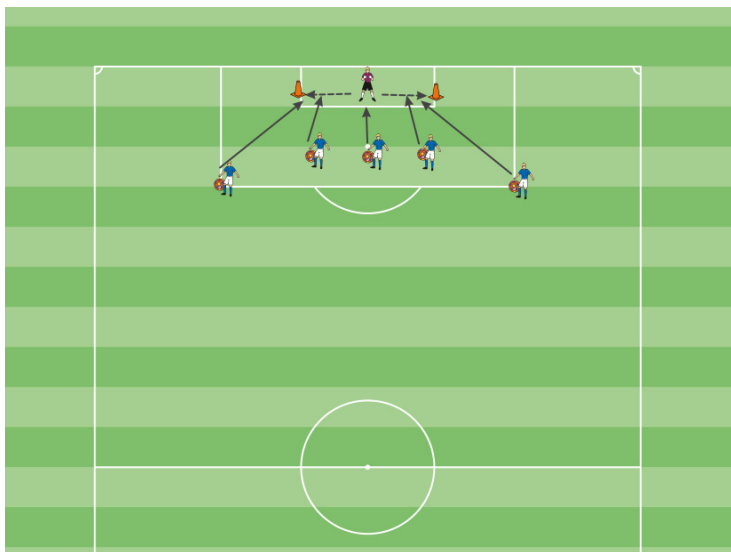




## TRAINING SESSION

### Goalkeeper Warm Up




 **Goalkeeping - Shot Stopping**  
**Goalkeeping - Shot Stopping**  
**Goalkeeping - Positioning**

 **U13 to U14**

 **5 to 1 Players**

 **Goal, Soccer Balls, 2 Cones**

 **Intensity: 6**

 **10:00 min**  
( x 00:00 min, 00:00 min rest)

#### Objective

Warm up goalie with side to side movement.

#### Description

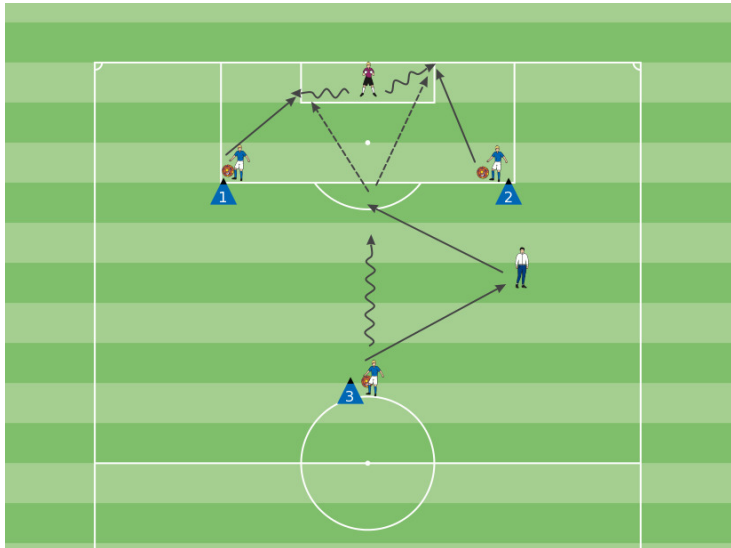
Goalkeeper starts in neutral position and moves side to side to stop shots on goal. Vary shots from players at different lengths and different corners of goal.


#### Key Points


Be in "Ready Position". Legs shoulder width apart. On toes ready to move side to side to stop shots. Eyes should be on ball. After stopping shots, goal keeper should practice different throwing techniques and punts.

## TRAINING SESSION

### Rapid Fire Shot Stopping



 **Goalkeeping - Shot Stopping**  
**Goalkeeping - Shot Stopping**  
**Goalkeeping - Positioning**

 **U13 to U14**

 **3 to 1 Players**

 **3 Cones, Soccer Balls, Goal**

 **Intensity: 8**

 **15:00 min**  
( x 00:00 min, 00:00 min rest)

#### Objective

Goalkeeper to move side to side and dive to stop shots from 3 different shooting positions. Rapid fire shooting.

#### Description

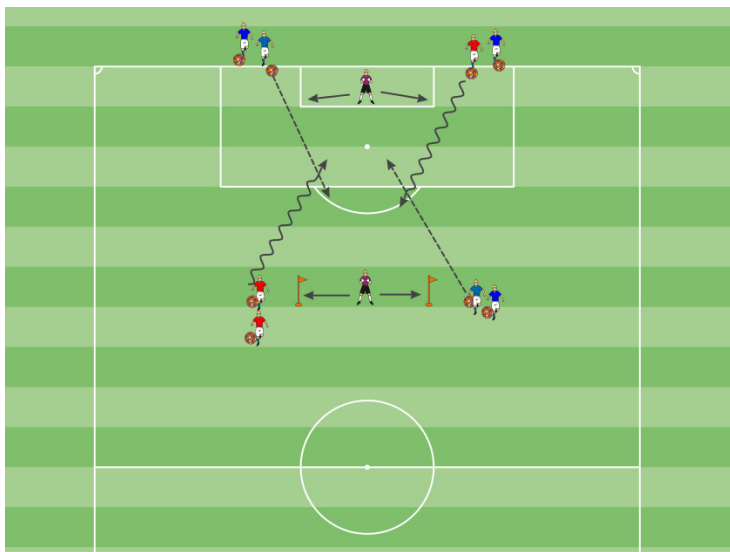
3 different shots to defend. #1 from 18 yard line on left side of box. #2 from 18 yard line on right side of box. #3 is a give and go from the middle of the 18 yard line.

#### Key Points

Lateral movement by goalie. Getting back to ready position before each shot is taken. Be on toes ready to move. Eyes should be concentrating on shots.

## TRAINING SESSION

### Goalie vs Breakaway Attacker



- Goalkeeping - Shot Stopping
- Goalkeeping - Shot Stopping
- Goalkeeping - Dealing with 1 v 1s
- Goalkeeping - Positioning

U13 to U14

1 to 1 Players

2 goals, soccer balls and 4 cones

Intensity: 8

15:00 min  
( x 00:00 min, 00:00 min rest)

#### Objective

For the goalkeeper to decide whether to pressure or cover the goal.

#### Description

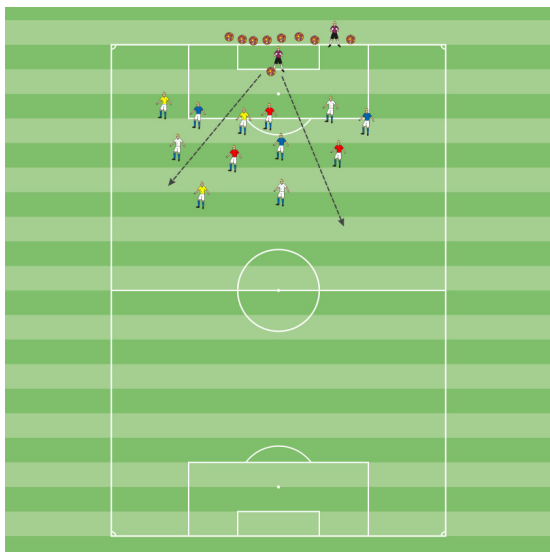
2 Lines on either side of goalie. Set up cones 20 x 20 apart. 2 Goalies face off against 1 attacker from opposing team. If goalie stops the shot they are awarded 1 point. If attacker scores they are awarded 1 point. Team with most points wins.

#### Key Points

Goalkeeper movement. Ready position. Eyes concentrating on ball.

## TRAINING SESSION

### World Cup



#### Objective

3 Players from each team tries to gain possession and shoot on goal to score. Goalies take turns stopping each team from scoring. Goalies practice different ways to play ball back into play.

#### Description

Each team made of 3 players play against 4 or 5 other teams to gain possession and score. If they score, they wait till the next round to play. Last team is eliminated from the game. Goalies try and stop all scoring.

#### Key Points

Goalkeeper always in ready position. Eyes on the ball at all times. Diving to stop corner shots. Back in ready position. Cutoff angles when ball is wide on the field.

- Goalkeeping - Positioning
- Goalkeeping - Positioning
- Goalkeeping - Dealing with Crosses
- Goalkeeping - Organization
- Goalkeeping - Shot Stopping

U13 to U14

3 to 3 Players

Goal and Lots of Soccer balls

Intensity: 9

20:00 min  
( x 00:00 min, 00:00 min rest)