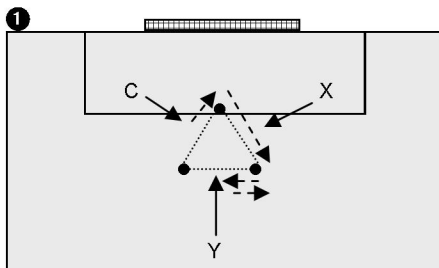


# GOALKEEPER SESSION PLANNER

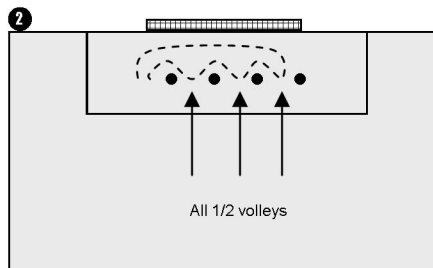


## Session Topic: GK Fitness

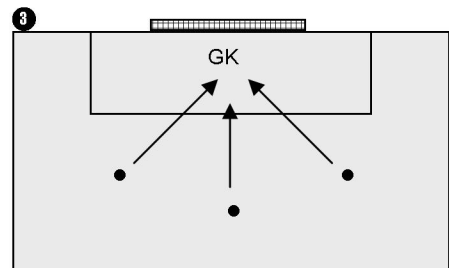
**Note:** Every session should begin with a general 8-12 minute warm-up of jogging & stretching.



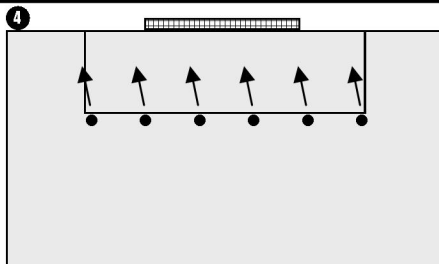
Volley from C, move around triangle to next side...volley from X, move around to next side...volley from Y. Back other way and repeat for 9 total volleys. 2 sets...



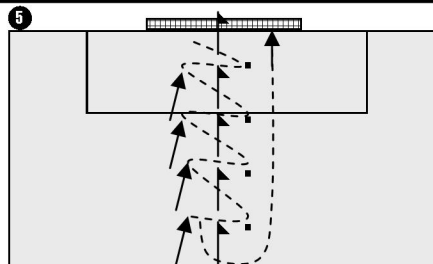
Shuffle forward/backward between cones. When in front of each cones, save a 1/2 volley. Then move backward to get in between next cones. After final 1/2 volley, sprint behind cones. Repeat.



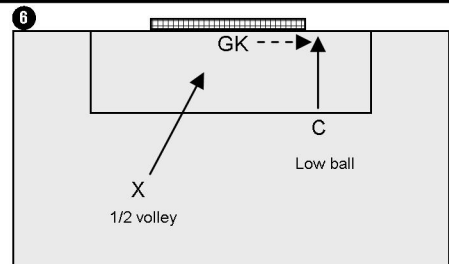
1) 12 balls total - catch volley & travel to RIGHT to each...then back to #1...then repeat for 12 total balls



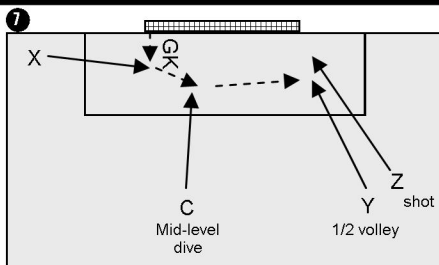
6 consecutive low balls  
Next set:  
6 consecutive mid-level balls  
(allow them to get up)



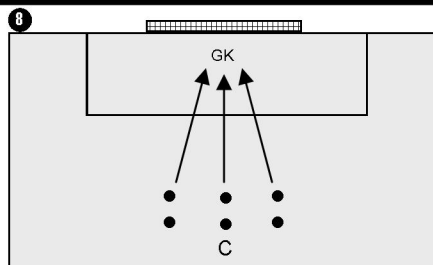
Quick movement around each pole to deal w/service, then turn and sprint back thru start...repeat  
Service types: 1) at head 2) at waist 3) rolled on floor 4) diving 5) Tossed high



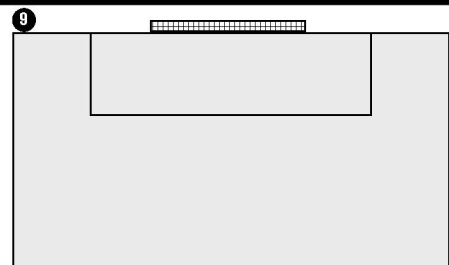
Quick low ball save from C...Up to save ball on opposite angle off 1/2 volley from X



Low diving ball at post...GK gets up to mid-level dive, get across for 1/2 volley, then up to save shot on goal. Repeat.



6 balls laid out on floor  
1) From floor  
2) 1/2 volley  
Shots 1 right after another for a total of 6...



### Notes:

Exercises should always be done to both sides or directions.

### Key:

- > Service/Shot
- > Player Movement