



PRACTICAL COACHING - SESSION PLANNER

Goalkeeping sessions by Adam Smith

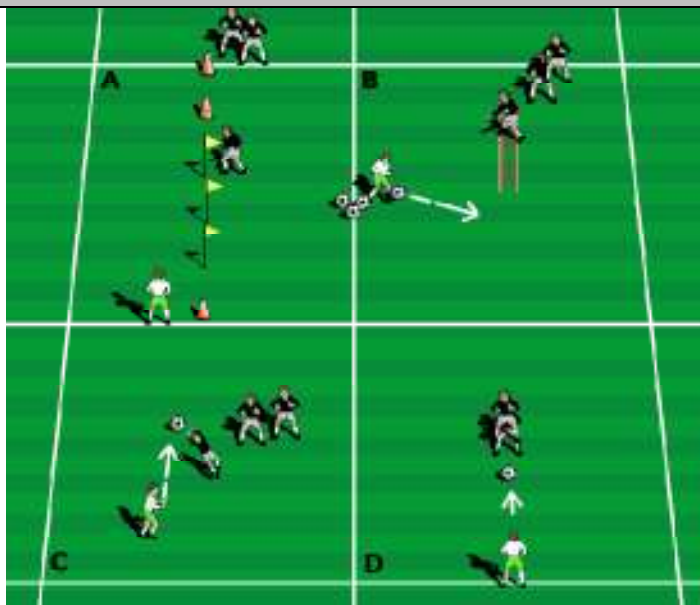
TOPIC/THEME:

Agility session 1

DESCRIPTION OF PRACTICE:

This session is designed to work the GK at high intensity levels. The focus of the session is agility combined with increasing the GKs anaerobic and aerobic capacity. 1-4 GKs. GK to perform various exercises encompassing ladder work and hurdles incorporating standard technical needs for the GK (handling, footwork, jumping, diving etc).

ORGANISATION:



Time: A 10 minutes. B 10 minutes. C 2 x 1 minute (work to rest ratio 1-3 or 1-4). D 2 x 45 seconds (work to rest ratio 1-3 or 1-4).

- A, GK begins with warm up by completing dynamic movement through the cones and flag poles. Vary exercise and repeat each one twice.
- B, GK completes fast feet exercise through ladder to receive a ball from the coach to save. Work low, collapse, step and forward dives.
- C, GK performs rapid exercise to catch high ball. GK must start in push up position and return to the ground after each high catch (sitting on his butt and rotating push up/butt etc).
- D, GK is on back of other GK and must drop off to go through GK legs to receive a drop ball from GK coach. Ball must be caught before second bounce.

KEY OBSERVATION FACTORS:

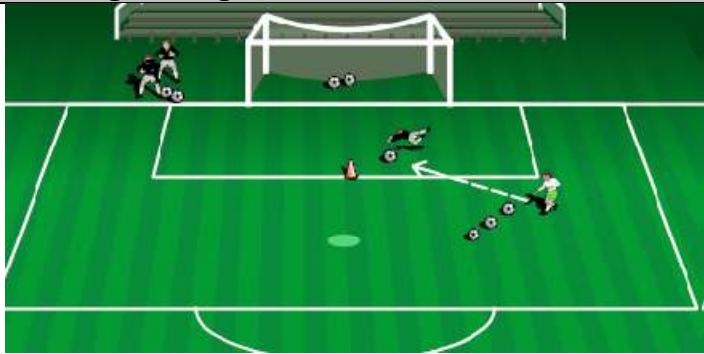
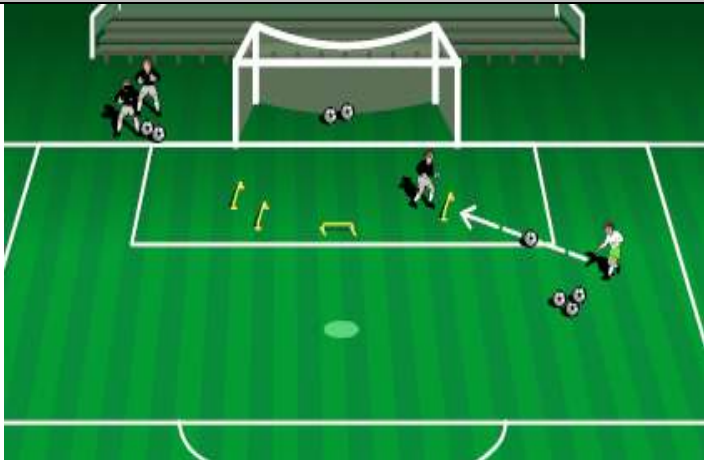
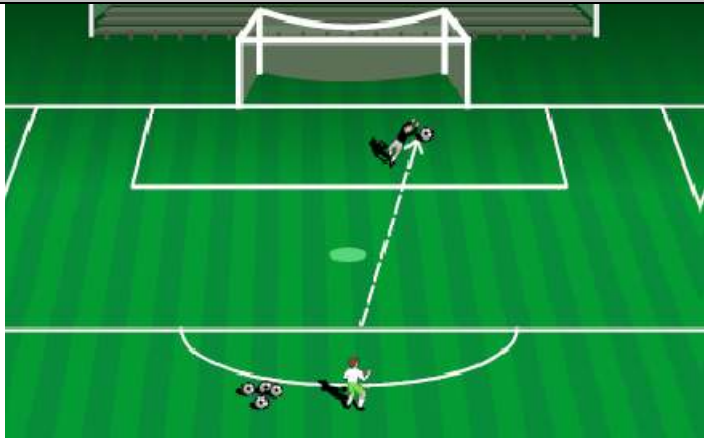
1. Ensure correct technique from the start
2. Intensity 75-95 % (pending on exercise)
3. Vary exercise ratio and intensity to make age specific

NOTES

The above activities prepare the goalkeeper to move on to the next part of the session (page 2). Session can be down-graded for younger GK's but is mainly suitable for ages 16 through pro.



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Session: 3B	
Working in the goal 1-	Organisation/Key Factors
	<p>GK coach lines up 8 balls and a cone as shown. Object is for GK to touch the inside post and get set for a shot in the small goal (cone to post). Coach is not looking to beat the GK just to force a save down to his right. Work both sides with GK diving to left at the opposite post.</p> <p>Key Factors</p> <ul style="list-style-type: none"> ✓ Set position ✓ Recovery down to up ✓ Quick succession ✓ Body/hands behind ball
2	
	<p>GKs perform various exercises over the hurdles from the three different areas of the goal as shown. In the first position shown GK jumps two footed over the hurdle to receive a volley at mid to head height (in the GK bubble). GK works for 45 seconds. In the central position GK jumps over hurdle two footed and then completes a summersault (forward roll) to get up and receive a half volley (45 seconds.). In the final position (left side facing) GK jumps sideways two footed over the hurdle, back pedals back to the centre of the hurdle. GK then receives a shot from the ground at stomach height (in the basket) and repeats on the other hurdle. GK again works for 45 seconds.</p> <p>Key Factors</p> <ul style="list-style-type: none"> ✓ Feet together when jumping ✓ Short quick feet movement ✓ Handling technique
3	
	<p>GK receives volleys, half volleys and dipping shots from the edge of the 18 yard box. Each GK receives 10 balls for each type of delivery. Total 30 serves. GK takes a rest between each set of 10.</p> <p>Key Factors</p> <ul style="list-style-type: none"> ✓ Stand up ✓ Catch, parry or block decision ✓ Feet shoulder width apart (Gorilla shape to look big) ✓ Footwork (dipping saves to corners)
Cool down:	
GKs either join the main group for short sided game or finish with abdominal (incorporate ball) work and a cool down stretch.	Total session time is 1 to 1.5 hours pending on numbers and any team involvement (short sided game)

