



DEFENDING THE GOAL THE GOAL

Category: Goalkeeping: Shot stopping
Difficulty: Difficult | **Start Time:** 19-May-2018 14:30h

Reseller-Club: GkNexus
Ross Ballantyne, Glasgow, United Kingdom

Description

Defending the goal session. Looking to integrate movements, reactions, positioning and big saves

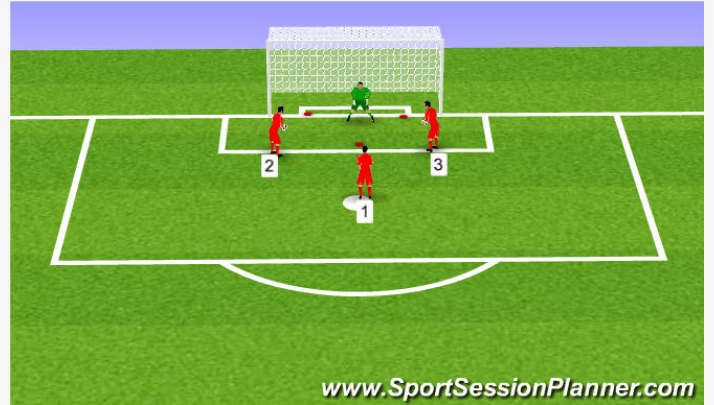
Activation Warm up (5 mins)

Triangle Activation

Goalkeeper starts in the middle of the triangle and takes a serve from s1 then turns for a serve from server 2. Goalkeeper repeats with server 3

Serves

- A) Server 1 - Volley in to hands (4)
Server 2/3 - 2 touch pass (2 each server)
- B) Server 1 - Volley in to hands (6)
Server 2/3 - Throws the ball for the GK
Cushion Volley (1 Each Side)
Cushion 1/2 Volley (1 Each side)
Cushion lace Volley (1 Each side)
- C) Server 1 - Volley into hands (6)
Server 2/3 - Throws the ball for a cushion volley round corner to opp server (3 each server)



Tech warm up (10 mins)

Goalkeeper starts 4 yards out, the goalkeeper drops and takes a volley from s1 then moves out to the angle for a strike into the goalkeepers hands from S2/S3. Goalkeepers recycle after each serve and alternates both sides.

Serves - S1 - Volley into hands S2/3 - Strike into hands
Reps 2 each side



Tech Practise 1 (10 mins)

Goalkeeper starts 4 yards out, the goalkeeper drops and takes a throw for a collapse dive from s1 then moves out to the angle for a strike into the goalkeepers hands from S2/S3.

Goalkeepers recycle after each serve and alternates both sides.

Serves - S1 - Throw for a collapse dive
S2/3 - Strike into hands

Reps 2 each side



Tech Practise 2 (10 mins)

Goalkeeper starts 4 yards out, the goalkeeper drops and takes a strike for a reaction save from s1 then moves out to the angle for a strike from S2/S3. (S2/S3 Takes a touch out there feet before the strike)

Goalkeepers recycle after each serve and alternates both sides.

Serves - S1 - Strike from 8/10 yards (Alternate sides)

S2/3 - Takes a touch and strike from close range

Reps 4 each side



Game Related 1 (10 mins)

Goalkeeper starts 4 yards out, the goalkeeper drops and takes a strike for a reaction save from s1. S2 passes the ball to S3 for a 1/2 touch finish for goalkeeper to react and make a decision on there positioning and decision making from S2/S3.

Goalkeepers recycle after each serve and alternates both sides.

Serves - S1 - Strike from 8/10 yards (Alternate sides)

S2 - Pass ball on the angle for S3

S3 - Takes a touch and strike or strike 1st time from s2

pass

Reps 4 each side



Game Related 2 (10 mins)

Goalkeeper starts 4 yards out, the goalkeeper drops and S1 passes the ball to S2 for a 1/2 touch finish for goalkeeper to react and make a decision on there positioning and decision making from S2. The Goalkeeper moves across and takes a strike from S3 (Moving ball)

Goalkeepers recycle after each serve and alternates both sides.

Serves -

S1 - Pass ball on the angle for S3

S2 - Takes a touch and strike or strike 1st time from s2

pass

S3 - Strike from 8/10 yards

Reps 4 Work Both Sides

