



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 interegrate movements , reactions , positioning and big saves

Activation Warm up (5 mins)

Triangle Activation

Goalkeeper starts in the middle of the triangle and takes a server 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

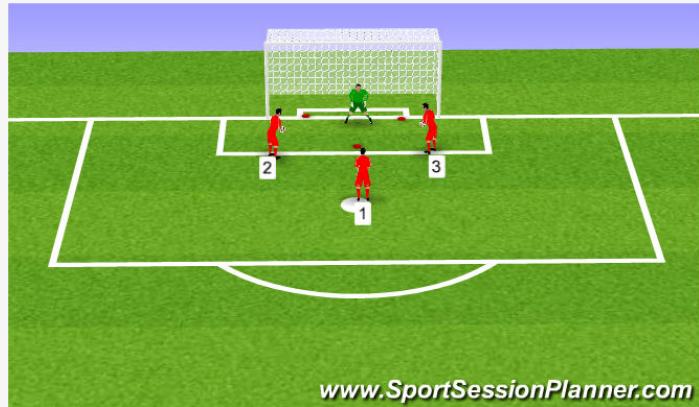
Cushion Volly (1 Each Side)

Cushion 1/2 Volly(1 Each side)

Cushion lace Volly(1 Each side)

C) Server 1 - Volley into hands (6)

Server 2/3 - Throws the ball for a cushion volley round coner to opp server (3 each server)



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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



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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



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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



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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



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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



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