GOALKEEPER TRAINING -QUICKNESS

Posted by STLCoach - 18 Mar 2009 10:54

Remember in goalkeeper training, 8-10 reps is good fitnesstechnical training. alwasy work your keepr hard for 8-10 reps then rest.

The keeper starts sitting on the ground with a server 15 yards away with a ball.

The server slaps the ball and the keeper must stand up quickly (without using his hands to get up) while the server lofts a high ball and the keeper then goes up and catches a high ball.
This is done 10 times.

Next, the keeper does the same thing but instead of catching the ball, he must punch the ball so that it clears the servers head (to save time, position someone behind the server to retrieve balls)
This is done 10 times.

Next position an "attacking player" in front of the keeper. This player also starts in a sitting position and when the server slaps the ball, both the keeper and the attacker get up and try to win the ball (the attacker with the head and the keeper with the hands). The keeper may either catch or punch the ball (depending on the situation with the attacker).

This is done 10 times.

Next do the same thing but now the server has a second ball at his feet. If the keeper punches the ball, the server then shoots the second ball so that the keeper must quickly recover and prepare for the second shot.

Each of these stages are done very quickly so that as soon as the keeper catches or punches the ball properly, he gets back down and starts again. It's a great way to work on catching, punching, decision making and fitness, all at the same time

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Re:GOALKEEPER TRAINING -QUICKNESS 2

Posted by STLCoach - 25 Mar 2009 06:29

There are 5 cones making the shape of a T.

A keeper starts at the back cone and a server has a few balls 12 yards in front of the first line of cones. The two center cones are 8 yards apart and the two wide cones are 6 yards from the center cones.
The two center cones in the line make up the goal. The keeper starts by sprinting forward and as soon as he gets in front of the goal, the server shoots on goal (not trying to score but rather, playing a ball that will challenge the keeper)
The keeper makes the save and returns the ball to the server. Next, the keeper slides to his right, touches the outside cone with his hand and then slides back and upon getting back to the goal, the server hits another ball and the keeper makes a save
Next the keeper returns the ball to the server and does the same thing in the opposite direction
This activity is done at full speed and works best with either two or three keepers. As soon as the keeper makes the third save, the next keeper in line begins. Each keeper would do this a total of 5 times.

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Re:GOALKEEPER TRAINING -QUICKNESS 3 footwork

Posted by STLCoach - 02 Apr 2009 03:00

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There are four cones set up in a line 2 yards apart. The cones are assigned a number from 1-4

The keeper starts just in front of the cones, in the middle of the line and the server starts 10 yards away.

The server starts by calling out a number and the keeper must slide using side shuffle (without crossing his feet) to the cone that represents that number, touch the cone and slide back to the middle. As soon as he returns to the middle, the server plays a ball and the keeper makes the save.
CP1 : ON SIDE SUFFLE NEVER CLICK THE HEELS
CP2 : THE FIRST STEP TO THE SIDE SHOULD INCLUDE 1 CROSSOVER STEP FOLLOWED BY THE QUICK SIDE SHUFFLE.

As soon as the save is made, the keeper returns the ball and another number is called.

This is done 10 times as fast as possible (while staying in control) and then the keeper rests.

Next do the same thing but change the order of the cones
Do this a total of 4 times and each time have the cones numbered in a different order.

This is a great activity to work on quick footwork, quick thought and focus while catching.

Serve different types of balls(ie rolling, boucing in air)

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Re:GOALKEEPER TRAINING Warmup Activity

Posted by STLCoach - 08 Apr 2009 05:42

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Two keepers start 10 yards apart on a line and start jogging to the opposite line (around 40 yards away). One player has a ball.

The yellow keeper rolls the ball to the red keeper. The red keeper must get his body turned so he is perpendicular to the path of the ball and receives the ball properly.
The red keeper then rolls the ball to the yellow keeper who must turn and receive the ball properly.
This continues all the way down the field and then back.

Next they do the same thing but now the ball is thrown at each others knees. Again, the emphasis is on getting the body turned to receive the ball properly.
This continues through balls at the waist, head and also high balls.

This is a simple activity to do as a warm up that emphasizes getting the body turned properly for catching
CP1: BALLS ON GROUND FINGERTIPS TO GROUND IN FRONT OF TOES, AND SCOOP UP AND

HUG
CP2: LOW BALLS BELOW CHEST ARE SCOOPED WITH HANDS UNDER THEN AROUND BALL NTO A HUG
CP3: BALL ABOVE CHEST ARE RECEIVED WITH HANDS BEHIND BALL IN A DIAMOND SHAPE, ABSORBED INTO HAND FINGERTIPS FIRST, THEN HUGGED.

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GOALKEEPER TRAINING -FOOTWORK, VISION QUICKNESS

Posted by STLCoach - 15 Apr 2009 08:42

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A keeper starts in goal and a server has some balls around 12 yards out. There is a third person at the top of 18.
The red player starts sliding side to side along the 18 and the keeper must shadow him.
EXAMPLE the red player moves to his right, the keeper moves to his left.
At any point, while the red player and the keeper are moving, the server in yellow can hit a shot and the keeper must make the save.
This is an excellent way to work with keepers on seeing more than just one thing over the course of a game. Too often a keeper is able to watch the ball but nothing else so they don't see players who are unmarked or other dangers that develop over the course of the game. By working on this activity, it forces the keeper to be able to see multiple things at one time, maintain focus, work on shotblocking and work on fitness.

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GOALKEEPER TRAINING -QUICK SCRAMBLE SAVE

Posted by STLCoach - 22 Apr 2009 05:26

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As an example yellow 1 has the ball at the near post around the 9 yd line and the keeper is having to prepare for the shot.

If yellow 1 passes across the goal mouth to yellow 2, it puts the keeper in a very bad situation.

While the keeper would love to have the opportunity to get across the goal mouth, get set and then cut off the angle, the reality is yellow 2 is most likely going to shoot first time. This means the keeper will most likely take a step or two and dive across the goal, hoping to put pressure on the player and make the save. This type of save would be what I call the scramble save.

The keys to making the scramble save include the following:

* Being quick
* Being brave
* Being lucky
* Being smart

Being quick is pretty obvious as the quicker you can get across the goal mouth, the more likely you are too make the save.

Being brave is because you need to be willing to throw your body across the goal mouth, possibly into

the shooters follow through and knowing that there is a chance of contact and possibly injury.

Being lucky is just the reality here. In the diagram shown, it's a defensive disaster as there are no defending players to be seen. On a 2 v 0 against the keeper, the truth is the attacking team should score and while quickness, bravery and intelligence will be a factor, it will take some luck for the keeper to be successful in this situation.

Being smart is knowing where to dive and when to dive. The keeper will have to know his range, know the attacking players tendencies etc. Also, being smart would mean knowing to stay low on the dive. The idea is to force the keeper to put the ball over you. If they have to shoot over you, there is a chance they will shoot the ball too high. If they shoot low, there is no such thing as shooting too low.

The keeper dives high and it makes it too easy for the ball to get slotted underneath him

On the other hand, if the keeper dives low, it greatly increases the likelihood of a successful save

Just because you are quick, brave, lucky and smart, it doesn't mean you will always make these saves. In fact, even with all of those characteristics, there is still a good chance of the attacking team scoring. But if you have these qualities and dive low, it greatly increases your chances of success.

With all of this in mind you can train this in keepers to develop reacting instead of guessing.
Activity. Have 2 servers, 1 keeper. server 1 is at near post for easy shot for keeper to save, then keeper must immediately get across the goal to save a diving shot.
Repeat this from side to side 8 times. Rest. then do other side. I would do this activity 3 times each side.

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