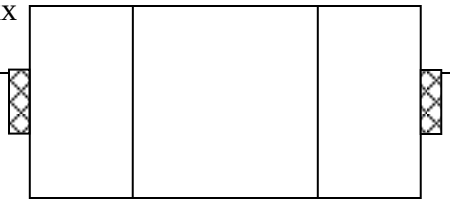
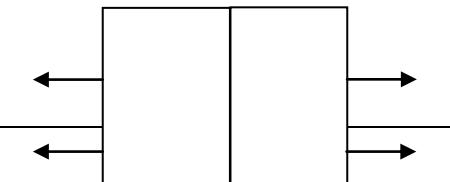
Name: Jeff Hopkins Topic: Youth Goalkeeping Activities

Fundamental-Warm-up XX→ X	**ORGANIZATION** ▪ Form 2 lines 15-20 yards apart (depending on age/ability) with one ball ▪ Pass ball over after and go to other line 1) Player first passes ball over with feet opposite player receives and then passes 2) Roll/bowl and scoop (collect ball) 3) Throw low and collect with "M" 4) Throw at head and collect with "W" 5) Collapse Diving: Have goalie start on knees 6) Squat Dive: Squat and collapse to ball	**KEY COACHING POINTS** ▪ Read the flight of the ball ▪ Keep eye on the ball ▪ Get in the line of flight of the ball ▪ Don't wait for ball, go and get it ▪ Set your feet before reacting, collect ball ▪ Form "M" with hands for ball below waist ▪ Form "W" with hands for ball chest or above ▪ Dive from knees, hand on top, hand behind, land on side, elbow straight
Double Goal Shooting/Game ^ XXX→ GK/GK ←XXX ^	▪ First player in line shoots at GK, retrieves ball and goes to other side and waits turn ▪ Goalies are back to back and only face one line or just have one goalie turn ▪ Other line goes next and shoots ▪ Flags or cones work best so you have a double sided goal to shoot at **Progression:** Play 3v3. One goalie or two can play. Players cannot run through goal. Play that one team shoots one way and the other shoots on the opposite side of goal	▪ Feet set ▪ Ready Position "Gorilla" ▪ Move in line with the flight of the ball ▪ React ▪ Secure ball ▪ Distribute
Shot Blocking XXXX XXXX 	▪ Each player has a ball and dribbles up to line and shoots at goalie ▪ Retrieve ball and go to opposite line ▪ Both lines are working simultaneously ▪ Switch sides after several minutes **Progressions:** Play 1v1 to 4v4 to a small sided game (distance is about 36-40 yards)	▪ Feet set ▪ Angles ▪ Ready Position ▪ React
	▪ Have 2 goalies standing in goal with a supply of balls at each goal ▪ Goalies cannot cross center line (about 15 yards, but adjust according to age/ability) ▪ Can shoot, throw, drop kick into goal ▪ Play for points or if scored on a new goalie takes their place (if you have more 4 or more goalies) **Progression:** Play same game 2v2 to 4v4. All players are goalies and can use their hands standing on own half (great activity!)	▪ Read the flight of the ball ▪ Keep eye on the ball ▪ Get in the line of flight of the ball ▪ Ready Position "Gorilla" ▪ Set feet ▪ React ▪ Secure ball in belly