

FSA GK Session

Equipment- Balls, Cones, Goals.

Warm Up (Individual Movements)

Goalkeeper:

1. Runs in a designated area with ball bouncing and catching in front of body.
2. Runs with ball and bounces and catches above head.
3. Throw's ball above head and they catch ball above head. High "W form" Catch
4. In a figure of eight with ball between their legs.
5. Puts ball on the ground and form a figure of eight with hand movement.
6. Rotates the ball around their waist clockwise/anti-clockwise.
7. Sits on ground bounces ball, gets up and catches before ball bounces twice.
8. Bounces ball through legs and catches at the front of body.
9. Rolls ball out in front of them and dives on the ball, rolls over and recovers.
10. Rolls ball out to the side of body and dives to catch it, then recovers.

Cone/Ball

Players stand facing the coach in a straight line one after another, on the coaches command left or right, players touch the cone line/ ball line and back to the middle line.

Pairs

1. Throw ball towards partner for them to catch ball with a high "W Form" catch.
2. Roll ball along the ground to each other for ground pick up. Legs closed or one down.
3. Throw ball around waist high for GK, to catch with palms facing up or down.
4. Stand around 5 feet away from each other and bounce pass the ball to catch.
5. Throw ball about 1 foot above the head to retrieve. Catch ball with one knee up.

Gk Reaction Skill

1. Gk 1 sits on ground facing partner, gk 2 throws ball to right / left / top / middle / bottom.
2. Gk 1 stands facing away from gk 2, gk 1 shouts "turn" and gk 2 turns and catches.

Shadow Goalkeeping

Players stand facing the coach about 5 yards away.

The ball will be thrown right or left. On the coaches command the Gk will react as quick as possible and make the dive to save it.

Two Goal Practice (Goalie Wars)

Goals around 10 feet away and the Gk, Have to try and score on each other.

Striker & GK. Session

3 Tier Shooting - Players shoot from 3 different places one after another.

- 1) Shot from edge of 18 yard box. 2) Pass from the right side of goal to you and shoot.
- 3) High ball from the left side of the goal for a header.

Crossing and finishing - balls come from left/right to a striker in the penalty area.

Reaction saves- 8-15 feet out from goal with different placement of shots to goal.

Two goal game

2 Goals 15 feet away facing each other and players try score point blank

4 Goal reaction game(4 Gk's)

Goals facing their back to each other. Reaction shots

Gk move round to the next goal in a clockwise movement after getting 5 shots each.

Gate Game 3v3/4v4

Players play in small area and have 3-4 gates with Gk who react to save the quick shots.

Crossing Game

Coaches cross in balls from different angles and the players try to score.

1 Point for a goal

2 Points for a save

Major League Soccer (MLS) Shoot Out

10 secs to run at Gk from halfway line and score.

Penalty Shoot out

Spot Kick like in the world Cup

Coaches Challenge

Beat the Goalie Competition

Juggle and shoot - juggle from 25 yards out and shoot on goal.

Always end the sessions on a high note