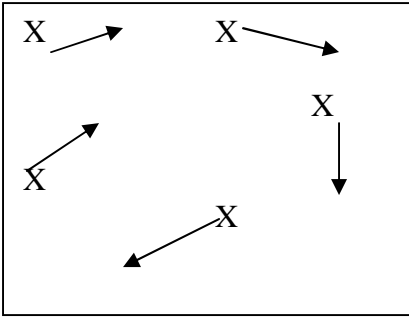
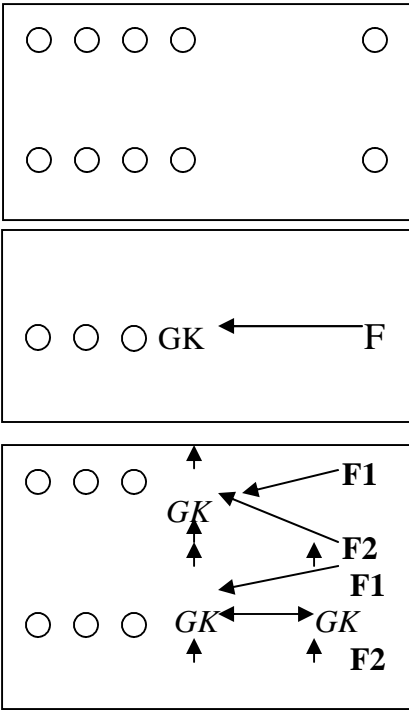
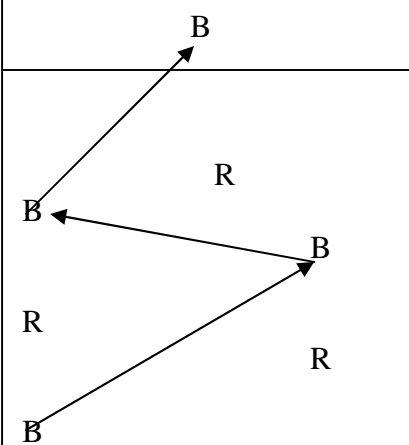


Phase & Activity	Diagram	Coaching Points
<p align="center"><u>Footwork</u></p> <p><u>WARM UP</u></p> <p>Ball each, moving around area. On command GK :</p> <ol style="list-style-type: none"> 1) Bounce + Catch 2) Throw Up + Catch 3) Bounce + Drop On Ball 4) Put down + pick up another ball 5) Handling Drills – figure of 8 – drop and catch behind knees <p><u>TECHNICAL DRILLS</u></p> <p>1) Gk performs different foot skills over cones *Two feet landing between each cone (facing forward) – (facing sideways) – (facing backwards). When Gk reaches last cone, sprint to cone 5m away. Rejoin group</p>		<ul style="list-style-type: none"> • Keep eyes on ball • Don't cross feet • Try to catch ball in 'W' grip or basket (depending on height of ball) • Quick reactions to commands
<p>2) Using same footwork as above, but as GK reaches last cone (F):</p> <ol style="list-style-type: none"> (1) Rolls ball at feet (2) Throws ball at feet (3) Throws /half volley middle – high ball <p>3) Gk moves through cones (own choice). As last cone is reached Gk quickly moves into goal where (F1) shoots low ball, then (F2) throws in a high ball. Gk reacts to both accordingly.</p> <p>4) As above, but introduce second goal and 1 feeder, so GK has to use footwork to move from one goal to another and make save.</p> <p><u>CONDITIONED GAME</u></p> <p>Handball – 2 teams, with 1 person from each team in opposing teams end zone. To score team has to pass ball (in the air only) to end GK.</p> <p>The player with ball cannot move and can only pass to teammate by throwing ball (no kicking). Possession can only be gained by interception – dropped ball and recovered, or ball being throw out of bounds. GK can only move by sidestepping, NO RUNNING</p>		<ul style="list-style-type: none"> • Quick feet • Focus on foot placement as opposed to speed (initially) • Start with gk head down, then gk must look forward (realistic) • Set feet early after cones • Set on balls of feet not heels • Quickly decide how to adjust to type of ball thrown in • Emphasize quality and quickness of foot work from first save to second save
<p>pass to teammate by throwing ball (no kicking). Possession can only be gained by interception – dropped ball and recovered, or ball being throw out of bounds. GK can only move by sidestepping, NO RUNNING</p>		<ul style="list-style-type: none"> • Quality of footwork, as GK can only move around by side stepping • Focus on how GK's catch the ball, as they will be doing so under pressure • Communication between GK's, not only when team is in possession but without as well
	<p align="center">R</p>	

