



<b>GOAL</b>	Keeper- Reactions				
<b>PLAYER ACTIONS</b>	Learning to React to the Ball				
<b>KEY QUALITIES</b>	Take Initiative, Read the Movement of the Ball, Don't Wait for the Ball				
<b>MOMENT</b>	Reaction	<b>DURATION</b>	60-Min	<b>PLAYERS</b>	Keepers

**U13+**

**SKILL ACQUISITION: Diving:** Collapsing body and pushing in direction of dive – **Hand Position on Ball:** The shape of the keeper hands on the ball – **Recover:** Recover from the dive in preparation for facing the play

**WARMUP- CATCHING AND DIVING**

**DURATION: 13- MIN - INTERVALS: 4 ACTIVITIES: 2-min - REST: 1.5 min.**

**OBJECTIVE:** Get the keeper moving and making a save quickly while in motion.

**PLAYER ACTIONS:** Fitness in relation to movement that a keeper will make during a game.

**ORGANIZATION:** Keeper (K) will start on the goal line. Cones will be placed 2m in front and spaced 1m apart. K will run to first cone then backwards to the goal line. K will then run to the next cone and repeat movement through the cones. When the keeper gets to last cone and goes backwards to the goal line, K will sprint out where the Server (S) will send the ball towards the goal forcing K to make a reaction save. After each interval switch sides so the keeper is practicing on both sides. **RULE:** the ball that is sent in is to be close to game speed to help train the keeper with being prepared for the same while in motion.

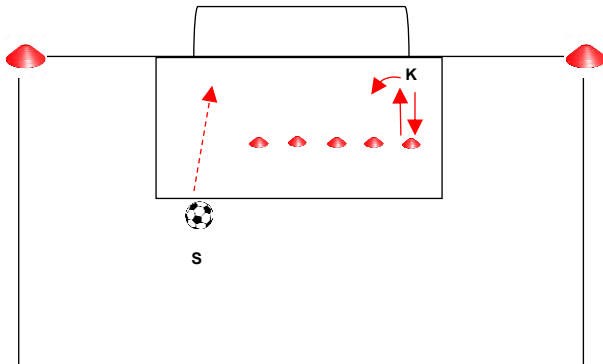
**KEY WORDS:** Keep your feet moving. Watch the ball when coming out to make the save.

**GUIDED QUESTIONS:** Where should your hands be located when you are coming out to make the save.

**ANSWERS:** Hands should be out from the side and ready for either a high ball or a low ball save.

**Note:** When kicking the ball to the keeper, start at half pace and work up to game simulated pace. The objective is for the keeper to get used to having to make saves while the ball is in motion quickly.

Depending on the skill of the keeper, the ball can be kicked on the ground, mid-level to the keeper, and high to the keeper for the keeper to get a sense of how to handle the ball at various levels. However, if forcing the keeper to catch, ensure the "diamond" shape is being demonstrated by the keeper.



**4-CORNER DEVELOPMENT SUMMARY**

Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> <li>- Quick reaction</li> <li>- Balance</li> <li>- Coordination</li> <li>- Agility</li> <li>- Learning to collapse onto side to dive</li> <li>- Rolling out of the dive, as necessary</li> </ul>	<ul style="list-style-type: none"> <li>- Being able to collapse on each side of the body</li> <li>- Learning how to catch the ball to prevent the ball from going through hands</li> <li>- Learning how to physically dive</li> </ul>	<ul style="list-style-type: none"> <li>- Communication</li> <li>- Listening to instruction on drill</li> <li>- Celebrate correct technique</li> </ul>	<ul style="list-style-type: none"> <li>- Focus on the flight of the ball</li> <li>- Being able to trust in being able to collapse without causing injury</li> <li>- Building confidence and less fear of the ball</li> </ul>

**CORE ACTIVITY: Reaction Dives**

**DURATION: 16- MIN - INTERVALS: 8 ACTIVITIES 90-sec - REST: 30 sec.**

**OBJECTIVE:** Keeper reaction for diving on a moving ball and setting for next ball.

**PLAYER ACTIONS:** React to moving ball to make stop then set to make a jumping save.

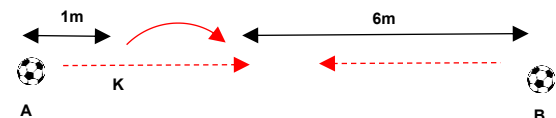
**ORGANIZATION:** Keeper (K) is to start by facing A approximately 1m part with legs apart. A will send ball through the legs of K who will then turn quickly and run to dive and stop the ball. Once stopped, B (standing 6m from K) will then throw the ball up in the air for K to jump to make a catching save. Once caught reset and do it over again. **RULE:** This needs to be game speed. Only stop to make corrections to the form of the keeper.

**KEY WORDS:** Look to communicate that its "keeper ball".

**GUIDED QUESTIONS:** How are your hands positioned on the ball when catching it? When you jump are you jumping with both legs straight?

**ANSWERS:** The hands to ball should be in a "diamond" formation on the ball. This will prevent the ball from slipping through the hands. When jumping, ensure one knee comes up to train the keeper to protect themselves. This practice motion will help in games.

**Note:** After the keeper makes a save in the air (catch), get them to look at their hands on the ball to see if they are making the correct diamond shape on the ball. This will help them compare the "diamond" form to their actual catch. Get the keeper to start communicating by saying "keeper ball". This is vital to help provide communication to teammates during the game.



**4-CORNER DEVELOPMENT SUMMARY**

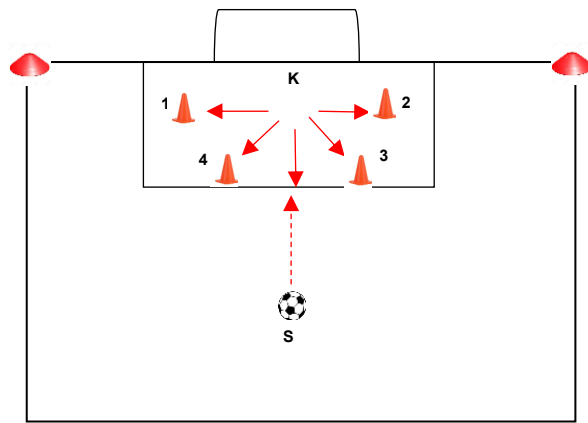
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> <li>- Quick reaction</li> <li>- Balance</li> <li>- Coordination</li> <li>- Agility</li> <li>- Learning to collapse and roll on side</li> <li>- Jumping up to catch the ball</li> </ul>	<ul style="list-style-type: none"> <li>- Being able to collapse on each side of the body</li> <li>- Learning how to catch the ball to prevent the ball from going through hands</li> <li>- Learning the technique to jump with one knee up to protect keeper in the jump</li> </ul>	<ul style="list-style-type: none"> <li>- Communication</li> <li>- Listening to instruction on drill</li> <li>- Celebrate correct technique</li> </ul>	<ul style="list-style-type: none"> <li>- Focus on the flight of the ball to meet it properly when descending</li> <li>- Being able to trust in being able to collapse without causing injury</li> <li>- Building confidence and less fear of the ball</li> </ul>



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**U13+**

**CORE ACTIVITY: Sequence Motion and Reaction**      **DURATION: 16- MIN - INTERVALS: 8 ACTIVITIES 90-sec - REST: 30 sec.**



**OBJECTIVE:** Player will be required to touch a number sequence then make a reaction save.

**PLAYER ACTIONS:** Dive left and right from a crouched position.

**ORGANIZATION:** Pylons to be set up in the goal area with the back pylons further apart and the top pylons closer. **Keeper (K)** is to start on the goal line with the **Server (S)** positioned with balls facing the goal. Play starts with the **S** telling the **K** a sequence of 4 numbers i.e., 3-1-4-2. The **K** is to touch the cones in the sequence provided by the **S** then come through the top cones to make a save from a ball being sent by **S**. Once the save is made, the **K** is to walk back to the goal line as a recovering and get ready for the next set of numbers from **S**. **RULE:** The keeper moves quickly through the sequence and cones to prepare for the ball coming in.

**KEY WORDS:** Try and move through the touching of the cones and being aware of what is ahead.

**GUIDED QUESTIONS:** What should you be looking at when you are coming through the top of the cones?

**ANSWERS:** Keeper should be looking at the foot placement of the Server and the ball. This will help in the reaction of the Keeper to the shot.

**Note:** Pace of the ball is to be at a slower pace to start when the Keeper is getting used to the drill. As the Keeper is getting comfortable, the pace of the ball can increase but make certain the Keeper is aware of it.

The strike of the ball is not just to be at the Keeper but also to their side. The objective is to make a reaction save so mix up the placement of the strike.

**4-CORNER DEVELOPMENT SUMMARY**

Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> <li>- Quick reaction</li> <li>- Balance</li> <li>- Coordination</li> <li>- Agility</li> <li>- Learning to collapse and roll on side</li> <li>- Being able to drop to stop the shot if a low shot</li> </ul>	<ul style="list-style-type: none"> <li>- Being able to collapse on each side of the body</li> <li>- Proper body position when player is on side that will not cause injury</li> </ul>	<ul style="list-style-type: none"> <li>- Communication</li> <li>- Listening to instruction on drill</li> <li>- Celebrate correct technique</li> </ul>	<ul style="list-style-type: none"> <li>- Focus on judging the distance to the ball</li> <li>- Being able to trust in being able to collapse without causing injury</li> <li>- Building confidence and less fear of the ball</li> <li>- Remembering number sequence while focusing on preparing for a ball to come</li> </ul>

**SCRIMMAGE**      **DURATION: 16- MIN – INTERVALS: 3 ACTIVITIES 5-min – REST: 1-min**

**PLAY A REGULAR GAME:** (this is an open game with players on the field).

**ORGANIZATION:** Divide players into two teams. Use pinnies as required to help the players know who is on their team. Have open field play. Let the players play and avoid continual interruptions in the play. Look for moments for a stoppage in play for a coaching opportunity to help support the training that was done in the previous sessions leading up to the scrimmage. **RULES:** Apply all the standard rules of play for the game including throw-ins, goal kicks, and retreat line requirements. A coach is to be behind the net helping provide guidance to the keeper on using their skills to dive on the ball when there is an opportunity to do so.

**KEY WORDS:** Keeper movement is to follow the ball. Keeper is to be at the ready. Focus on the ball. Watch posture to ensure ready to collapse and dive if there is a need to.






**GUIDED QUESTIONS:** Where should the keeper be positioned in the net when the ball is in the other end? What does it mean for the keeper to follow the ball in their goal area when the ball is not in their area?

**ANSWERS:** Keeper should not be standing on the goal line when the play is in no danger on own goal. The keeper should be walking/ in motion in their area following the location of the ball.

**Notes:** Let the keeper know that they are able to walk in their area to help keep focused and follow the play. This also ensures that their muscles remain warm to always be prepared if they need to make a diving save. If the keeper dives but misses the ball that is ok. This is a hard skill for some to gain confidence. The goal is to get the keeper to grow in confidence and reduce fear with the skill of diving.

**4-CORNER DEVELOPMENT SUMMARY**

Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> <li>- Quick reaction</li> <li>- Balance</li> <li>- Coordination</li> <li>- Agility</li> <li>- Learning to collapse and roll on side</li> <li>- Being able to drop to stop the shot if a low shot</li> <li>- Using feet for passing/ kicking if the ball is available to the keeper</li> </ul>	<ul style="list-style-type: none"> <li>- Being able to collapse on each side of the body</li> <li>- Proper body position when player is on side that will not cause injury</li> <li>- Following the play by walking around 18-yard box to be ready</li> </ul>	<ul style="list-style-type: none"> <li>- Communication</li> <li>- Listening to instruction on drill</li> <li>- Celebrate correct technique</li> <li>- Being a part of team play</li> </ul>	<ul style="list-style-type: none"> <li>- Focus on judging the distance to the ball</li> <li>- Being able to trust in being able to collapse without causing injury</li> <li>- Building confidence and less fear of the ball</li> <li>- Being aggressive/ assertive in goal to direct teammates</li> </ul>

<b>FIVE ELEMENTS OF TRAINING EXERCISE</b>	<b>TRAINING SESSION SELF-REFLECTION QUESTIONS</b>
<ol style="list-style-type: none"> <li>1. <b>ORGANIZED:</b> Is the exercise organized the right way?</li> <li>2. <b>GAME LIKE:</b> Is the exercise game like where the skills being coached are applicable to the player and their game?</li> <li>3. <b>REPETITIONS:</b> Are there repetitions when looking at the overall goal of the session?</li> <li>4. <b>CHALLENGING:</b> Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</li> <li>5. <b>COACHING:</b> Are the coaches comfortable with the session and be able to present the details to their players?</li> </ol>	<ol style="list-style-type: none"> <li>1. What was the goal of the training session?</li> <li>2. What did you do well in the training session?</li> <li>3. What could you do better?</li> </ol>
<b>SESSION PLAN SYMBOLS</b>	
 Training Disc  Training Pylon  Run without Ball  Pass Ball  Run with Ball	