



Peter Dennison



Coach Education



Goalkeeper Level 1
GSM/UWI PARTNERSHIP



Coach Education

Warm Ups

- Structure of a warm
- Sports specific first pulse raiser
- Dynamic stretching
- Sports specific second pulse raiser

Warm up activities

- Sequence passing
- Everyone with a ball
- Lateral movements
- Work in two's with combination techniques and movements. (catch, move , feed)
- Commands by the coach (High, Low, Change, Left, Right, Up, Down)

Coaching points

- High tempo
- Include the ball
- Goalkeeping specific
- Technique in stretching
- Include technical information



Coach Education

Feet work

Feet work activities

Figure of 8 save

Single cone and save

Two cone step and save

Four feeder feet work (7 no G.K)

Two feeder feet work at the goal

Movements (slalom, left, right, explosive jumps, forward/back)

Coaching points

Head up

High tempo

Don't cross over feet

Ready position on save



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Sprints and Reaction

Sprints and reaction activities

Chase

Ground and chase

Mirror reaction

peripheral reaction

Coaching points

Sprints should be no longer than 20 meters

Goalkeeper looking forward

Commands by the coach (Clap, throw the ball, shout, drop the ball)

Technique for getting up – Inside knee, Outside foot, hands on the ground, chest facing out

Staggered rest periods between reps for reaction exercise

Activities are not endurance related (Rest between reps mandatory)



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Handling

Handling activities

Forward and save

Forward save, scan and counter

Front and middle (torso and chest)

Scoop (slow pace)

Scoop and dive (Fast pace)

Warm up and feet work activities can be used

Coaching points

Ready position – On toes, Knee's bent, body weight forward, open palms

Chest – Ready position, Elbows outside shoulder, open palm, slight gap between thumbs, break elbows and wrists on contact with the ball.

Middle – Ready position, bring elbows towards torso, palms facing up, close palms at contact

Scoop slow – Ready position, step forward, bend both knee's, bring hands together, palms facing up, Scoop the ball into torso, change the tempo and scan, counter attack

Scoop and dive - Ready position, step forward, bend both knee's, bring hands together, palms facing up, attack the ball, bring into torso



Shape



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Shape activities

Touch left, save right (opposite)

Triangle shape

First save, second save

Middle of the road (Inside leg of the ground)

Six cone flick

Coaching points

Ready position

Step into the ball with save side foot (Explosive)

Toes and chest facing the play

Bottom and top half working together on dive

Land on your hips

Extend arms so elbows are out with body

Break elbows and wrists on contact

Look at the ball through your arms with body supporting save



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Positioning

Positioning activities

Six yard angle

Arc (left to right, opposite, outside to inside, individual)

Angles with defenders (Press the ball)

2v1 then shot (Max one pass)

1v1

Cut back, save

Coaching points

Imaginary arc (out side of the post to outside of the post)

In line with the ball in relation to the goal

Set in ready position before shot

Stay on feet in 1v1, set before contact

Cut back and save (coaching points below)

Square to the line to give time to make the save

Turn head then sweep leg

Lateral movement across goal



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Crossing

Crossing activities

Single cross (walk through starting position in relation to the ball)

Cross throw opposite side

2 X G.K cross and throw

2 X Goals (shot, throw, cross and catch)

Pattern of play with full backs

Coaching points

Open body (45 degree's)

Take off inside leg

Raise arms and hands at take off

Catch ball at goalkeepers highest point

Catch the ball in front of body line

Look at ball through arms

Break elbows and hands at contact

Wait for flight of the ball

Goalkeeper moves in relation to the distance of the ball



Pass Back



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Pass Back activities

Receive left play right (opposite)

Change the picture then pass to midfielder

Receive middle, switch, cross, distribute

Receive under pressure hit target

(progress by adding limited pressure)

Coaching points

Receive on back foot

Knee over the ball

Take back across body

Scan before you receive

Create angle to receive away from the goal (when possible)

Give depth

Strike with toe pointing to the ground



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Set Plays

Corners against

Two man wall left/right

Four man wall in the middle

Coaching Points

Corners against

One step back, one step out, open body (starting position)

Front post, back post, corner of the six yard box (defenders)

Delay movement so goalkeeper is attacking the football

Wait for the flight of the ball

Coaching points from crossing

Goalkeepers wall

Goalkeepers outside shoulder in line with defenders outside shoulder (outside of the post)

Goalkeeper becomes the next man in the wall

Starting position will vary depending position of the ball



Match Warm Up



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Jog and dynamic stretch

Pass and receive

10 feeds into hands (distance 6 yards, volley as feed)

10 feeds around the body (distance 14 yards, drop kick as feed)

Six yard angle (5 feeds left and right)

Crossing (4 each side moving away from the goal)

Individual arc (2 sets)

6 shots from around the box (Finnish with a good save)

Pass back (4 each side)

4 Dead ball kicks

4 kicks from hands