



The Goalkeeper — The Player Who Never Gets a Session

Session A3 • Goalkeeping • 14–16 players, including 2 goalkeepers • 60 minutes

0:00 – 0:10 • 10 MIN

Hands

0:10 – 0:25 • 15 MIN

The Arc

0:25 – 0:40 • 15 MIN

Come or Stay

0:40 – 0:55 • 15 MIN

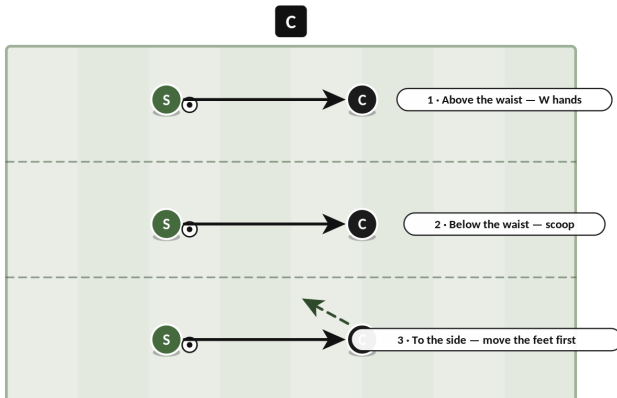
The Keeper's Game

0:55 – 1:00 • 5 MIN

Questions and homework

A3.1 HANDS

Warm-up • 10 min



EVERY PLAYER LEARNS THIS • ONE OF THEM WILL BE A GOALKEEPER

SET UP

- 32 × 20 m split into three lanes.
- Pairs, 8 m apart, one ball between two.
- Each lane rehearses one technique; pairs move up a lane every three minutes.

RULES

- Serves are firm but sensible — thrown, not kicked, in the warm-up.
- Clean catch only — anything parried, juggled or trapped against the body resets the count.

COACH IT

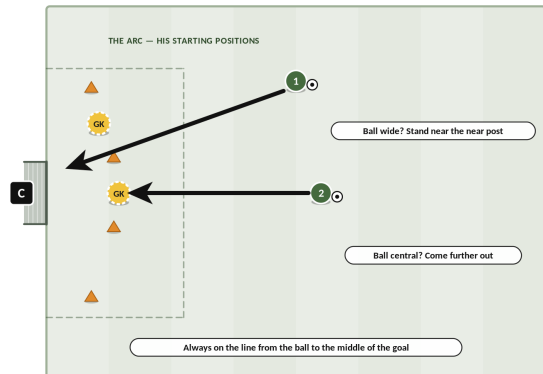
- Technical: Above the waist: W hands, thumbs together, elbows soft. Below: hands down, little fingers together, body behind the line of the ball ...

SAY

- In front of you. Body behind it.
- Soft elbows. Take the pace off it.

A3.2 THE ARC

Technical practice • 15 min



BE IN THE RIGHT PLACE AND MOST SAVES ARE EASY

SET UP

- 40 × 30 m with a full goal and a marked penalty area.
- Mark the arc with four cones — the curve the goalkeeper's starting position follows as the ball ...

RULES

- The goalkeeper must be set before the ball is struck. A shot taken while he is moving scores nothing for him.
- Keepers score 1 for a save, 2 for a save held ...

COACH IT

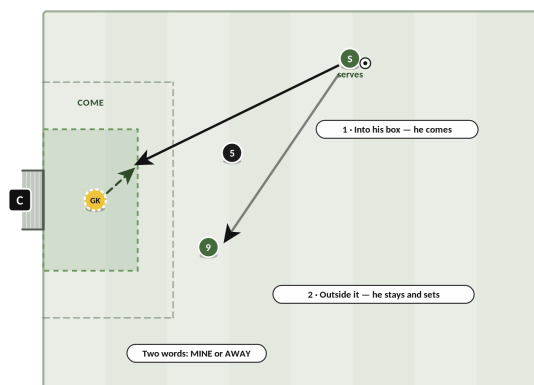
- Technical: The set position — feet slightly wider than shoulders, weight on the balls of the feet, hands out in front and low. And the small steps ...

SAY

- The default. Come out. Make the goal smaller.
- Set. Stop your feet.

A3.3 COME OR STAY

Skill game • 15 min



COMING AND STAYING ARE BOTH FINE • DITHERING IS NOT

SET UP

- 42 × 32 m with a full goal and the penalty area marked.
- Mark the keeper's territory — roughly the six-yard box extended — so 'come' and 'stay' have a visible ...

RULES

- The keeper must call "mine" or "away" before moving. No call, no points.
- Inside the marked territory is the keeper's; outside it belongs to the defender.

COACH IT

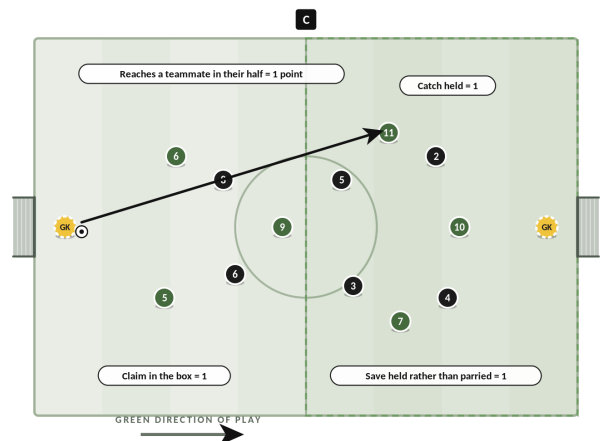
- Technical: Coming: attack the ball at its highest point, one knee up for protection, two hands, and take it in front. Staying: set, get big, and delay ...

SAY

- The whole session. Two steps out and one back concedes every time.

A3.4 THE KEEPER'S GAME (6 v 6 + GKs)

Conditioned match • 15 min



SET UP

- One pitch, 46 × 32 m, both full goals with a goalkeeper in each.
- 6 v 6 outfield plus two goalkeepers (14). With 15–16, roll substitutes every two minutes.

RULES

- A goal = 2 points. The goalkeeper scores 1 for a catch held, a claim in the box, a save held rather than parried, or a distribution reaching a teammate in the opposition half.

COACH IT

- Technical: Distribution: the roll, the low throw, and the driven kick — three techniques, all of which improve fast with feedback nobody normally ...

SAY

- Catch it if you can. That's a point.
- He can't throw it to nobody.