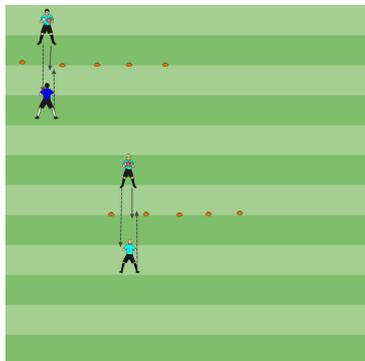


# TRAINING SESSION: KY ODP DEC 3 SESSION 2016

## Objectives

To improve the goalkeepers shot stopping and distribution

### GK Set Thru Gates



 **Players**

 **balls, cones, goalkeeper gloves**

 **Intensity: 5**

 **20:00 min**  
(10 x 01:00 min, 01:00 min rest)

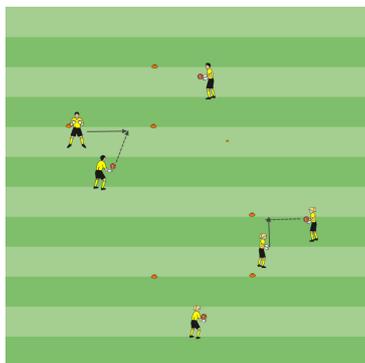
#### Coaching Points

Get set when the strikers foot has come up to strike the ball  
Body positioning (Chest forwards, knees/shoulders, elbows aligned)  
Feet width relative to body attacking the ball

#### Description

Several cones with about two yards in between each cone. Goalkeeper will roll the ball to the server who will strike the ball back towards the gate the gk steps thru. GK will then go to the next gate and repeat until they get to the end then they will switch roles with the server. Start with the ball on the ground then: Ball served for

### Low and Collapse Diving Training



 **Players**

 **balls, cones, goalkeeper gloves**

 **Intensity: 7**

 **20:00 min**  
(5 x 01:00 min, 03:00 min rest)

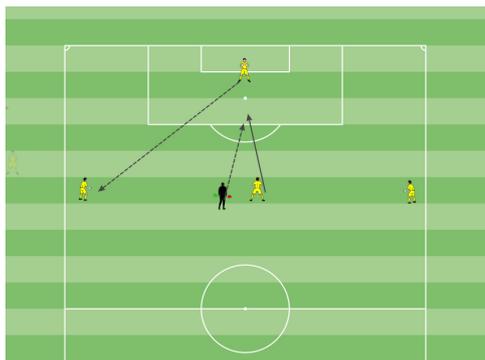
#### Coaching Points

Footwork to get across set when server slaps the ball (to simulate striker pulling the leg back). Making sure they are taking the last step to the ball with the foot that is closest to the ball  
Good hands shape while catching  
Pinning the ball on the deck first before rest of the ball collapses to the ground

#### Description

Three cones set up 8 yards apart to make a triangle. Two servers with one gk working (if numbers are up to four, one gk will rest while other is going). Keeper will start on one cone, and then will dive from a ball

### Pass backs vs collections



 **Players**

 **balls, cones, goalkeeper gloves**

 **Intensity: 4**

 **10:00 min**  
(10 x 00:15 min, 00:45 min rest)

#### Coaching Points

Recognition on what to use (hands vs feet). Delivery of the ball. Is it easy for the field player to deal with it on the first touch? Does it lead the player where we want to go?

#### Description

GK working, one to receive wide right, one wide left, one to put light pressure on the gk from the middle. Coach will have a color cone in each hand. One color will indicate it is a pass back, the other will simulate a collection (freeing the gk to pick the ball up). Coach will pass a ball back towards the gk and immediately hold up a cone, player