

Description

ADP/REC Training Sessions

Week #1 and Week #2

Footwork/Set Position (15 mins)

SET POSITION - Goalkeeper set positions vary from goalkeeper to goalkeeper. A comfortable set position is vital in order to be ready to make a variety of saves when called upon. Although 'set' positions can vary, the fundamentals remain the same. Ensure you are in a suitable set position by checking the following from bottom to top –

1. Your feet are around shoulder width apart, toes facing forward.
2. Be on your toes but not bouncing on them.
3. Knees are slightly flexed.
4. Elbows are comfortably tucked in and flexed.
5. Hands are presented in front of the body.
6. Chest facing forward.
7. Keep your nose just over your toes – This helps in order to stay balanced and keep your weight forward.
8. Eyes are level and focused on the play.

Exercise #1 for Set Position:

- Set up three cones 4 x 4 x 4 yard cones
- Start on cone #1 in set position, then get to middle cone as quickly as you can (try different footwork forward, sideways, backward) and then proper, balanced set position at cone #2, do the same thing to cone #3 and set.
- Repeat going the other direction, starting at cone #3 and working back to cone #2, and finish at cone #1.
- Focus on correct, balanced set position
- Try to perform 6-8 repetitions, rest and try to do 3-5 sets total

Exercise #2 for Set Position:

- Set up a 4 yd x 4 yd box with 4 tall cones (or waterbottles work too)
- Start in set position, then use quick shuffle footwork to get over to the first tall cone, pick it up and shuffle footwork back and drop it off on the opposite side where you started from.
- When you drop the cone off, get into set position and then repeat until all 4 tall cones are on the side you start from.
- Focus on quick footwork shuffling footwork, don't let feet cross over or touch, keeping feet about shoulder width apart and shoulders squared. Keep lower stance to grab cone with legs bent and curved upper body.
- Moving four cones to one side is one set. Rest. Try to perform 6 sets total

NOTE: Work to rest ratio should be 1:1. Example: If one set takes 30 seconds, rest 30 seconds. If one set takes 2 mins, rest two mins.



Example - Set Positions



Handling - Chest/Head Height (15 mins)

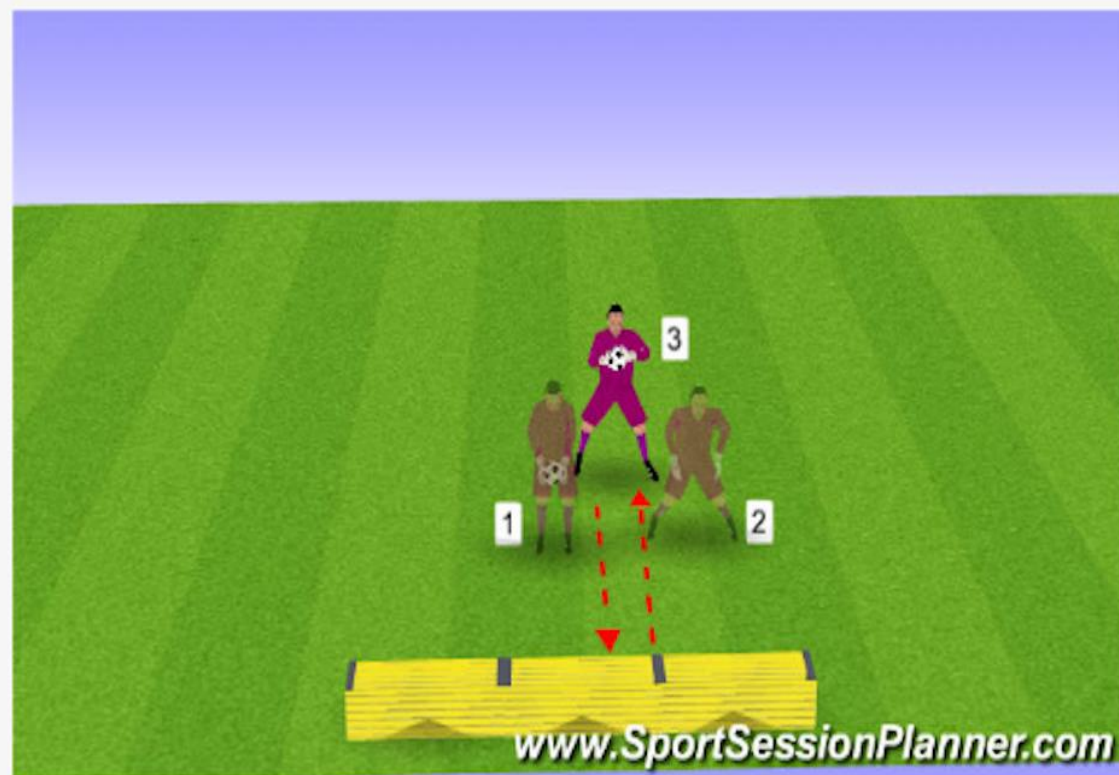
HANDLING - When handling the ball, the goalkeeper needs to incorporate proper footwork and get in the “set position” prior to catching. GK must also have good concentration and hand-eye coordination while dealing with the ball and track the ball into the hands each time. Chest to head Height balls are caught by using the “W” technique. The shape of the hands is commonly referred as a “W” as the fingers and palms look like the letter “W”. The hands need to be catch the ball in front of the body, approximately the width of the ball apart with elbows slightly bent to absorb the pace of the ball.

Exercise #1 for Handling:

- Find a wall to be used as a rebounder. Serve the ball with your feet (use your hands if you aren't accurate with your feet yet, but practice to get better), get into your set position quickly, then receive the ball at chest-head height.
- Work on footwork to adjust to get your body behind the ball first, make sure you are balanced and feet are set (not moving) and catch the ball.
- Work on service into the wall to make sure you receive at chest to head height.

NOTE: a progression to this would be to add a reaction element to the exercise. Have a family member stand slightly in front of you and serve the ball into the wall for you to react to.

Work to rest would be 1 min work:1 min rest. Do approximately 6-8 sets.



Example – Wall Rebounder Chest-Head Height Handling Technique



Handling - Low Waist/Knee Height (15 mins)

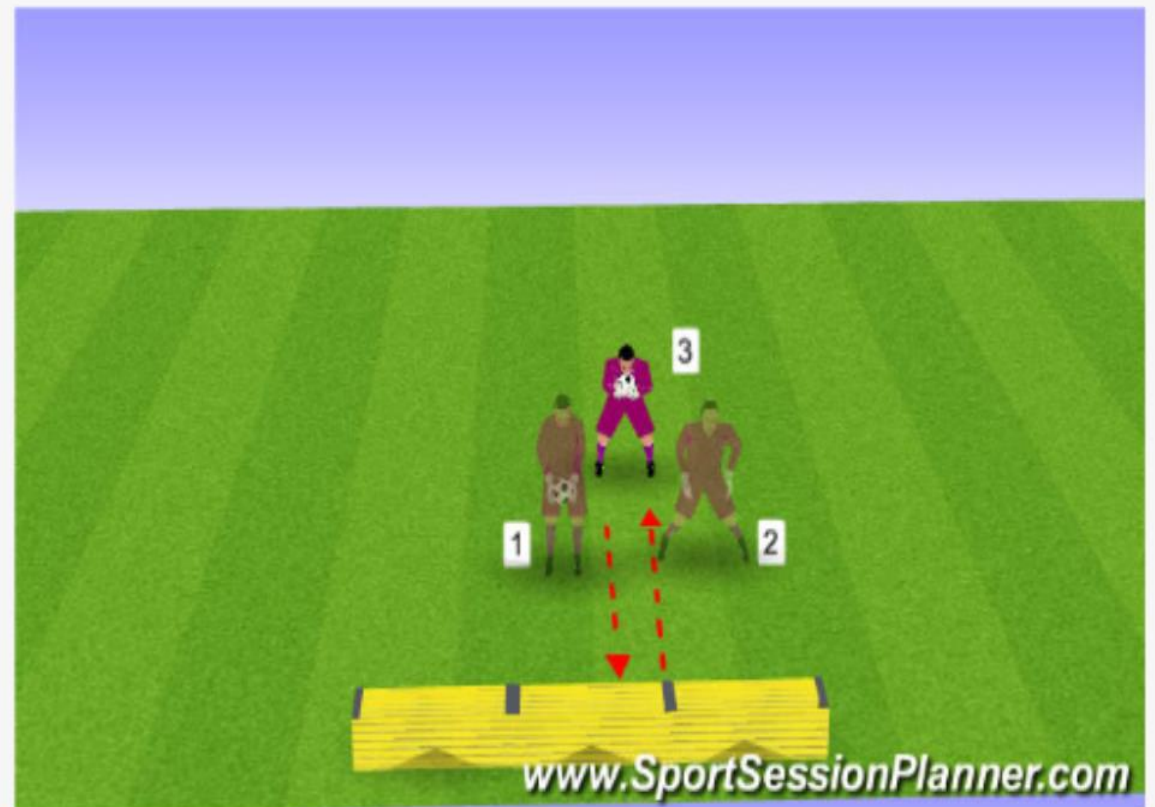
HANDLING - When handling the ball, the goalkeeper needs to incorporate proper footwork and get in the “set position” prior to catching. GK must also have good concentration and hand-eye coordination while dealing with the ball and track the ball into the hands each time. Mid-section balls (knees to waist) are caught using the ‘Cup’ technique. Proper footwork is still necessary to get the body in front of the ball. Make sure elbows and hands create a tight cup to bring the ball into the body. Upper body will be slightly curved overtop of the ball to lessen impact from the ball.

Exercise #2 for Handling:

- Find a wall to be used as a rebounder. Serve the ball with your feet (use your hands if you aren't accurate with your feet yet, but practice to get better), get into your set position quickly, then receive the ball at waist to knee height.
- Work on footwork to adjust to get your body behind the ball first, make sure you are balanced and feet are set (not moving) and catch the ball.
- Work on service into the wall to make sure you receive at waist to knee height.

NOTE: a progression to this would be to add a reaction element to the exercise. Have a family member stand slightly in front of you and serve the ball into the wall for you to react to.

Work to rest would be 1 min work:1 min rest. Do approximately 6-8 sets.



Example – Low Waist-Knee Handling Technique



Handling - High Above Head Height (15 mins)

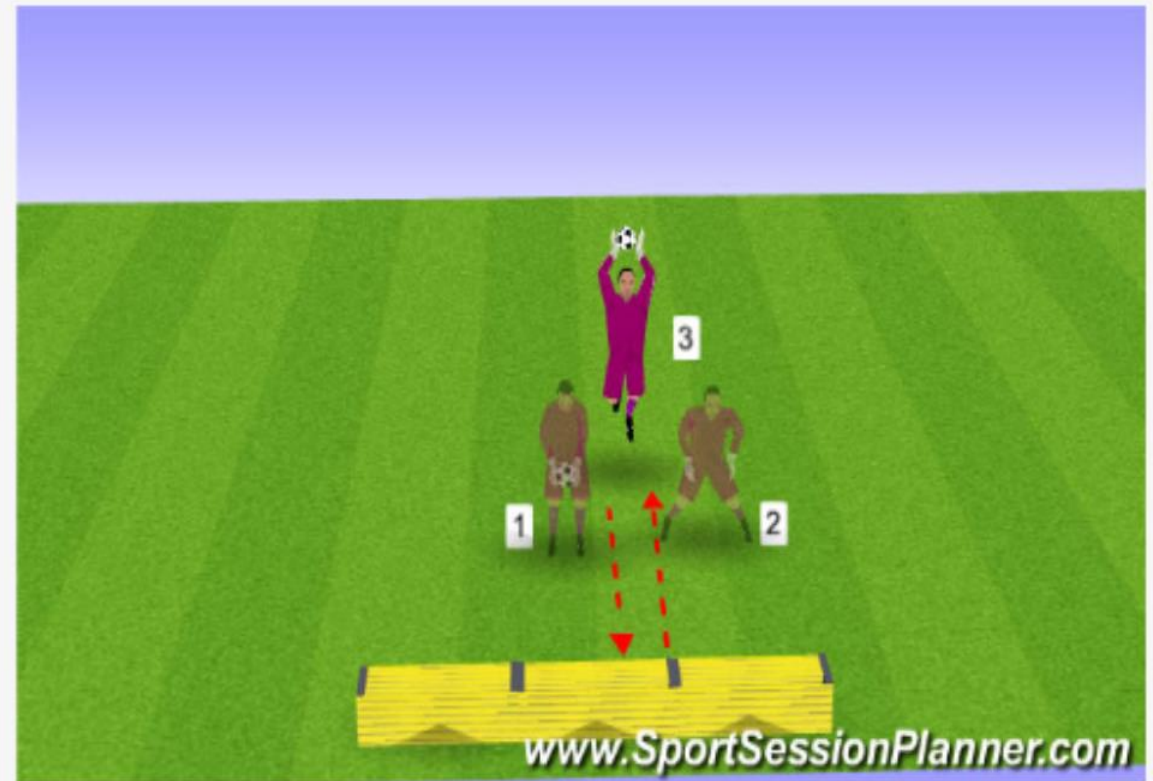
HANDLING - When handling the ball, the goalkeeper needs to incorporate proper footwork and get in the "set position" prior to catching. GK must also have good concentration and hand-eye coordination while dealing with the ball and track the ball into the hands each time. Above the head handling requires timing of jump (if necessary), and hands receiving the ball above & slightly in front of the head. If the pace of the shot is too fast to handle the ball "cleanly," then the hands need to be angled slightly down towards the ground and control the ball down in front of the body to ensure the ball doesn't rebound off of the hands away from you.

Exercise #3 for Handling:

- Find a wall to be used as a rebounder. Serve the ball with your feet (use your hands if you aren't accurate with your feet yet, but practice to get better), get into your set position quickly, then receive the ball at above head height.
- Work on footwork to adjust to get your body behind the ball first, make sure you are balanced and feet are set (not moving) and catch the ball.
- Work on service into the wall to make sure you receive at above head height.

NOTE: a progression to this would be to add a reaction element to the exercise. Have a family member stand slightly in front of you and serve the ball into the wall for you to react to.

Work to rest would be 1 min work:1 min rest. Do approximately 6-8 sets.



Example – Rebounder – High Ball Handling Technique

