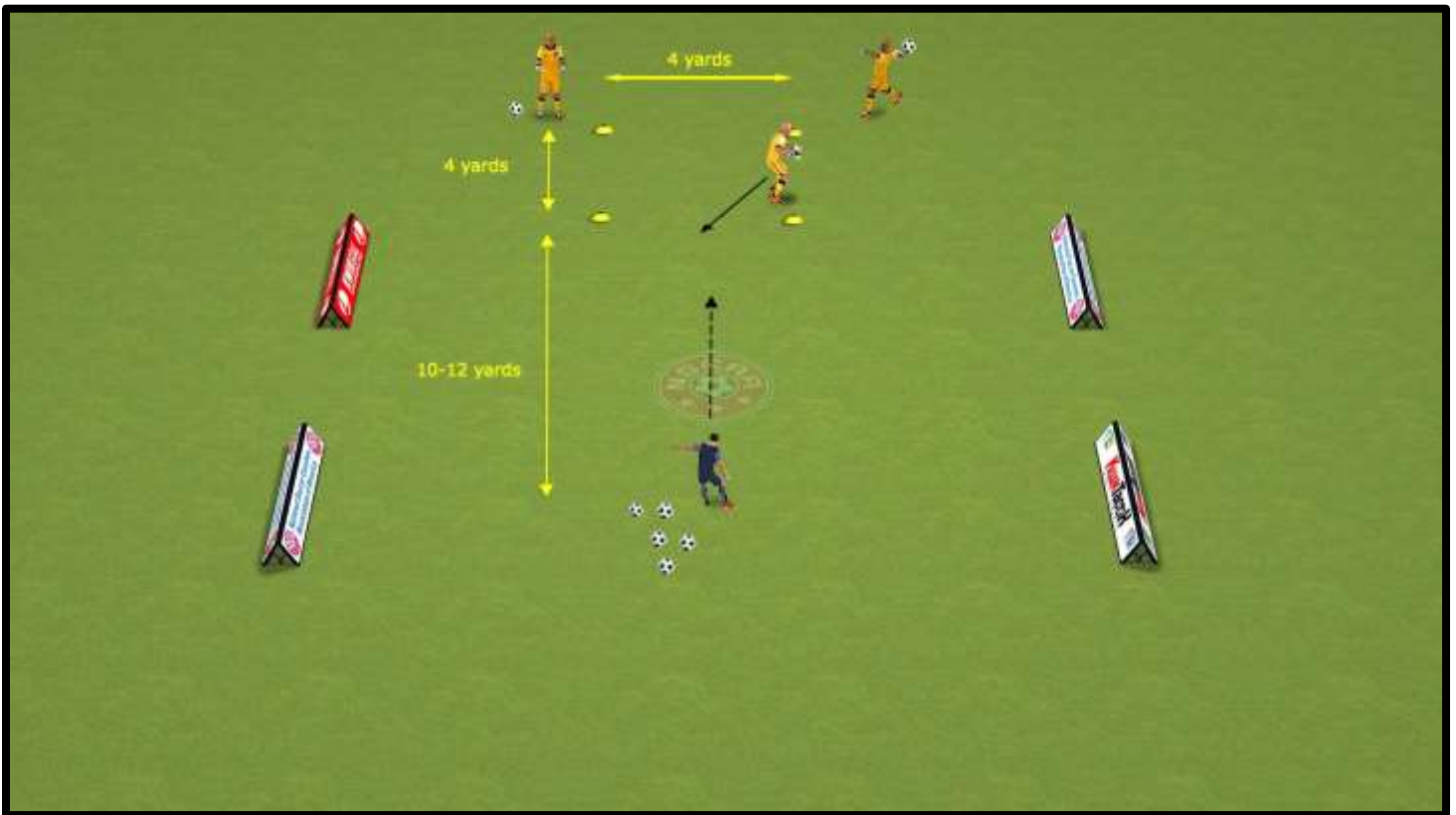


George Kostelis
Numbers: 15 Field Players / 3 Goalkeepers

Topic: Training Goalkeepers in How & When to set
Equipment: Ball, cones, pinnies, goals



Warm Up

Set Up

- 4 x 4 grid
- 3 goalkeepers
- GK coach 10-12 yds. / balls

Progressions

1. On coaches call, GK moves forward to set
2. On coaches call, moves laterally to set
3. On coaches call, GK moves backward to set
4. GK1 is facing left side, GK2 throws ball to coach, GK1 drops steps to handle shot from coach (train both sides)
5. GK1 is facing right side, GK3 bowls ball to coach, GK1 drop steps to handle shot (1 or 2 touch) from coach (train both sides).

4-5 repetitions per GK

Coaching Points

- | | | |
|-----------------------------|--------------------|---------------|
| • Set position / body shape | Footwork | Re-set |
| • Hand position | Distribution | Ball Line |
| • Handling technique | Timing/When to Set | Concentration |