

Vienna Goalkeeping session -Thursday April 20th

2017

Equipment needed

- 20 balls, discs, cones and SAQ posts
- Goals x6
- Tennis balls
- Rebounder

THE ENGLAND GOALKEEPER DNA

THE ENGLAND GOALKEEPER

HOW WE PLAY

'Unearthing, inspiring & empowering future generations of England Goalkeepers'

General warm up

1. Handball with header finish. - must use ball handling skill before you can pass.
Bently ball - one third in hands one third with ball at feet and last third no ball. Take a catch then look for a pass and dribble to space - then play a pass and look for a catch. (add in a roll / cross ball etc).
2. Bounce-tennis warm up with area/rebounder
3. Gk with a ball in hands (vball Swiss ball idea) - 1 or 2 juggles up and play ball with ball in hands. Good for tracking ball.
4. FA Joe hart quick handling sideways - 3 feeders, 3 balls
Quick handling to face there and back sideways footwork.
ii) Same but volley and only 2 balls - Gk must find free goalkeeper - distribution awareness.

LEARN - reactions

2s warm ups. Handling and movement.

1. One volley, one throw OR One bread basket, one face throw.
2. Throw up, catch from partner and catch ball before it hits ground
3. One handed passing in 2s
4. Stomach and techniques around world both on ground (diagonal and straight) OR one standing up.
5. From behind ball through legs - run to get by smother dive, and throw to Partner. Run up to partner and react through legs turning backwards.
6. Facing away - Jump and touch bar etc (burpee) turn set and save. (Various feeds)
7. Hurdle jump (ball) 1-2-3 jumps and dive.
8. Run around ball (Valencia) and go opposite way for low dive. Back and volley save (3 balls needed or 2 if hurdle).
9. Lying on ground stretched out to low save position. Save and return, repeat until NOW to dive and tip. ii) now means touch cone /post and then dive.

Mental sharpness

1. Use of tennis balls, slippery mat etc for reaction training.
2. Reaction ball played over top of keeper x2/3 then volley
3. Two different coloured balls red - right blue left etc pass left or right foot to side accordingly.
4. Two ball drop to set and save - stoke city go opposite to ball or where coach points etc
- 4ii) Same with volley save.
5. Feet with 4 cones and 2 mini goals either side - pass back / volley on one side

6. Diamond command - color coded around then make volley save middle (different feed heights - dipping bounce feed)

7. 3s one feeder and 1v1 Gk. Dive left or right to ball then leave on cone and get up to take high cross. + commands - switch, down, cross

8. 4 hoops (2r 2y) 2 cones 1 yellow 1 red.

Place ball in Color and touch cone - 1v1 with 2 waiting (4 in group). Take ball and dive to place in hoop. Recover quick to lift cone

Gk games

1. 345 gks and goalkeeper tennis with mini tramp / rebounder

2. 5s and reaction skittleball. Number called makes save! If hit out and ball boy. If make a catch as ball boy in at start in big goal.

3. 4 teams and big cones square in middle - various in and out come movements and them backwards running with ball in hands. (Figure 8s , hot potato, around body etc)

After all done you get to Throw and hit the MIDDLE BALL BALANCED ON CONE / score Gk wars goals.

4. Diving triangles / squares etc. 3s or 4s. Coach calls Right or Left and Goalkeeper puts ball in that hand. Stretch out and release ball whilst diving to the opposite side to save a ball from another GK. Make diving save and then recover to your cone.

5. Triangle 3 Dive sessions - in 4s. Start inside post, touch cone with right foot to start and ake save low to left. Recover around next cone and next save to left. After 3 switch.

Repeat to right,

6. Peter Shilton reaction volleyball dive - throw to corner of square/diamond and react. Points for catching or tipping out of area.

Warm ups for feet / handling

1. Arsenal cones zig zag to set for shot - use "Switch, Freeze, down" etc to add extra movement and control. SET feet and body for shot at end.
2. Movement in square / 6 yard box.
3. Copy movements on spot
COMMAND - Cross, dive l dive r, dribble, smother
Challenges - flexibility one etc
4. Straight line footwork circuit and save (straight set OR through and around cone for diving save opposite side)
Have 3 Gks and 3 feeders with a ball each. Goalkeeper makes save and rebounds own ball to join feeder line.
5. LATERAL footwork with hurdles 2 foot (bounce jump sideways) With hurdle jump also. - over, set feet, save. AS ABOVE 3 facing 3.
6. You now decide one of 3 footwork techniques, and receive a dipping volley.
7. Chelsea John Terry quick feet face away and react right or left.
8. Face sideline - on YES set to face front and make save.

Diving Fitness

1 Valencia Training - Touch post.... Side steps to middle, down and up. Dive to low ball going back. Up and around cone and volley. Out wide left to save a low ball acting as though ball. Shot to finish.

2. Semi circle of balls with a cone on each (Red, Blue, Yellow, White, Green etc). Goalkeeper runs out to use 2 hands to flick up to coach - coach then lobs ball over head for recovering footwork and dive.

Have 5 Gks around ball and one performing at a time - then ROTATE.

3. 2 Goals for dive technique and recover saves. Run out to 6 yard box and set - touch one cone and make dive to other side. Dive to the other for 2nd save and then retreat to set feet for volley save.

PSYCHOLOGICAL
WINNER: A relentless approach to being NO.1
NERVE STRENGTH: A robust inner belief to perform under pressure.
SELF AWARE: Understands & uses personal characteristics to maximise their own & the team's performance.
CONTROL: Regulates the appropriate emotional state in order to maximise performance.

TACTICAL
MANAGER OF THE GAME: Proactively executes their own role within the team in order to control the game at any given time.
PROACTIVE MANAGER OUT OF POSSESSION: Denies goal-scoring opportunities through positioning, instruction & effective actions.
EXPLOITS SPACE IN POSSESSION: Proactive support & passes that eliminates opposition players.

SOCIAL
LEADER: Guides & inspires others via action, manner or communication towards a common goal.
PRESENCE: A demeanour that projects positively onto the team & adversely effects the opposition.
LEARNER: Actively absorbs information quickly and efficiently in order to improve performance.
CONNECTED TO THE TEAM: Establishes relationships within the team, whilst retaining their unique identity.

TECHNICAL
'BIG' SAVES: Makes unexpected, result defining saves.
EFFECTIVE ACTIONS: Produces a variety of unique actions at the relevant moments.
OUTSTANDING DISTRIBUTOR: Successfully executes a wide range of passing techniques that maximise the 'In Possession' phase of the game.
CONSISTENT: Repeated and successful use of effective actions.

PHYSICAL
UNIQUE: Stands apart from the rest due to an outstanding characteristic or attribute.
EFFICIENT MOVER: A co-ordinated athlete who moves with ease, maximising the use of physical characteristics.
PHYSICAL PRESENCE: Uses functional power to dominate physical scenarios.
ROBUST: Consistently handles the physical demands of International football.

YouTube / Facebook Links and resources to innovative drills.

Barcelona gk mobility and fitness training

<https://www.facebook.com/Keepitonthedeck/videos/1534646806565517/>

Top Gk circuit with hurdles, reactions and diving

<https://www.facebook.com/Keepitonthedeck/videos/1533090356721162/>

Parithonikos GK footwork

https://www.facebook.com/permalink.php?story_fbid=1276561495707384&id=556836567679884

4

Footwork and diving drill

<https://www.facebook.com/556836567679884/videos/1303004993063034/>

Goalkeeper footwork and diving drill

<https://www.facebook.com/556836567679884/videos/1303004993063034/>

Goalkeeping fitness

<https://www.facebook.com/556836567679884/videos/1304577206239146/>

4 GK video pre season clips

<https://www.facebook.com/Keepitontheck/posts/1335373486492851>

Fitness rebounder drill

<https://www.facebook.com/Keepitontheck/videos/1324407107589489/>

Goalkeeping Innovation - reactions, crosses hand eye etc

<https://www.facebook.com/Keepitontheck/videos/1316345838395616/>

3 goal diving fitness drill FUN!!!!

<https://www.facebook.com/Keepitontheck/videos/1336391669724366/>

Peter schmeichel inspiration

<https://www.facebook.com/manchesterunited/videos/10153832088567746/>

Goalkeeping diving at feet - great diving drill

<https://www.facebook.com/donnychance/posts/10154127065771999:0>

GK - footwork with ball and then a variety of save drills. - for 3s and more

<https://www.facebook.com/Keepitontheck/videos/1329323720431161/>

Gk power training hurdles resistance etc

<https://www.facebook.com/Keepitontheck/videos/1566808593349338/>

Goalkeeping REACTIONS rebound of wall - low diving

<https://www.facebook.com/Keepitontheck/videos/1645693595460837/>

FA video u21 training - roll distribution, passback and set for save

FA distribution and set to save. Roll, pass back then save.

<https://youtu.be/YdCFNndI064>

FA 3 save agility from diving ground start position. Up and block - side set and save and throw feed to finish.

<https://youtu.be/XXAecS0yFwA>



Arsenal FC Session 2013 - Goalkeeping with Simon. Author of FAs DNA for GK.

Footwork with ball on ground and gates

- 1- passing both feet
- 2- take outside of cone on first touch and play through gate.

Volleys between gates to warm up

- 3- volley with footwork around one cone.
- 4- touch one post and the readjust to take volley feed
- 5- face away from post and readjust to get to middle of goal and set.

B) same with strike from
Ground

6. You now decide one of 3 footwork techniques and receive a dipping volley.

Part 3

From grassroots level teach gks to catch

Hands and elbows shape of ball is his opinion- in holland hands down and wider - argument is top corner save but don't have enough time to get them in with more powerful/ reactive shots.

Figure 8

Volley and footwork - catch

Keep hands forward weight forward

Set catch ball early

Weight forward

Balls of feet.

- 1 - figure 8 to set and take in the middle

With a volley you should know what the height should be

- 2- touch cone - opposite hand should stay up and focus on where volley should be - other hand just has to join it.

The principles of gk don't change.

You can then adapt this for different types of feed.

- 1- move 2 yards back, move up, set catch
- 2- go back and go around cone

Catch ball properly - goalie gloves have led to some bad hand technique.

2 gks at once - 3 cones sideways

If you are working with same 2 gks for 40 weeks of season you need to be inventive - wrap the same technical detail up in different practices.

Variations on a theme.

4 goalkeepers and cross over movement to set and save.

Part 4

Diving saves - diving triangle

Make your save - push back to feeder

3 is enough

Technique - do dive of feet movement.

- 1- low Side foot
- 2 - pop up throw

2 ball sequence in small area

1 low dive cut cross out of post

Adjust to cover middle and set to take volley.

Now use a bounce down feed - technique to step with leg and use arms to adjust to height -you don't want to be going down as ball going up.

Part 5.

1v1 and final wrap up

Coach in middle and plays to one player who takes first touch - other gk moves on their first touch.

PRINCIPLES

Front foot

When his head goes down - get down line of ball and close angle

When touch goes out of feet you advance to win ball with hands

Force player wide whenever possible

Be patient as helps recovering defender take up position.

Goalkeeping 2

Key to this morning - keep ball in your hands

Keeping your hands forward and reach out towards the ball

Head hands forward and elbows ahead of line of body.

Sidestepping technique - from waist down work hard and don't let feet come together as loose balance.

B) 2 gks with ball between them - hold w shape as they move in air.

C) in 2s roll to other gk - get 2 surfaces behind ball. Bend and foot behind

Turn elbows in to make basket shape with hands

Fingers to ground

Hands start neither up nor down so you can react to height of feed

Get a good gap between thumbs and nose

WORK BOTH DIRECTIONS

Difference in goalkeepers age - fine tuning as they get older.

"If you throw enough mud some will stick" - goalkeepers make themselves self taught.

Main part of coaching is TECHNIQUE - there is still game play etc

Need to build up HABITS IN FOUNDATION phase before they go on to talk in a game type practice which is what outfield coach would want. - concentration still on catching etc.

PART 2 - principles of shot stopping

Ball body middle of goal.
Feet in front of goal line
Skip your feet to move.

If shot is slow and you feel ball go down turn your hands around. - assessing ball flight to decide what you are going to do.

LEARN FROM WATCHING THE OTHER GOALKEEPER - ask yourself if they are right or wrong.

Change feed - bounce down. Move hands to the ball.

Change your service so it keeps the goalkeeper guessing - RANDOM PRACTISE.

ALL BODY MIDDLE OF THE GOAL - When the ball isn't in the middle move body.

What's the shortest route to goal - is it covered??

Questions??

Putting goalkeepers off - cameras and feedback from press on mistakes.

Process of feedback. - goal size is important.

Technical feedback reinforces interest and goalkeeper motivation and back it up with maturation/ strength/ height variables that will come with age.

Part 3.

Shot stopping - where is ball and middle of the goal?

Don't crouch in ready position to much.

Highlight fundamentals you have done correctly

If he beats you still get your body going in that direction

Goalkeeper Development - Stages

How do you tell them when to move them on - consistency of performance.

At stage development be positive and build up fundamentals.

Handling and footwork.

Younger ages - Teaching Techniques

Older ages - fine tuning and coaching of game understanding

Principles don't change

Create technical safety features that allow the goalkeeper the confidence needed to develop.