



**Session Theme**

GK: Dealing with First Ball

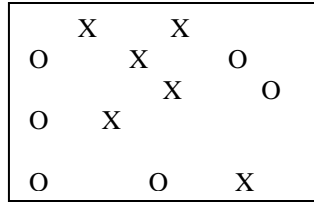
**Objectives**

Improve start positions  
Improve ability to 'track' play and prepare for the shot/save

**Warm-Up**

Strikers (O) have ball each at feet. GK's move around, side-stepping, and 'set' for a pass (shot) from strikers:

1. Stay on feet and collect ball
2. Collapse dive
3. Extension dive
4. Step and dive



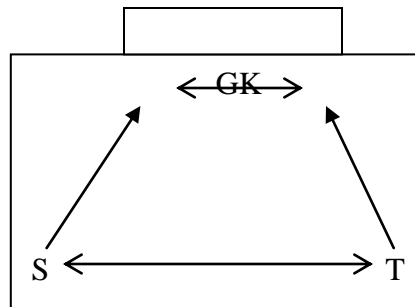
“W” / Scoop Catch

Eyes on ball

Hips/shoulders forward to ball

Two footed steps

**Groups of three:** S1 and S2 serve balls back and forth and GK must 'track' (follow the ball, constantly adjusting position to cover the goal. S1 or S2 can take a preparation touch at any time and shoot. GK must deal with the first ball by holding it or parrying away. If S1 shoots, S2 follows in for rebounds and vice-versa. Progress to first time shots with no preparation touch.



Hips/shoulders forward to ball

Move feet quickly

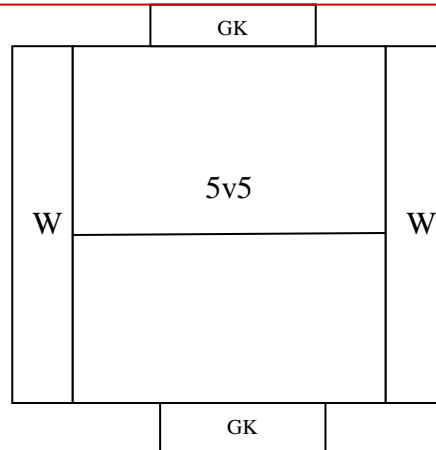
Set feet early (before ball is struck)

Do not 'jump' into set position

Start position

**5 v 5 to Goal**

Goal must go to a channel before being scored and can only be scored from a central zone. GK must adjust position and deal with the first shot effectively so there are no rebounds in the 'danger area'.



Focus on first ball – do not anticipate where ball 'might' go

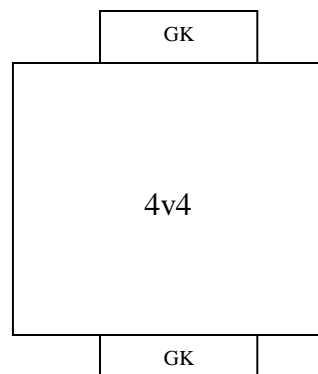
Catching - Soft, strong hands. Wrists locked, hands rounded to accept the ball.

Parrying – Open, flat and strong hands. Push 'through' the ball when attacking it.

**4 v 4 With Goalkeepers**

Regular game/no restrictions

Emphasis on quality of passing and movement off the ball to create passing opportunities



All of the Above