

# GK1 Training Schedule

## **Field Session I**

- Footwork for speed
- Starting Position (set and reset)
- Advanced catching techniques (low, middle, and high balls)



**GOALKEEPING**

**The Best In Goalkeeping**



## **Field Session II**

- Footwork for quickness
- Dive High, Middle and Low (Holding the ball)
- Forward Dives

## **Field Session III**

- Footwork for Balance
- Shot Stopping (Holding the Ball)
- Angle of Play and distance off Line

## **Field Session IV**

- Footwork For Speed
- 1 v 1's
- 50-50 saves

## **Field Session V**

- Dealing effectively with Crosses
- Controlling Highballs in traffic
- Tipping/Punching
- Footwork

## **Field Session VI**

- Footwork
- Defending near and far post
- Defending Balls coming down the end line and played back cross the goal

## **Field Session VII**

- Footwork
- Power Dives
- Far hand first to ball

## **Field Session VIII**

- Footwork
- Reaction Saves
- Covering the second Save

\*\*Angle of play, Distribution, Striking of the ball and Communication will be incorporated in every session.