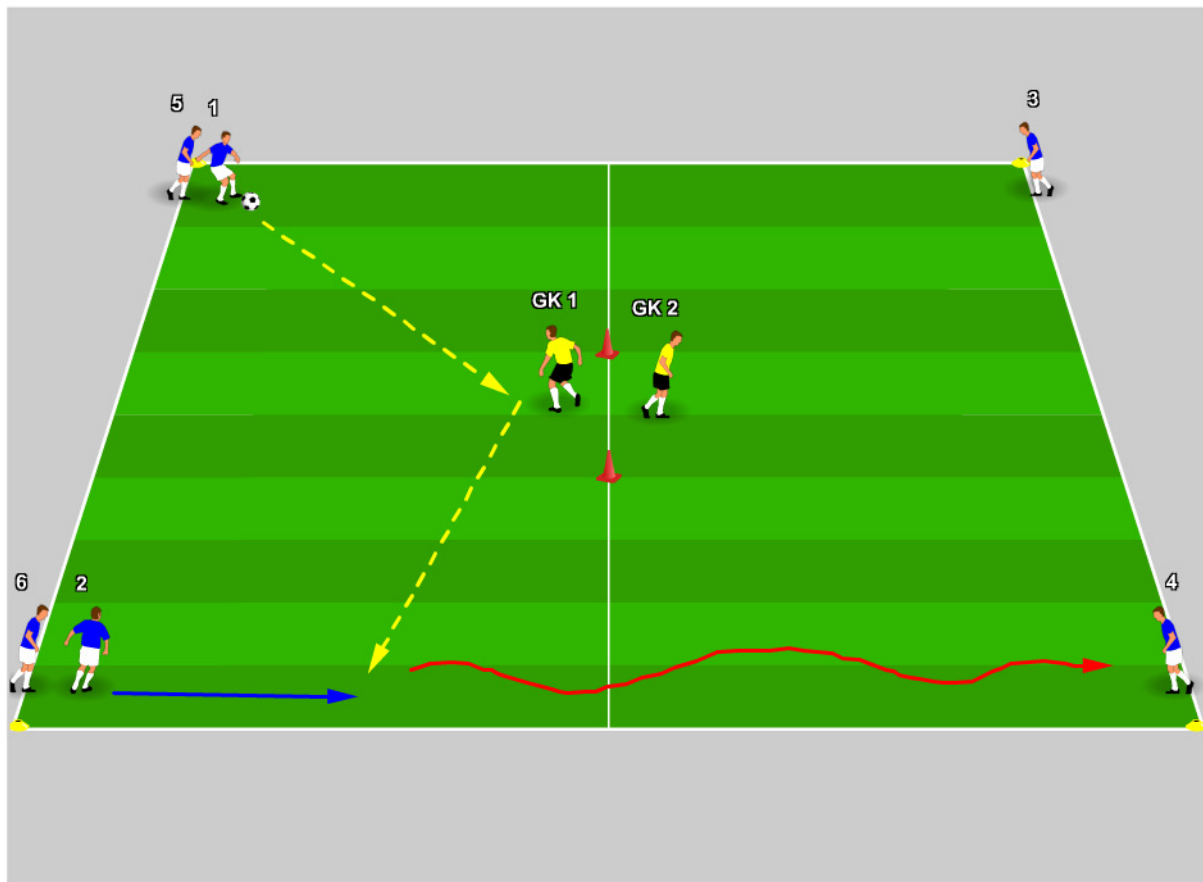


Goalkeeper and Team Warm-Up



Date:	13 Apr 2010	Measurement:	18 yard box 18 x 44 yds
Time:	.	Players:	8+
Duration:	3 min	Level/Age Group:	8+

Description: 18 yard box area 18 x 44 - adjust the size depending on age and ability. 2 GK on both side of a 4 yard gate placed in the middle of the area. Player 1 plays in GK feet and jogs to opposite side. GK plays out in front of player 2 to run onto and dribble across. The sequence continues from opposite side.

Objective: To intergrate you Goalkeepers into your training sessions

Coaching Points: 1. Coaching Position - To the side of the box in line with the goalkeepers. 2. Weight and Quality of passing. 3. Ability to link with teammates. 4. Starting positions. 5. Body shape. 6. Movement in the gate. Diving and falling techniques. 7. Encourage thinking as a player not just as a GK.

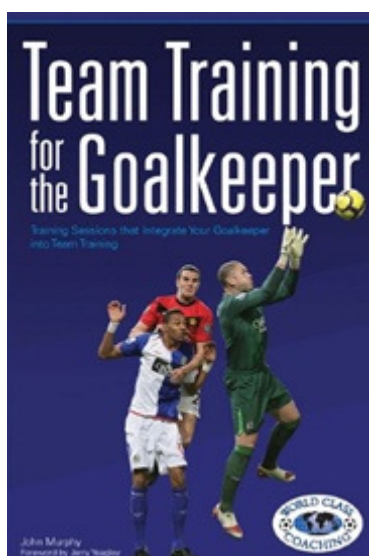
Progression: 1. Player 2 passes long to 4. 2. Ball from GK is in the air, receive and switch to other side. 3. Ball is played into GK hands. 4. Work both to right and left.

Notes:

The Goalkeeper and Team Warm-Up was taken from Team Training for the Goalkeeper Book

by John Murphy - holds the prestigious UEFA Professional Badge

Team Training for the Goalkeeper will show you how to integrate your goalkeeper into your team training sessions!



Purchase the book

Rest of the World Shop:

<http://shop.soccertutor.com/Team-Training-for-the-Goalkeeper-Book-p/wcc-b1094.htm>

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