

GK Movement

OBJECTIVE:

TEAM TACTICAL PRINCIPLES:

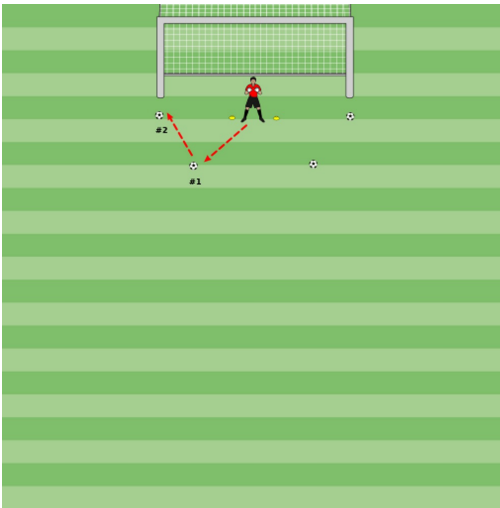
WHERE:

Zahra Lechak

AGE: / players

TEAM FUNCTION:

DURATION: min

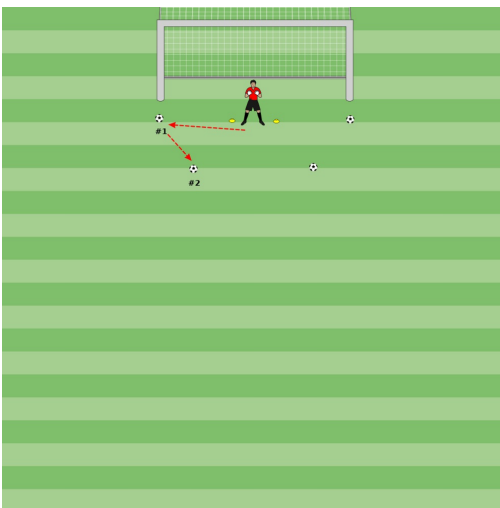


GK Movement Exercise #1

EXERCISE RULES: Starting position - Cones are placed 3 yards apart and 3 yards from the goal line. Balls are placed at an angle from cones 8 yards from goal line and 1 yard in front of each post. Exercise- Start in between cones, turn and dive towards ball #1, then get set and recover to dive towards ball #2. *Perform 4 reps for one set. 3 sets per side with a 30 sec

FOCUS TEAM OBJECTIVE:

NOTES:

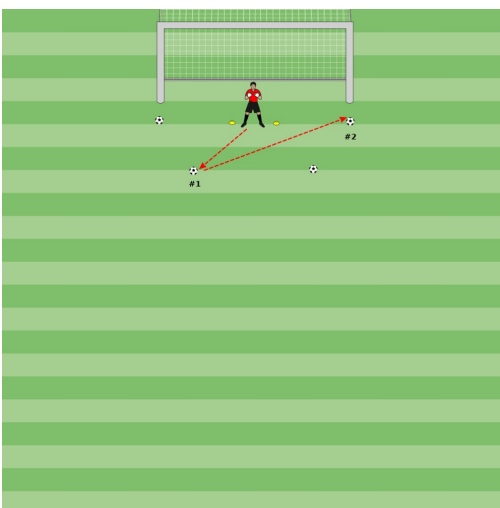


GK Movement- Exercise #2

EXERCISE RULES: Starting position - Cones are placed 3 yards apart and 3 yards from the goal line. Balls are placed at an angle from cones 8 yards from goal line and 1 yard in front of each post. Exercise- Start in between cones, turn and scoop ball #1, then get set and dive towards ball #2. *Perform 4 reps for one set. 3 sets per side with a 30 sec rest in between.

FOCUS TEAM OBJECTIVE:

NOTES:



GK Movement- Exercise #3

EXERCISE RULES: Starting position - Cones are placed 3 yards apart and 3 yards from the goal line. Balls are placed at an angle from cones 8 yards from goal line and 1 yard in front of each post. Exercise- Start in between cones, dive towards ball #1, then get set and recover to dive towards ball #2. *Perform 4 reps for one set. 3 sets per side with a 30 sec rest in

FOCUS TEAM OBJECTIVE:

NOTES:

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?