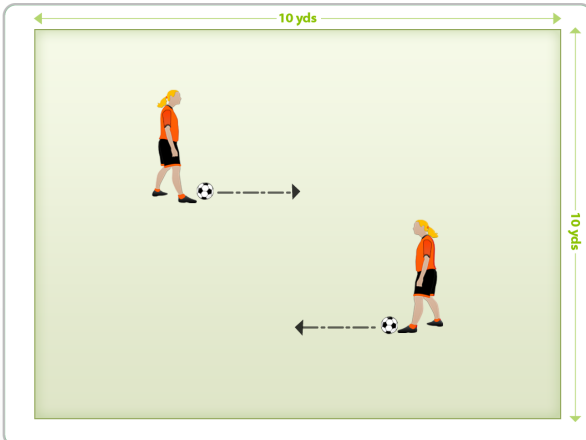


GK
7-9

WEEK 7
#31

NAME: Dribble and Dive **TYPE:** Technique **THEME:** Diving & Deflections



SET UP

Set out a 10x10 yard area. Group goalkeepers in pairs and position players randomly inside the area, each with a ball.

LEARNING OUTCOME
Diving to smother the ball.

DIAGRAM KEY

—— Player Movement - - - - - Ball Movement - - - - - Player/Ball Movement

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WEEK 7
#31

HOW TO PLAY

The goalkeeper stands with his feet shoulder width apart. On the coach's command, Goalkeepers dribble around the area. When the coach says, "Dive," goalkeepers kick their ball 2 to 3 yards in front of them and dive on top of the ball to smother and secure it. Repeat.

PROGRESSIONS

1. Goalkeepers dive on top of the other goalkeeper's ball.
2. On the coach's command, goalkeepers take a shot at each other and attempt to save the ball.

COACHING POINTS

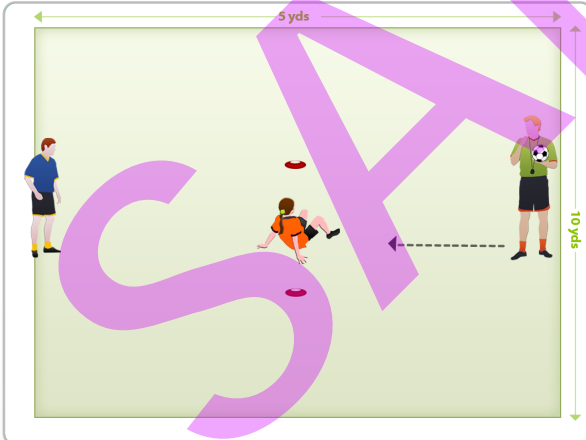
1. Keep your weight on the balls of your feet and your hands at your sides.
2. Smother the ball in your hands with your body "arm's length" behind the ball.
3. Bring your knees up and secure the ball to your chest.

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WEEK 7
#32

NAME: Seated Ground Deflections **TYPE:** Technique
THEME: Diving & Deflections



SET UP

Set out a 10x5 yard area. Group goalkeepers in pairs. Position the coach on the far end line with a ball. Position a resting player on the near end line. Position a goalkeeper seated inside a 3-yard goal in the middle of the area.

LEARNING OUTCOME
Deflecting the ball around the post.

DIAGRAM KEY

—— Player Movement - - - - - Ball Movement - - - - - Player/Ball Movement

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WEEK 7
#32

HOW TO PLAY

The coach rolls the ball toward a corner of the goal. The seated goalkeeper falls on to his side and from an outstretched position attempts to save the ball or deflect it around the post. Repeat in the opposite direction. Rotate goalkeepers and repeat.

PROGRESSIONS

1. Roll the ball progressively harder and to the sides of the goalkeeper.

COACHING POINTS

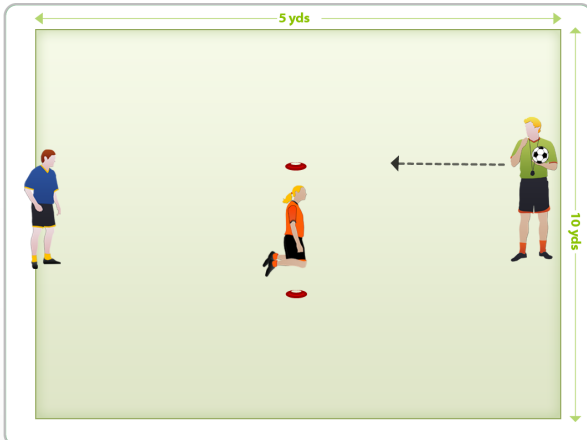
1. Lead with the bottom hand and deflect the ball outside the post with the heel of the palm.
2. Stay square to the ball and land on your hip or side, not your stomach.

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WEEK 7
#33

NAME: Kneeling Aerial Deflection **TYPE:** Technique
THEME: Diving & Deflections



SET UP

Set out a 5x10 yard area. Group goalkeepers in pairs. Position the coach on the far end line with a ball. Position a resting player on the near end line. Position a goalkeeper kneeling inside a 3-yard goal in the middle of the area.

LEARNING OUTCOME

Diving for high balls.

DIAGRAM KEY

— Player Movement - - - - - Ball Movement - - - - - Player/Ball Movement

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WEEK 7
#33

HOW TO PLAY

The coach tosses the ball toward the upper corner of the goal. The kneeling goalkeeper reaches up, extends to an outstretched position, and attempts to save the ball or deflect it around the post. Repeat in the opposite direction. Rotate goalkeepers and repeat.

PROGRESSIONS

1. Throw the ball progressively harder, higher, and to the sides of the goalkeeper.
2. Widen the goal and have goalkeepers stand.

COACHING POINTS

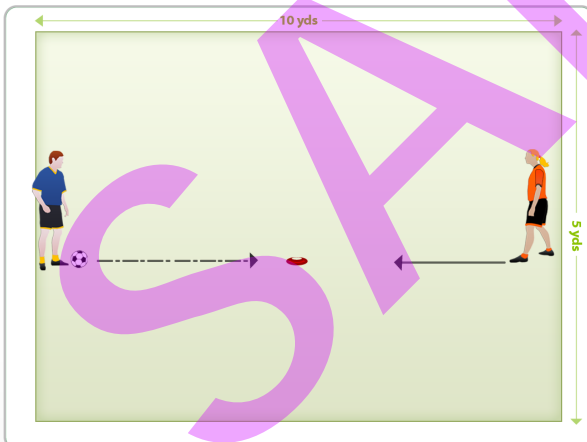
1. When catching the ball, use both hands and cushion your fall with the ball.
2. When deflecting the ball, lead with your top hand and deflect the ball with the heel of the palm.
3. Stay square to the ball and land on your hip and shoulder on your side.

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WEEK 7
#34

NAME: Defend the Line **TYPE:** Skill **THEME:** Diving & Deflections



SET UP

Set out a 5x10 yard area. Group goalkeepers in pairs. Position a resting player on the near end line with a ball. Position a goalkeeper on the far end line. Station a disc in the middle of the area.

LEARNING OUTCOME

Advancing and going to ground.

DIAGRAM KEY

— Player Movement - - - - - Ball Movement - - - - - Player/Ball Movement

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WEEK 7
#34

HOW TO PLAY

The resting player dribbles toward the middle disc. As soon as the resting player touches the ball, the goalkeeper advances from his line and closes down the distance to the ball. When the resting player reaches the middle disc, he can choose to go left or right in an effort to dribble around the goalkeeper and stop the ball on the far end line. The goalkeeper tries to prevent the resting player from advancing the ball to the far end line by forcing him out of bounds over a sideline or diving on top of the ball to smother and secure it. Rotate goalkeepers and repeat.

PROGRESSIONS

1. Remove the middle disc and play continuously in both directions, with goalkeepers defending their end line while attempting to dribble the ball over the opposing end line on the counter attack.

COACHING POINTS

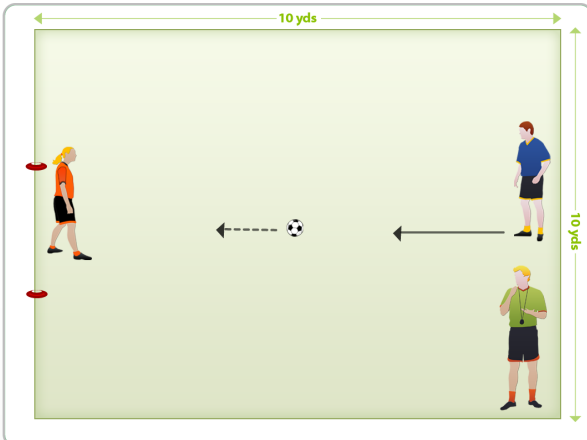
1. Start to advance toward the ball when the attacker looks down to take a touch.
2. Mirror the speed of the attacker.
3. Get into a low ready position with your arms by your sides and your hips and shoulders square to the ball.
4. Stay on your feet as long as you can.
5. When the attacker takes a long touch, advance quickly and go to ground. Smother the ball in your hands with your body arm's length behind the ball.
6. Bring your knees up and secure the ball to your chest.

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WEEK 7
#35

NAME: Peno's **TYPE:** Skill **THEME:** Diving & Deflections



SET UP

Set out a 10x10 yard area. Group goalkeepers in pairs. Position the goalkeeper inside a goal on the near end line. Place the ball central to the goal, the same distance in yards from the goal as the age of the player. Position the resting player on the far end line.

LEARNING OUTCOME

Saving penalty kicks.

DIAGRAM KEY

—— Player Movement - - - - - Ball Movement - - - - - Player/Ball Movement

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WEEK 7
#35

HOW TO PLAY

The coach blows a whistle. The resting player runs up to the ball and tries to kick the ball into the goal. The goalkeeper is allowed to shuffle along the goal line, but cannot move any closer to the ball while attempting to save the shot. The resting player can score from a rebound should the goalkeeper deflect the ball back into play. The play is whistled dead when the goalkeeper secures the ball or the ball goes out of bounds. Rotate goalkeepers and repeat. Keep score.

PROGRESSIONS

1. Have the goalkeeper stand with his back to the ball and don't allow him to turn around to face the resting player until the coach blows the whistle.

COACHING POINTS

1. Get into your "ready" position with your hands at your sides and your weight on the balls of your feet.
2. Step sideways and slightly forward toward the ball.
3. Get low and push off the near leg. Drive off the far leg for extra lift and power.
4. Catch the ball with both hands or deflect the ball outside the post with the heel of the palm.
5. Stay square to the ball and land on your hip and shoulder on your side.

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SAMPLE