

England's number one

Goalkeeping is not simply about making eye-catching dives to the top corner of the goal. This session will help improve your goalkeepers' distribution, catching from crosses and shot stopping – and your outfield players will benefit in dribbling, crossing and shooting techniques.



What you tell your players the session is about

1. Improving distribution when throwing or passing out with your feet.
2. Being in charge when coming to catch crosses.
3. Improving shot stopping.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15 mins	15 mins	15 mins	5 mins

Activity	Kit	Outcome
Warm up	n/a	Players reacting to run, from <i>The Ultimate Football Warm-Ups manual</i> , exercise 2
The session	Two goals, balls, bibs cones	The goalkeeper is completing a number of game situations
Development	Two goals, balls, bibs cones	The goalkeeper is reacting to a second ball quickly
Game	Two goals, balls, bibs, cones	The goalkeepers are more active in the game
Warm down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Distribution, handling, shot stopping, communication, footwork, movement around the penalty box

Team skills: Communication to defenders, team work to clear danger

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What to think about

- Even a top goalkeeper such as "England's number one" rates as only 8 out of 10 in most areas so they need to work on improving their shot stopping, distribution with hands and feet, catching crosses and communication – to name a few disciplines.
- Reacting to the next ball and constantly adjusting their position in relation to the ball is crucial to a goalkeeper.
- A recent study showed goalkeepers have seven more touches of the ball with their feet than they do with their hands. Therefore improving a goalkeeper's passing and receiving skills is vitally important.





Set-up

Use an area 30 yards long and 40 yards wide for all practices.



What you get your players to do

Two goalkeepers work at the same time. They throw or pass the ball out to their wide player. When a cross comes in from the opposite wing, the goalkeepers try to come and catch the cross. Immediately after this, the goalkeeper must react to make a save from a shot from an attacker. The goalkeepers have 30 seconds' rest before repeating this circuit.

Swap the wing from which crosses are made on a regular basis.



What to call out

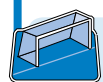
- "Find your team mate with the pass"
- "React and come to catch the cross"
- "React and save the shot"



Development

In a small-sided game, each team places a wide player with a supply of balls on the wing. After a shot on target, the wide player on the attacking team is allowed to cross a second ball into the penalty area.

This rule forces the goalkeeper to react quickly to a second ball in order to come and catch the cross or save a header/shot from the cross.



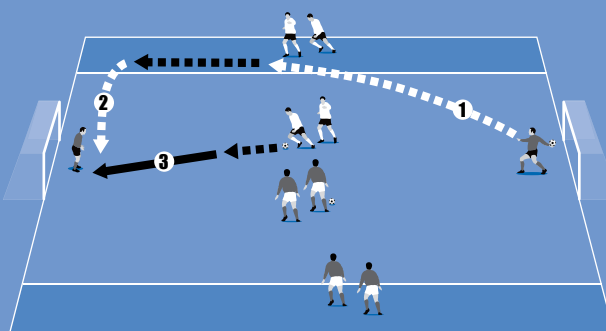
Game situation

Play a small-sided game but it is the goalkeepers who are in competition with each other. They compete in three areas: shot stopping, catching crosses and distribution. Goalkeepers earn a point for each successful shot stopped, cross caught, and pass made. At half time, teams change ends but the goalkeepers stay in the same goal so that neither has the advantage of having a better defence or attack.

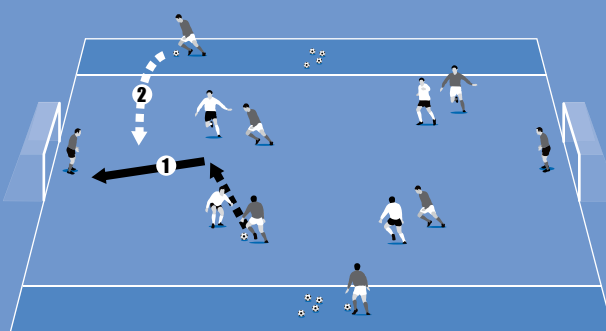
The goalkeeper with most points wins. And the team with most goals wins the outfield contest.

England's number one

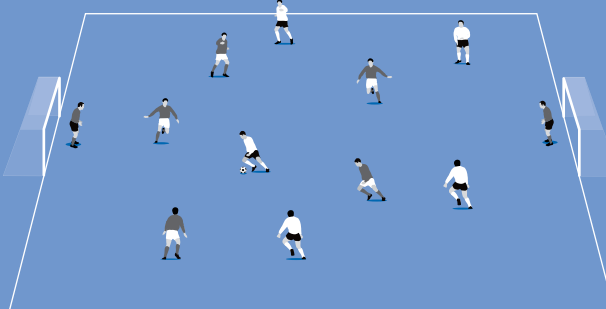
player movement \Rightarrow pass/serve $\square\square\square\Rightarrow$
 run with ball \dashrightarrow shot \rightarrow



Each goalkeeper serves the ball wide, then tries to catch a cross and then reacts to a shot at goal.



In a small-sided game, after each shot on goal, a cross is made into the penalty box to force a second reaction from the goalkeeper.



Goalkeepers compete on most saves made, most catches made, most successful passes made in this small-sided game.

