



SESSION TITLE	Goalkeeping Warm-Up. Focus on ball familiarity	SESSION REFERENCE:	ha062en
LEARNING OBJECTIVE	To improve co-ordination and familiarity with the ball in hands.		
OTHER OUTCOMES	<ul style="list-style-type: none"> • Awareness. • Conditioning. • Dribbling. 		
WHAT TO OBSERVE / WHAT TO COACH	<ul style="list-style-type: none"> • Players alert and aware. • Confidence with ball in hand. • Soft touch where appropriate. • Hand / eye coordination. • Reaction to coaching commands. 		

SET-UP

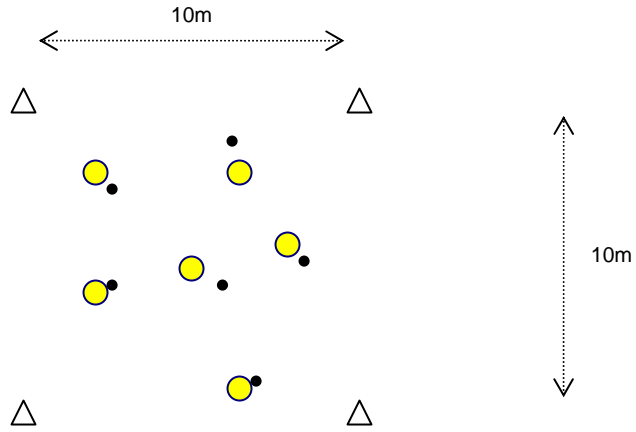
➤ Equipment	Balls, cones
➤ Areas	10 x 10m
➤ Duration	30 seconds per exercise. Work through full set, rest for 2 minutes and repeat.
➤ Participants	1+
➤ Age Group	5+

ORGANISATION

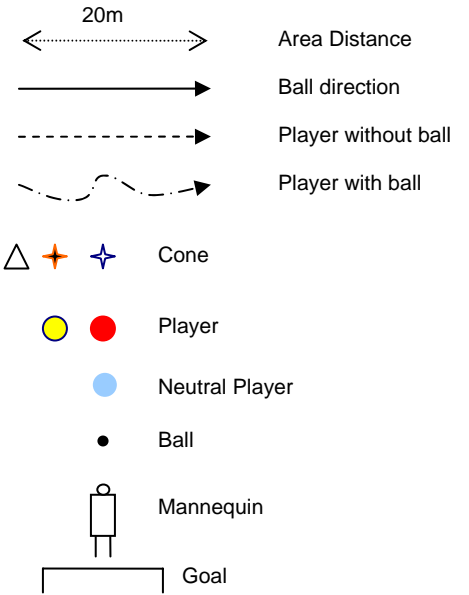
1 ball per player.
Cones are used to mark out designated work area.

HOW TO PLAY	<ul style="list-style-type: none"> • Figure of 8 around legs, ball on the floor. • Figure of 8 around legs, ball off the ground, passed between hands when the ball is between the legs. • Rotate ball around one leg only, change legs. • Sitting position, lift one leg and rotate ball around the leg. • Standing with legs together, rotate ball around both legs. • Rotate ball around waist, always using both hands. • Rotate ball around waist while walking/running. • If ball is dropped, players dive to smother ball. • Small tap ups with alternate palm of hands. • Maintain start position, side step with ball in hands. Keep head and hands still. • Ball on floor and dribble with both feet. • While dribbling, coach claps hands and players must dive on top of ball. • While walking, ball is passed between legs with each step. • Side steps while performing tap-ups with alternate palm of hands. • Always rotate ball in both directions.
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SESSION DIAGRAMS



KEY:



How to simplify the Session:

- Have players work one exercise at a time, with rest period in between exercises.

Progressions:

- Raise intensity of work.
- Increase work periods.
- Raise technical demands.