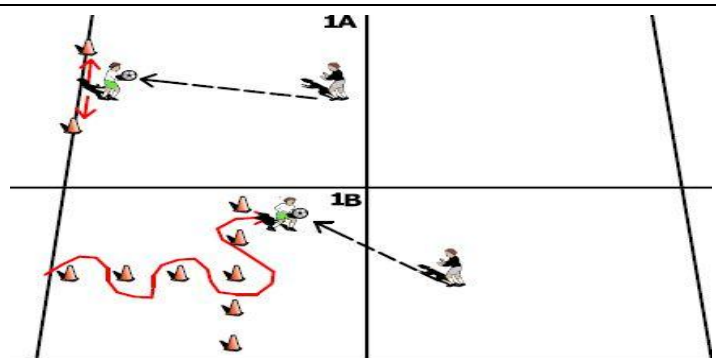


**SESSION THEME: Shot Stopping**

**Organization**  
Activity lasts 15 min. (1A) GK to work with goalkeeping coach (GKC), lateral movements touching cones from side to side and working with ground balls and volleys. (1B) Incorporate a variety of footwork and handling exercises through the cones.

**Coaching Points**  
handling, quick adjustments and set position (on balls of feet)

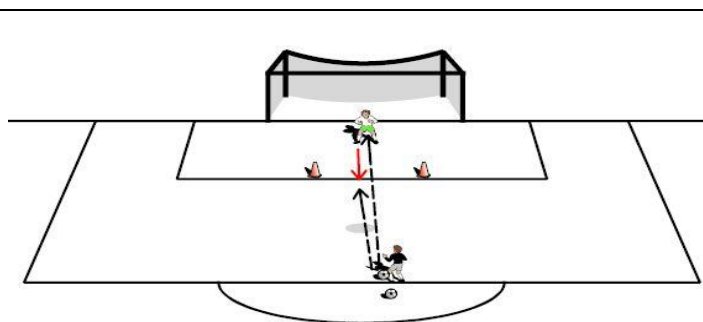


**PHASE II**

**Organization**  
As shown in diagram. Using a full size goal and 2 cones to make a mini goal on the 6 yd. box. Work for 5 minutes.

**Coaching Points**  
Different diving techniques, in line with the ball, forward movements to close down the angle, secondary cover and body shape.

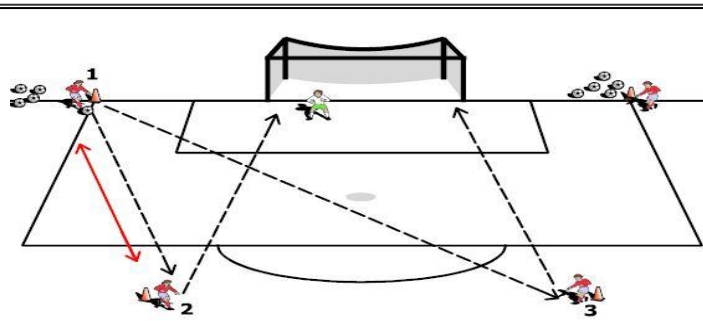
**Instructions:** GK in set position to receive a volley shot. GK then moves forward to stop a second shot in the mini goal. Coach to work both sides of the goal and the centre.



**PHASE III**

**Organization**  
As shown in diagram. Work for 15 minutes.  
**Instructions:** Player 1 passes to player 2 who has a shot. The players then rotate positions. Progression: Player 1 passes to player 3. 1 and 2 touch finishes.

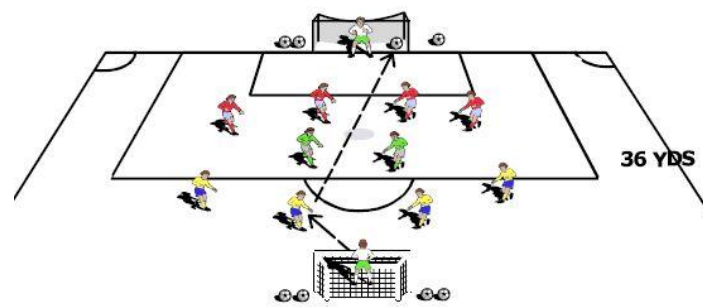
**Coaching Points**  
Near post consideration. Recovery from down to up.



**PHASE IIII**

**Organization**  
4 v 4 + 2 floaters to overload team in possession + 2 GK's  
**Instructions:** Organise the players in to a defensive unit. The team in possession must pass the ball around utilising the neutral players to create shooting opportunities.

**Coaching Points**  
GK positioning, ever ready and do not neglect other coaching areas. GK distribution as 1st attacker. Progress to 8 v 8 + 2 GK's on half a pitch.



**FITNESS / CONDITIONING**