

# Eric's Box

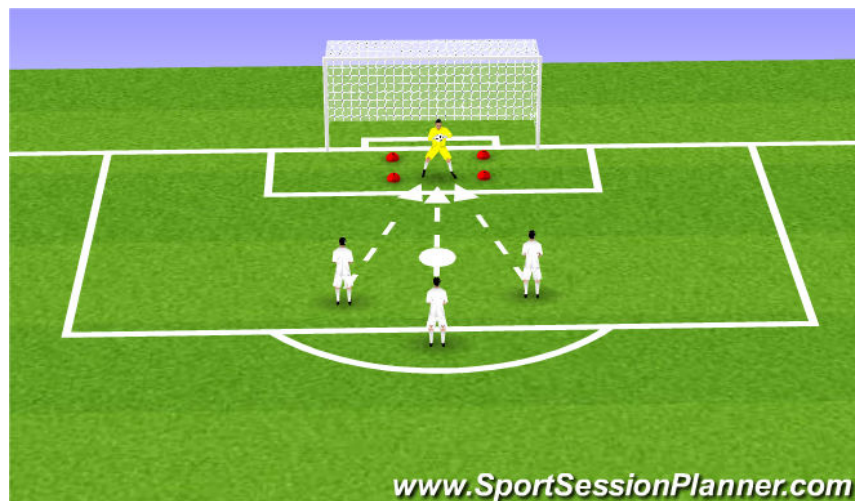
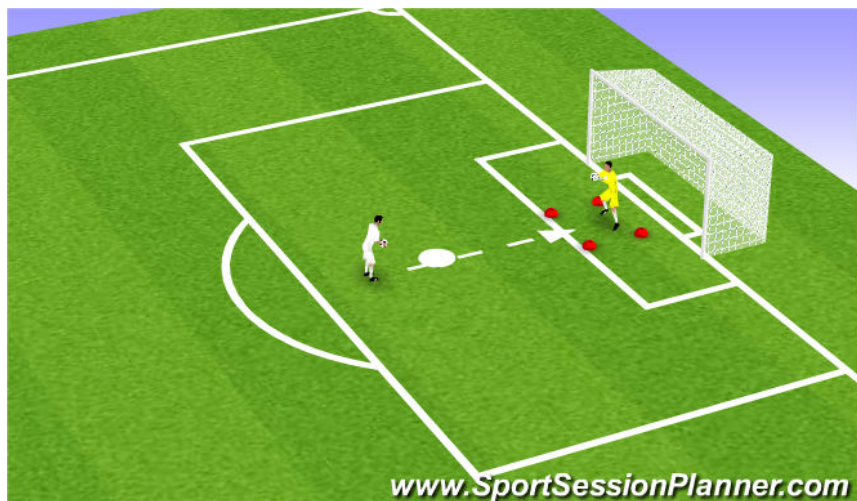
Category: Goalkeeping: Footwork/Handling | Difficulty: U10



Pro-Club: SportSessionPlanner.com  
Eric Steele, Adult Member



SPORT  
SESSION  
PLANNER



## Footwork and Handling (5 mins)

### Organisation of Session:

2-3 Goalkeepers working with 1 GK Coach

### 1ST Exercise

GK moves forwards through box receives service (thrown, volley or moving ball) makes save throws ball back to coach. GK moves L or R then backwards L or R and repeats movement through box.

### Key Factor

Hands, Head still when moving through box. 6 serves max for each GK

### Session Objectives (individual)

Improve Handling, Footwork, Speed around the goal Stance

### Session Objectives (Group)

Work to rest ratio

## Footwork and Handling

### Organisation of Session:

2-3 GK's working with 1 GK Coach.

### 2nd Exercise

GK starts in set position with head down. On call of GO from coach, GK lifts his head and repeats movement patterns from 1st exercise making save.

### Key Factors

GK raises head, Head and Hands remaining still to make save from coaches position

### Session Objectives (individual)

Improve handling and footwork and awareness of servers position.

### Session Objectives (Group)

6 serves max, work rest ratio.



## 3 and 4 Catch or Parry

### Organisation of Session:

2-3 GK's working with 1 Gk Coach

### 3rd and 4th Exercise

GK starts position 1 facing away from the server. On call of GO GK moves without touching the disks by moving right foot out towards the front of the pitch to make the save

## 5 and 6 foot movement saves on the angle

### Organisation of Session:

1 GK working, 1 GK serving, 1 Coach serving

### 5th and 6th Exercise

On Coaches call L or R GK moves laterally L or R to get in line with the ball struck by coach on angle

### Key Factor

between box and right half of goal, Catch or strong parry to safe areas

**Session Objectives (individual)**

Improve footwork, handling, decision making, catch or parry to safe area as shown

Exercise 3 making save to GK Right

Exercise 4 making save to GK Left

**Session Objectives (Group)**

6 serves max, work rest ratio

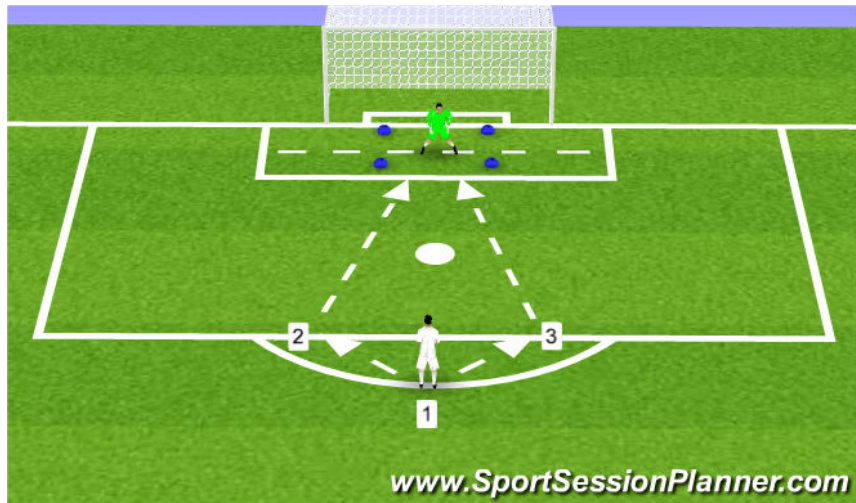
1st Step movement, small and quick. Stay compact, head and hands still.

**Session Objectives (individual)**

Improve footwork and handling

**Session Objectives (Group)**

Work to rest ratio. 6 max. If coach only work Left side exercise 5, if coach side coach exercise 6.



**7 and 8**

**Organisation of Session:**

1 GK working, 1 Coach serving.

**7th Exercise**

GK faces coach who is 22yards from the goal. GK coach drops ball from hands to position 2 or 3 and strikes off the floor.

**8th Exercise**

GK moves position 2 or 3 and side volleys

**Key Factors**

7th exercise GK has to be in line quickly, may advance or hold at three yards

8th exercise GK may drop to 2yards to accept dipping volley.

**Session Objectives (individual)**

Improve footwork, decision making, distance from goal for GK depending upon ball being struck off the floor or volled.

**Session Objectives (Group)**

Work to rest ratio. 6 max. 1 Coach 1 GK

