



# Foundation Phase- Technical practices including combination techniques

**Category:** Goalkeeping: General

**Difficulty:** Moderate

Reseller-Club: GkNexus

Gk Nexus, [www.gknexus.com](http://www.gknexus.com), United Kingdom

## Screen 1

### Practice 1

#### Organisation

1. 4 mannequins set out in a 20 yard square
2. 2 x teams of 3 Gks

- A. Gks have free play with 1 ball per team
- B. 2 x teams moving the ball from hand to hand, or feet to feet,
- C. Gks have to react to Coach command at whistle. Example, side step out to touch mannequin, before continuing with practice

#### Progressions

1. Teams can swap balls
2. Coach can swap the distribution method
3. Limit touches

#### KeyPoints

1. Awareness of space/players
2. Movement patterns
3. Retain balanced stance when receiving the ball
4. Concentration
5. Communication



## Screen 2

### Practice 2

#### Organisation

1. 4 x cones set out in a 10 yard square
2. 2 x markers set out 2 yards apart, acting as a goal
3. 1 x white marker set out 8 yards away from Gk, acting as Server1

- A. Gk sets 1 yard off their line, to receive low serve from S1 to implement scoop technique
- B. Gk receives 5 feeds, before rotating with S1

#### Progressions

1. S1 can apply pressure to the Gk after the serve
2. Vary the angle/distance of the serve
3. Increase power of serve to enable Gk fall through technique

#### KeyPoints

1. Balanced set-position
2. Hands are in set-position height
3. Hands prepared to take the scoop, palms facing out
4. Scoop ball, drop to K position
5. Head over the ball



## Screen 3

### Practice 3

#### Organisation

1. Set up the same as previous practice, but with additional 2 x flat markers set out 4 yards apart

A. Gk receives low serve from S1, to implement scoop technique  
B. S1 then calls Left/Right, to which the Gk dives towards that ball and S1's feet, as they apply pressure

#### Progressions

1. Vary the angle/distance of the serve  
2. Increase power of serve to enable Gk fall through technique

#### Key Points

1. Drive towards L/R balls with explosive power from the closest foot to the ball  
2. Drive towards ball leading with the hands  
3. Ensure the Gks head is tucked in behind the ball, to prevent injury from ATT



## Screen 4

### Practice 4

#### Organisation

1. Each Gk has their own ball  
2. 7 aside goal is set up 10 yards away from Gks

A. Gk places ball on floor  
B. Gk takes 3 steps backwards  
C. Gk takes 2 steps to their left, if right footed. And, 2 steps to right if left footed.  
D. Gk looks at ball  
E. Gk turns left shoulder to the ball, if right footed. And, turns right shoulder to the ball if left footed.  
F. On Coaches call, each individual Gk kicks ball over the goal, into opposite end of grid.

#### Key Points

1. Focus on the ball  
2. Accelerate through the ball  
3. Focus on connecting laces with the ball



## Screen 5

### Practice 5

#### Organisation

1. Split Gks into two teams, who then occupy one half each  
2. Each Gk has their own ball  
3. 7 aside goal is set up 10 yards away from Gks

A. Using technique learned in previous practice, the Gk now kicks the ball into the opposing teams half  
B. Opposing team attempt to catch the ball and are rewarded 1 point for every clean catch  
C. Each Gk has a turn, before the teams swap roles.

#### Progressions

1. Different distribution techniques- kicking/throwing  
2. Increase length of grid  
3. Decrease width of grid

#### Key Points

1. Focus on the ball  
2. Accelerate through the ball  
3. Focus on connecting laces with the ball  
4. Handling technique  
5. Communication  
6. Awareness



