



GK Nexus Session - Carlisle (Activation & Warm-ups)

Category: Goalkeeping: General
Difficulty: Moderate

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Individual-Adult Member

Screen 1

Activation 1

Organisation:

A. This exercise is first performed with tennis balls and then footballs are used.

1. GK1 and GK2/Server/Coach stand 1yd apart and both hold a single ball in each hand
2. GK2/Server/Coach begin the exercise by delivering one of their balls across towards either one of the balls being held by GK1
3. Before securing the ball being delivered towards them with one hand, GK1 must move the ball they are holding over to GK2/Server/Coach without the two balls clashing.
4. The process is repeated at a speed comfortable for GK1 to get an understanding of the exercise
5. GK2/Server/Coach controls the speed of the exchanges and will gradually speed the process up to challenge the goalkeeper.

Progressions:

1. Tennis Balls
2. Footballs (size relative to age/size of GK's hands)

Key Points:

1. Connection
2. Hand/Eye coordination
3. Reactions/speed of thought
4. Awareness
5. Ball Familiarity



Screen 2

Activation 2

Organisation:

A. An 8yd x 6yd 'court' is marked out with a net made from traffic cones

B. 1 v 1 or 2 v 2 games can be played on this size court. Bigger court needed to accommodate more GK's

C. Depending on surface, the game can be played with a variety of different balls to bring a variety of: ball flight, ball speed, bounce etc.....

Rules:

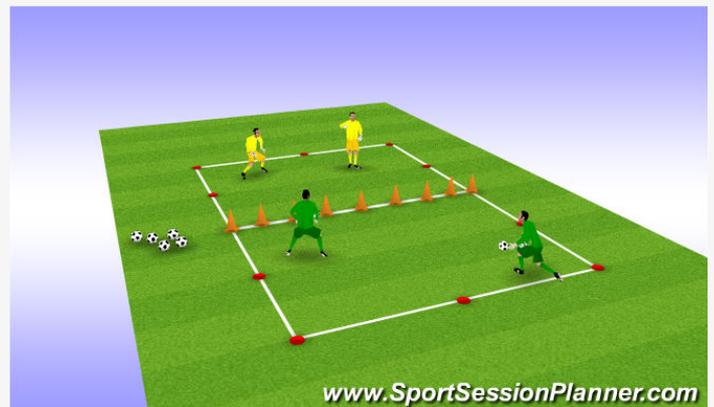
1. Ball should be played with the palm of the hand only
2. Service should be from the back line of the court on either side
3. Ball can be returned without bouncing or after the first and only bounce allowed on either side of the court
4. GK's allowed only one touch each before ball must be returned over the net
5. Point can be won on any serve
6. If point is won, service is kept, if point is lost, opponent serves next ball

Progressions:

1. Tennis Ball?
2. Mini Football/Mini Basketball
3. Volleyball?
4. Football

Key Points:

1. Assessment of the flight of the ball
2. Footwork/Mobility/Flexibility
3. Ball Familiarity
4. Ball Manipulation
5. Diving
6. Hand/Eye Coordination
7. Communication
8. Teamwork (2 v 2, 3 v 3 etc)



Screen 3

Activation 3

Session Organisation:

- A. GK works in an area 4yds x 4yds.
- B. Server works with two balls but only delivers one ball at a time into the area/GK
- C. The ball must bounce once and the GK must return the ball back to the server with the use of only one hand
- D. Once the GK is returning a ball back to the server, the server then delivers the other ball into the area for the goalkeeper to deal with.
- E. Server can move around the outside of the area

Progression(s):

- A. As above but the ball is not allowed to bounce
- B. Two GK's now work in the area with a ball each and deal with their own ball delivered into the area by the server and can now secure the ball with both hands before returning it to the server.

Key Points:

- A. Mobility - speed of movement of the feet to get closer to the ball before securing with the hand(s)
- B. Multi directional
- C. Flexibility
- D. Changes of focus
- E. Awareness
- F. Ball handling - one hand/two hands



Screen 4

Warm Up

Session Organisation:

- A. GK works in a goal 4yds wide
- B. Server 1 Stands facing the goal, approx 3-4yds from goal. Server 2 and 3 stand opposite the post on either side of the goal approx 5-6yds from goal. Each server has a ball
- C. S1, pushes the ball towards the GK's head, GK catches and returns the ball
- D. GK moves laterally to get into line with S2 and plays a 1-2 with the right foot
- E. GK moves laterally to receive another ball from S1 and then moves laterally to play a 1-2 with S3
- F. GK moves laterally to receive another ball from S1 and repeats x 6

Progression(s):

- A. S1 delivers pass to GK's feet for the GK to perform blocking shape. GK receives ball to catch from S2 and S3
- B. S1 pushes the ball towards the GK's head for catch, S2 and S3 pass ball for GK to dive and save
- C. S1 passes to GK feet for 1-2, S2 and S3 pass ball for GK to perform blocking shape and so on.....

Key Points:

- A. Lateral movement/footwork
- B. Handling
- C. Diving
- D. Passing/Throwing
- E. Changes of focus
- F. Mobility/Flexibility

