



Crazy Catch Activation Practice (10 mins)

Crazy Catch Dive Activation Practice

Set Up:

- 2 x Crazy Catch Rebound Nets
- 4+ x Goalkeepers

Organisation:

1. A Crazy Catch rebound net is positioned at each end of a 20 x 15 yard area, 2 yards in and centrally placed. The net is surrounded by a 2 x 2 yard disc area
2. Double the amount of balls to goalkeepers are placed randomly inside the area
3. Each goalkeeper has possession of a ball, held in their hands
4. The goalkeepers throw the ball at either Crazy Catch rebounder and try to create an angled rebound so that they need to dive to secure the ball before it hits the floor
5. Once the goalkeeper has regained possession of the ball, they replace the ball in their hands with a different ball that is randomly placed around the area
6. The goalkeeper then repeats the action but at the other rebounder net. The goalkeepers are not permitted to use the same rebounder for consecutive throws
7. The first goalkeeper managing to throw 10 balls at the rebounders wins

Progressions:

- A) The goalkeepers pair up and one goalkeeper throws the ball onto the rebounder so that their partner now has to secure the ball by diving if needed
- B) The rebound nets can be replaced by either a goalkeeper or outfield player, who can either catch and throw the ball for the goalkeeper to save or side foot volley the ball to create a new angle on the ball to challenge the goalkeeper to make a decision on what technique needs to be used to save the rebound

Key Points:

- A. Choice of technique of throw onto the rebound net - underarm/javelin/sidearm/overarm
- B. Ready/set position to give goalkeeper platform to work from
- C. Save decision: which technique to use to save/secure the ball - catch/collapse save/low diving save/high diving save(catch/parry/deflect)
- D. Recovery to switch ball and move to opposite rebounder
- E. Awareness of where other goalkeepers are in relation to self and rebound nets, especially if diving!
- F. Communication



Defend Double Goal Game (10 mins)

Defend Double Goal Game

Set Up:

- 4 x Mini Football Goals
- 4+ x Goalkeepers
- Discs/Markers
- 2 sets of different coloured bibs
- Supply of Balls

Organisation:

1. Two mini football goals are placed next to each other at either end of a 15 x 12 yard area
2. Two teams of 3/4 are organised and one goalkeeper from each team defends a pair of goals
3. The coach/server stands at the side of the area, halfway up with a supply of balls
4. The coach/server starts the game by playing the ball to either team who then attempt to combine to score or can strike at goal whenever possible. Players can shoot from anywhere
5. If the opposing goalkeeper secures the ball then a transition takes place and the other team attacks. Play continues until the ball goes out of play or a goal is scored
6. The coach/server always starts the play

Progressions:

- A) Players can only shoot from their own half
- B) Players can only score from within the opponents half

Key Points:



- A. GK's start position in relation to the ball
- B. GK's set position
- C. GK's movement into line with the ball
- D. GK's assessment as to which technique will be most appropriate: Catch/Dive/Parry/Deflect
- E. Recovery saves/Recovery Lines
- F. Realism in save decision within context of the game
- G. Distribution: Throwing/Passing - Angles/Distances of support/Quality of distribution technique and accuracy
- H. Communication/Information/Instruction

Basic Diving Technique 1 (10 mins)

Basic Diving Technique 1

Set Up:

- 1+ x Goalkeepers
- Discs/Markers
- Supply of Balls

Organisation:

1. Five discs/markers are placed in a stretched out 'V' shape with a single coloured disc/marker at the base of the 'V' and two other coloured discs used to form the rest of the shape
2. A ball is placed next to each of the first two discs, either side of the shape
3. The GK kneels on the ground with their toes touching the disc at the base of the shape
4. The GK drops down alternately towards the ball, next to the disc on either side of the shape
5. Upon performing the action and securing the ball, the GK returns back to a kneeling position and repeats the action to the opposite side
6. Repeat x 6-8 times

Progressions:

- A) The GK repeats the same action but to the balls furthest away from the base of the 'V' shape
- B) The GK Repeats the action but from a standing position
- C) The GK performs the action but the ball is held by a coach/server/GK at waist height
- D) Ball is now passed/thrown by coach/server/GK towards the discs on either side and the GK performs the same technique but deals with a moving ball

Key Points:

- A. GK collapse at knees/move nearest knee or foot to the ball, to get closer to the ball
- B. GK bring bodyweight slightly forwards in preparation to make the save
- C. Power is now generated by GK to dive
- D. Hands lead towards the ball, closely followed by the head(1st and 2nd barrier)
- E. Hands ball width apart(handcuffs) and nearest hand is placed behind the ball(stopper) and the other hand(trapper) is placed on the top of the ball. As the ball is on the ground at this time then the ground can be used to cover more of the balls surface
- F. Elbow needs to be tucked in to avoid injury and impact taken on the side of the body(knee, hip, elbow, shoulder)
- G. Head tucked in behind the ball and eyes fixed & focused on the ball



Basic Diving Technique 2 (10 mins)

Basic Diving Technique 2(Progression 4 on previous practice - moving ball)

See technical detail from previous practice!



Four Goal Diving Practice (15 mins)

Four Goal Diving Game

Set Up:

- 4 x Mini Football Goals
- 4+ x Goalkeepers
- Discs/Markers
- Supply of Balls

Organisation:

1. Two sets of two mini football goals are placed next to each other approximately 10 yards apart
2. One GK defends each set of two goals
3. Four servers are positioned to the side of the goals at a specified distance and each server stands next to a different coloured disc/marker with a ball at their feet. The servers have a spare ball to the side
4. Coach/server/player stands in between the two sets of goals, ready to receive a pass from any one of the four servers on the outside
5. On the coach/server/players call of a colour, the specific server plays the ball in and the coach/server/player attempts to score past either GK
6. The GK attempts to save with the relevant technique
7. Once a goal is scored, the shot is saved or the ball goes out of the play, the action is repeated by another colour being called
8. Repeat x 8-10 balls

Progressions:

- A) If GK secures ball, they can attempt to shoot into opposite goal

Key Points:

- A. GK's start position in relation to the ball
- B. GK's set position
- C. GK's movement into line with the ball
- D. GK's assessment as to which technique will be most appropriate: Catch/Dive/Parry/Deflect
- E. Recovery saves/Recovery Lines
- F. Realism of save decision within context of the game
- G. GK Refocus/change position for next ball played

