

## Spain U15 Boys

# Goalkeeper matchday +1 training

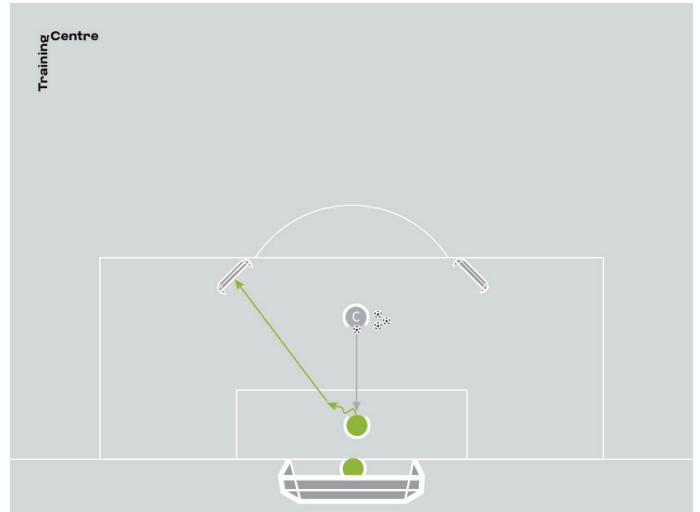
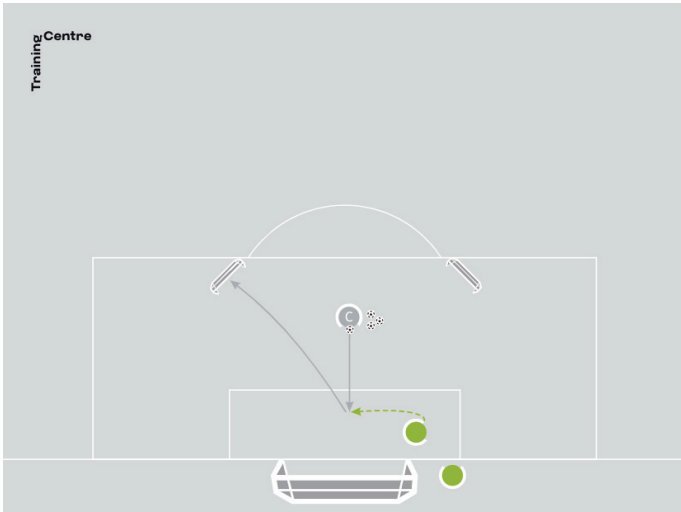
### Session overview

- Part 1:** Activation
- Part 2:** Ball-handling
- Part 3:** Cut-back crosses
- Part 4:** Positioning
- Part 5:** Close-range shots
- Part 6:** Aerial Balls

### Key coaching points

- Leaning slightly forwards on one foot and facing the ball helps goalkeepers follow the trajectory and prepare for a jump or save more easily.
- Time actions carefully, such as raising arms to collect aerial balls at the right moment and avoid spilling the ball.
- Small steps and coordinated footwork help goalkeepers prepare to adjust quickly.
- Close the angle swiftly by moving towards the ball and spreading the body as much as possible.
- When spreading the body, stretch one leg and drop the knee of the other to minimise gaps under the body.

### PART 1: GOALKEEPER ACTIVATION



Variation 1

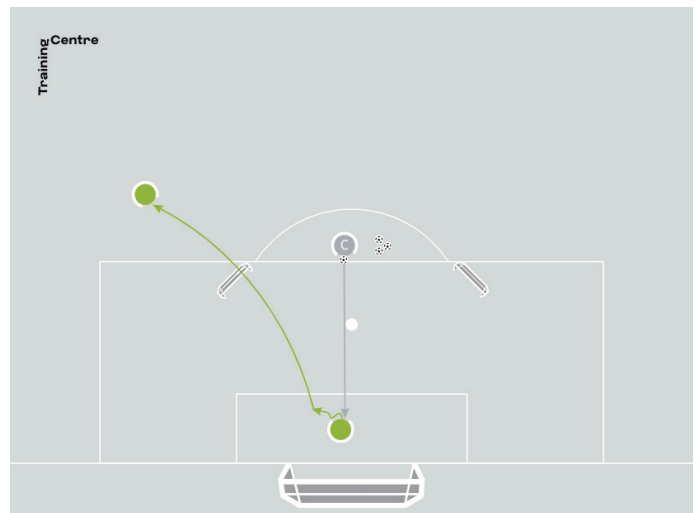
This session begins with a variation of activation exercises that focus on the goalkeeper's ball-handling, footwork, distribution and positioning.

### Organisation

- Use a full-size goal.
- Position 2 mini-goals at a 45-degree angle 15m from the goal.
- Use 2 goalkeepers who must be positioned on 1 of the posts.
- A coach should stand 10m from the goal and face the goal with some balls.

### Sequence

- The goalkeeper stands by the post, facing the touchline.
- On the coach's command, the goalkeeper turns and shifts to the middle of the goal.
- The coach volleys the ball, which the goalkeeper must catch.
- After catching the ball, the goalkeeper must perform an overarm throw or underarm roll into the mini-goal.



Variation 2

- The second goalkeeper repeats the drill.
- The goalkeepers perform the same drill from the opposite post, aiming for the other mini-goal.

### Variation 2

- The coach plays a pass along the deck to the goalkeeper.
- The goalkeeper must take a touch to get it out of their feet and then pass into the mini-goal with their other foot.
- The second goalkeeper repeats the drill.
- The goalkeepers perform the same drill but pass into the other mini-goal.

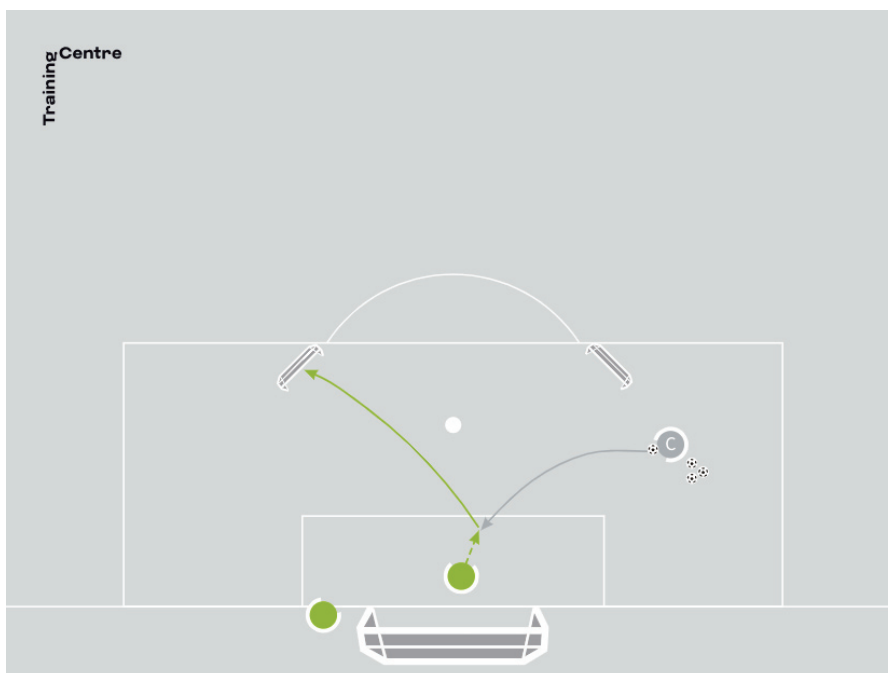
### Variation 3

- The coach passes into the goalkeeper's feet.
- The goalkeeper takes a touch to get it out of their feet before playing a lofted pass over the mini-goal with their other foot.
- The second goalkeeper is now waiting behind the mini-goal and receives the pass.
- Complete 2 or 3 passes per side and then switch to the other mini-goal.
- The goalkeepers switch roles after 2 or 3 passes per side.

### Coaching points

- Goalkeepers should focus on securing the ball before throwing, which avoids clumsy handling.
- They should organise their feet quickly when receiving and passing by positioning them as per the drill that will be performed.
- Emphasise technique by using controlled throws and passes as opposed to speed and power to ensure a gradual warm-up.

## PART 2: BALL-HANDLING – AERIAL DRILLS AND RESTARTS



This second exercise prepares goalkeepers for dealing with high balls and restarting their team's attack. They must show excellent anticipation, aerial domination and secure handling to complete the drills effectively.

### Organisation

- Use a full-size goal.
- Position 2 mini-goals at a 45-degree angle 15m from the goal.
- Use 2 goalkeepers: 1 starts in the middle of the goal and the other waits behind the goal line.
- A coach must be positioned slightly to the side of the mini-goals but further back.
- The coach has the balls.

### Explanation

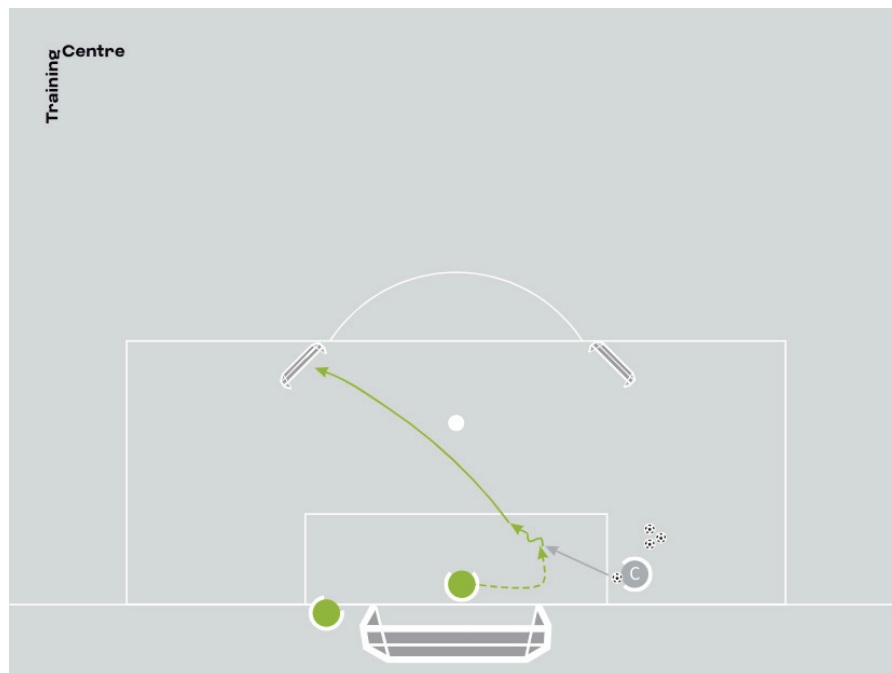
- The goalkeeper starts slightly off the goal line.
- The coach volleys the ball slightly ahead of the goalkeeper and into the air.

- The goalkeeper must come out of the goal, jump and safely catch the ball.
- Once claimed, the goalkeeper must perform an underhand throw or roll it into the mini-goal opposite the coach.
- After a few repetitions, the coach switches sides and the goalkeepers throw into the other mini-goal.

### Coaching points

- By positioning one foot in front of the other while facing the ball, the goalkeeper can prepare better for the jump.
- Timing is imperative and goalkeepers can secure the ball safely by lifting both arms as they are about to meet it from underneath.
- Goalkeepers should coordinate footwork quickly to be able to back-pedal or rush out and collect the ball.

## PART 3: SAVING AND CONTINUING PLAY FROM CUT-BACK CROSSES



Goalkeepers practise covering their front post from a series of cut-back crosses and higher balls towards the penalty spot.

### Organisation

- Use a full-size goal.
- Position 2 mini-goals at a 45-degree angle 15m from the goal.
- Position a cone 5m from and parallel to each post.
- Use 2 goalkeepers: 1 starts in the middle of the goal and the other waits behind the goal line.
- A coach is positioned on the outside and 5m from a post with balls.

### Explanation

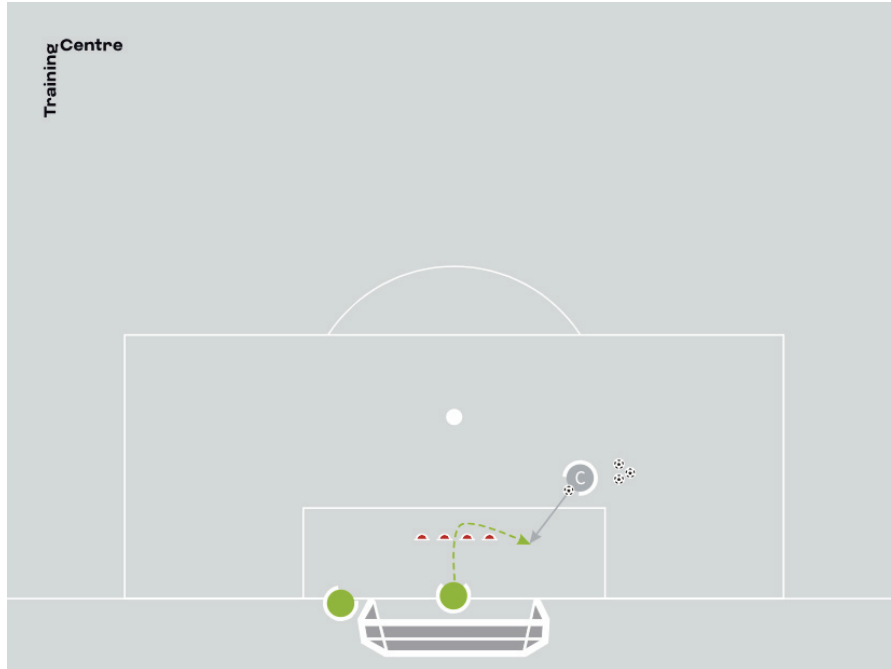
- The goalkeeper starts in the middle of the goal.
- On the coach's signal, the goalkeeper shifts to the post in the direction of the coach.
- On the second signal, the coach plays a cut-back cross towards the cone.
- The goalkeeper gets down to save the ball.
- Once the goalkeeper secures the ball, they perform an overarm throw into the mini-goal on the opposite side.
- The second goalkeeper then performs the same drill.
- The coach can also play high crosses.
- Once the goalkeepers have performed several saves, switch the coach to the other post and throw out to the other mini-goal.

### Coaching points

- A low stance, with arms held low by the side of the goalkeepers' legs, is required to

- prepare for low cutbacks.
- When getting down, goalkeepers must keep their eyes on the ball and lead with their arms to meet it at the right moment.
- Goalkeepers should secure the ball before rising to their feet to prevent spilling it or clumsy moments.
- They should be on their toes to adjust to high and low cutbacks.

## PART 4: POSITIONING



This drill focuses on reducing the angle when facing shots from close range. The exercise helps goalkeepers work on their preparation and approach to the ball in these situations.

### Organisation

- Use a full-size goal.
- Position a row of cones 5m from the goal line.
- Use 2 goalkeepers: 1 starts in the middle of the goal and the other waits beside it.
- A coach is positioned with balls 10m from goal and slightly to the side of the post.

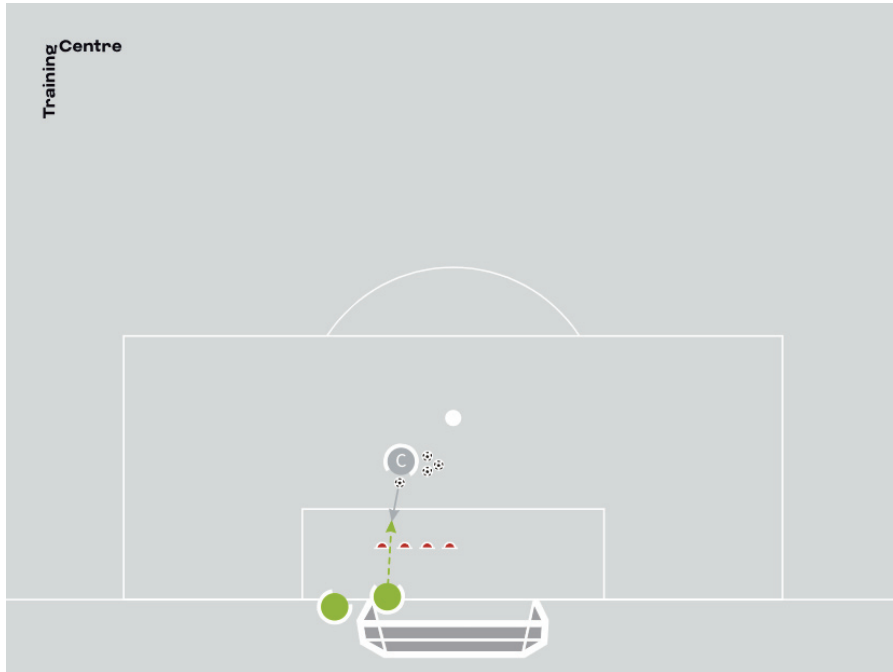
### Explanation

- The goalkeeper must be positioned in the middle of the goal and on the goal line.
- On the coach's command, the goalkeeper must approach the row of cones directly in the centre.
- Once the goalkeeper reaches the cones, the coach makes a second signal and the goalkeeper must adjust their body to prepare for a shot and move to the side.
- The coach takes a shot into the corner of the goal that they are facing.
- The goalkeeper must dive across and block or gather in the shot.
- Switch goalkeepers and the shooting position to the other side of the goal after several saves for each goalkeeper.

### Coaching points

- Goalkeepers should adjust quickly for the shot to the side by dropping and leaning in with the knee closest to the ball.
- When covering a lot of space across the goal, goalkeepers should spring sideways and spread themselves.
- Short and quick steps will help goalkeepers get to a close-range shot.

## PART 5: SAVING CLOSE-RANGE SHOTS



Goalkeepers practise blocking close-range shots by focusing on their approach to the ball and body posture.

### Organisation

- Use a full-size goal.
- Position a row of cones 5m from the goal line.
- Use 2 goalkeepers: 1 starts in the middle of the goal and the other waits beside it.
- A coach is positioned with balls 10m from the goal and closer to the post where the goalkeeper is positioned.

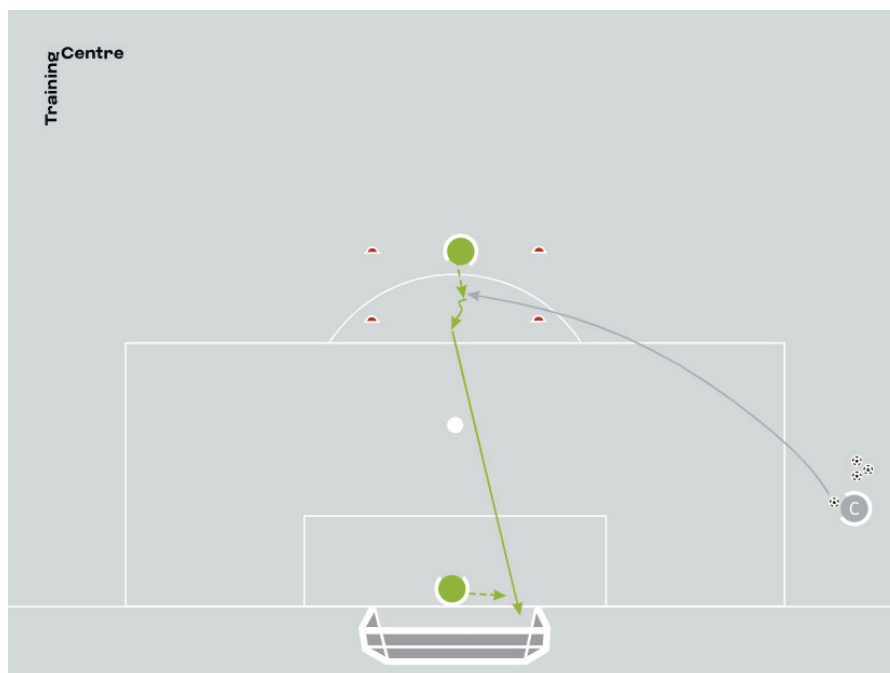
### Explanation

- The goalkeeper starts at one of the posts, facing the touchline.
- On the coach's signal, the goalkeeper turns and moves towards the cones whilst trying to cover the goal.
- Once the goalkeeper reaches the cones, the coach shoots under them.
- The goalkeeper must block the shot with their feet.
- Goalkeepers switch after each save.
- Switch the coach's shooting position to the other side of the goal.

### Coaching points

- The goalkeeper should appear bigger by approaching the shot with arms stretched out and down towards the ball.
- When rushing out, the goalkeeper can outstretch one leg and drop the knee of the other below the torso to cover any gaps between the feet.
- The goalkeeper should keep their eyes on the ball to anticipate the direction of the shot and quickly adjust the position of their feet.

## PART 6: AERIAL BALLS, FINISHING, AND DEFENDING THE GOAL



This final exercise puts all the components of the previous drills into one in the form of a competition. The goalkeepers go up against each other and must perform some of the fundamental ball-handling, attacking-restart and blocking drills.

### Organisation

- Use a full-size goal.
- Put a goalkeeper in goal.
- Mark out a goal with poles 25m from the full-size goal.
- Mark out a small 10x5m area in front of the goal.
- Position the second goalkeeper inside the small area.
- A coach is positioned with balls 15m to the side of the goal.

### Explanation

- The coach plays a high cross to the goalkeeper in the small area.
- The goalkeeper must catch it.
- They must then roll it in front of them before shooting at the opposite goal.
- The other goalkeeper tries to save it.
- The goalkeeper must drop the ball and shoot from inside the small area.
- Each goalkeeper takes 5 shots.
- The goalkeeper who scores the most times wins.

### Coaching points

- Goalkeepers should orientate their bodies towards the position of the cross and gradually adjust to the flight of the ball.
- They should jump by leading with one leg and raising their arms in time to meet the ball.
- Goalkeepers should handle it securely before rolling it out to ensure greater control and avoid clumsily dropping it.
- They should adopt a competitive attitude for the exercise and shoot with power and precision..