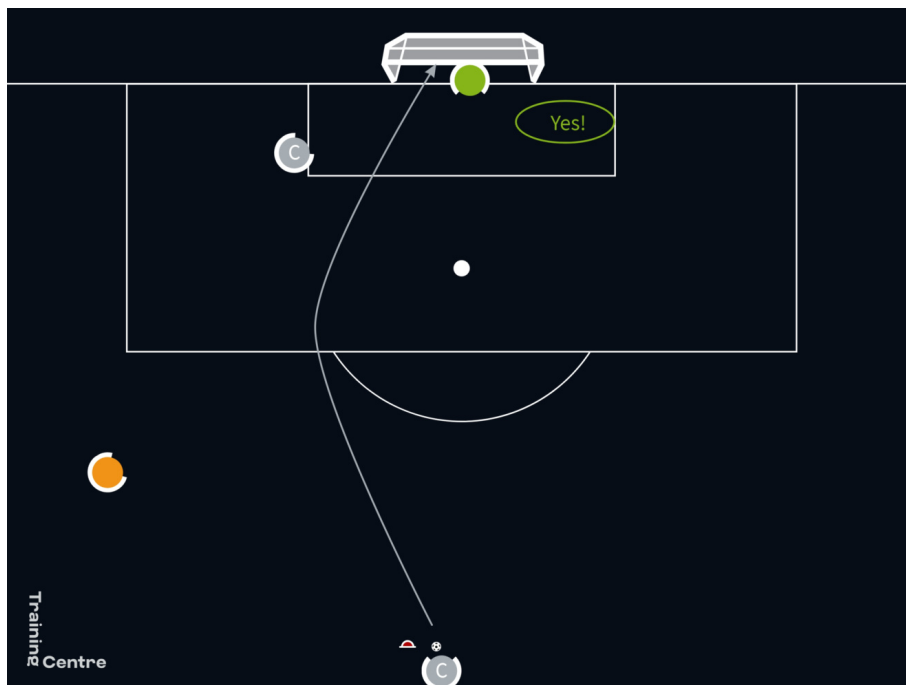


U13-U15 training programme

ANTICIPATING THE FLIGHT OF AN AERIAL BALL



Organisation

- The exercise requires a minimum of 1 goalkeeper and a coach, who acts as a server.
- Place goalkeeper 1 on the goal line.
- Place goalkeeper 2 approximately 15m outside the penalty area, facing the goal (as per the graphic).

Explanation

- The coach plays a lofted ball towards goal.
- As the ball is coming towards them, goalkeeper 1 has to assess its flight and decide whether it will enter the goal without bouncing.
- Goalkeeper 1 has to communicate their decision by shouting “Yes” or “No” in response to whether it will enter the goal without bouncing.
- If the ball ends up in the goal, goalkeeper 1 is asked to retrieve it and roll it out to goalkeeper 2.
- Rotate the goalkeepers.

Coaching points

- Read and assess the flight and pace of the ball as soon as it leaves the coach’s foot.
- The goalkeeper must communicate their decision loudly and clearly.

ANTICIPATING THE FLIGHT OF AN AERIAL BALL



Organisation

- The exercise requires 3 goalkeepers and a coach, who acts as a server.
- Set up three 3x3-metre coloured zones along the goal line and another three 3x3-metre zones directly in front of them along the edge of the goal area.
- Number the zones from one to six.
- Place goalkeeper 1 on the goal line.
- Place goalkeeper 2 outside, and towards the left edge of, the penalty area.
- Place goalkeeper 3 beside the coach, who is positioned at a ball station situated approximately 15m outside the penalty area.

Explanation

- The coach plays a lofted ball towards goal.
- As the ball is coming towards them, goalkeeper 1 has to assess its flight and decide in which of the six zones it will land and call out the relevant number.
- Once the goalkeeper has communicated their decision and collected the ball, they play an overarm throw-out to goalkeeper 2, who passes the ball to goalkeeper 3.
- Rotate the goalkeepers.

Coaching points

- Read and assess the flight and pace of the ball as soon as it leaves the coach's foot.
- The goalkeeper must communicate their decision loudly and clearly.
- Ask the goalkeeper to be as accurate and quick as possible in their decision-making.
- Assess the flight of the ball on deliveries played towards the left, centre and right of goal.
- Ask the goalkeeper to throw the ball out quickly and accurately.

ANTICIPATING THE FLIGHT OF AN AERIAL BALL AND ADJUSTING FOOTWORK



Organisation

- The exercise requires 3 goalkeepers and a coach, who acts as a server.
- Set up three 3x3-metre coloured zones along the goal line and another three 3x3-metre zones directly in front of them along the edge of the goal area.
- Number the zones from one to six.
- Place goalkeeper 1 in the middle of the grid comprising the six zones.
- Place goalkeeper 2 outside, and towards the left edge of, the penalty area.
- Place goalkeeper 3 beside the coach, who is positioned at a ball station situated approximately 15m outside the penalty area.

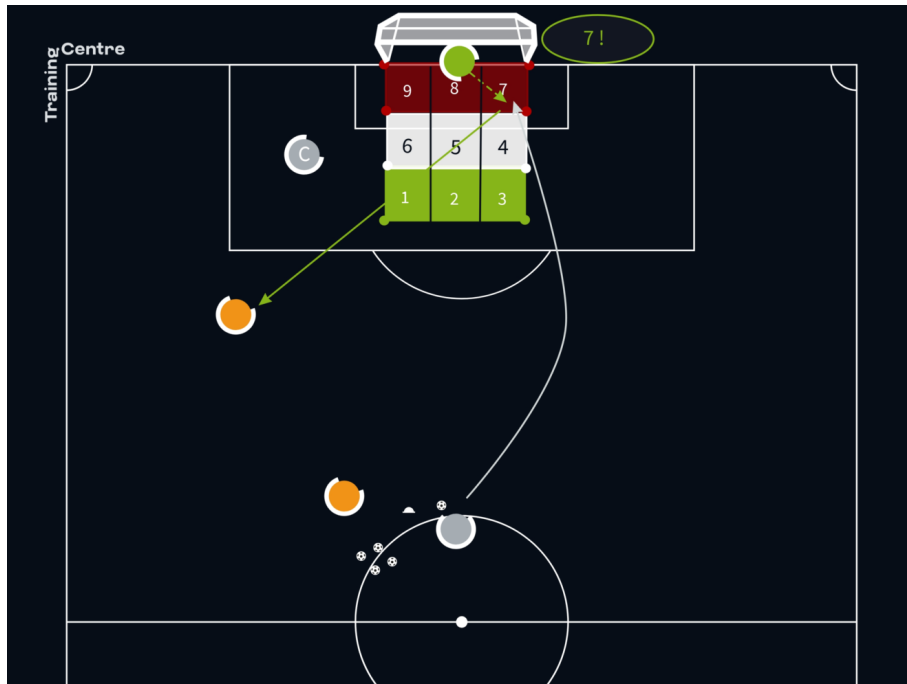
Explanation

- The coach plays a lofted ball into one of the six zones marked out in front of goal.
- As the ball is coming towards them, goalkeeper 1 has to decide in which of the six zones it will land.
- The goalkeeper communicates their decision by taking up a position in one of the zones.
- The goalkeeper should not look to claim the ball, but instead take up a stationary position in the relevant zone before the ball reaches it.
- Rotate the goalkeepers.

Coaching points

- Read and assess the flight and pace of the ball as soon as it leaves the coach's foot.
- The goalkeeper should move quickly into the zone where they anticipate the ball will land.
- If the goalkeeper decides that the ball will not land in any of the zones, they should remain in their starting position.
- The quality of the goalkeeper's movement and body shape are key to ensuring that they reach the zone on time. Once they have made their decision, they should move with real purpose.

ANTICIPATING THE FLIGHT OF THE BALL WITHIN A LARGER AREA



Organisation

- The exercise requires 3 goalkeepers and a coach, who acts as a server.
- Set up a grid comprising nine 3x3-metre coloured zones within the penalty area (as per the graphic).
- Number the zones from one to nine.
- Place goalkeeper 1 in the middle of the grid.
- Place goalkeeper 2 outside, and towards the left edge of, the penalty area.
- Place goalkeeper 3 beside the coach, who is positioned at a ball station situated approximately 15m outside the penalty area.

Explanation

- The coach throws an aerial ball into one of the nine zones, varying the weight of the delivery each time.
- As the ball is coming towards them, goalkeeper 1 has to decide in which of the nine zones it will land and call out the number of the zone loudly and clearly.
- Goalkeeper 1 is then asked to play an overarm throw-out to goalkeeper 2.
- Rotate the goalkeepers.

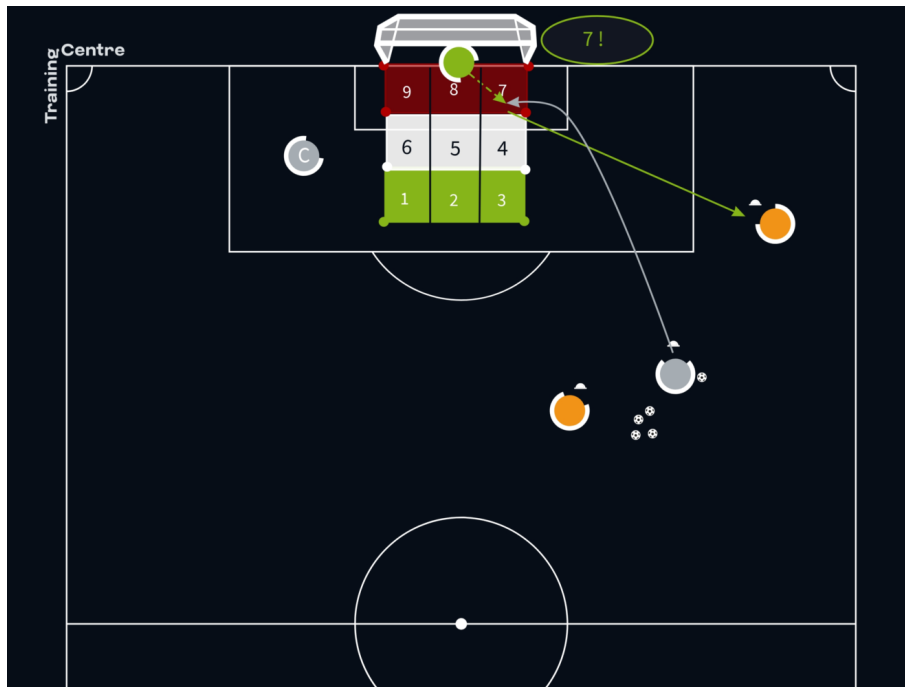
Variation

- Instead of calling out the number of the zone where they anticipate the ball will land, the goalkeeper is asked to take up a position in that zone.

Coaching points

- Read and assess the flight and pace of the ball as soon as it leaves the coach's hands.
- The goalkeeper must communicate their decision loudly and clearly.
- The goalkeeper must move as quickly as possible into the zone where they anticipate the ball will land.
- If the goalkeeper decides that the ball will not land in any of the zones, they should remain in their starting position.
- The coach should vary the speed and length of the deliveries played into the grid.
- Ask the goalkeeper to make accurate decisions when reading the flight of the ball.

ANTICIPATING THE FLIGHT OF AERIAL BALLS FROM DIFFERENT ANGLES



Organisation

- The exercise requires a minimum of 3 goalkeepers and a coach.
- Set up a grid comprising nine 3x3-metre coloured zones within the penalty area (as per the graphic).
- Number the zones from one to nine.
- Place goalkeeper 1 slightly ahead of the goal line.
- Place goalkeepers 2 and 3 outside the penalty area, with goalkeeper 2 in a position almost opposite the near post and goalkeeper 3 situated to the goalkeeper 1's left, approximately 5m outside the penalty area.

Explanation

- The coach and 2 goalkeepers take it in turns to throw the ball towards the grid in front of goal from their respective stations, varying the weight of the delivery each time.
- As the ball is coming towards them, goalkeeper 1 has to decide in which of the nine zones it will land and call out the number of the zone loudly and clearly.
- Where possible, goalkeeper 1 should retrieve the ball and roll it back to the coach or one of the 2 goalkeepers.
- Rotate the goalkeepers.

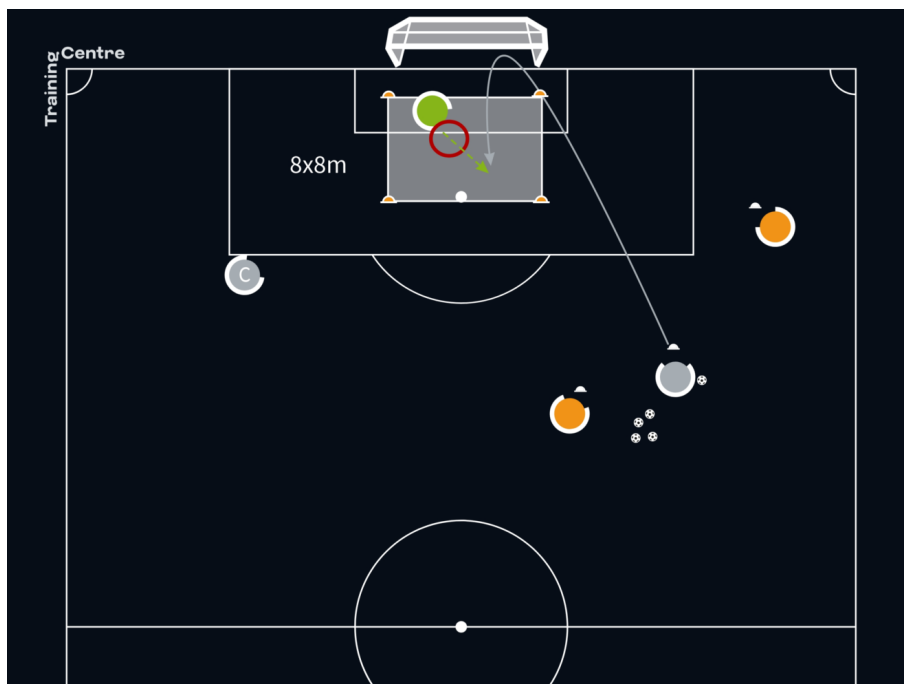
Variation

- Instead of calling out the number of the zone where they anticipate the ball will land, the goalkeeper is asked to take up a stationary position in that zone. Rather than occupying a starting position slightly in front of the goal line, the goalkeeper begins the sequence in the middle of the grid.

Coaching points

- Read and assess the flight and pace of the ball as soon as it leaves the server's hands.
- Ask the goalkeeper to make a decision as early as possible.
- The goalkeeper must adjust their body shape in response to the angle of delivery.
- The goalkeeper must communicate their decision loudly and clearly.
- Ask the goalkeeper to make accurate decisions when reading the flight of the ball.
- The goalkeeper's ability to adopt the right body shape is key in this exercise

PINPOINTING THE FLIGHT OF THE BALL



Organisation

- The exercise requires 3 goalkeepers and a coach.
- Set up an 8x8-metre grid approximately 3m in front of the goal line.
- Place goalkeeper 1 inside the grid and give them a hoop.
- Place goalkeepers 2 and 3 outside the penalty area, with goalkeeper 2 in a position almost opposite the near post and goalkeeper 3 situated to the goalkeeper's left, approximately 5m outside the penalty area.

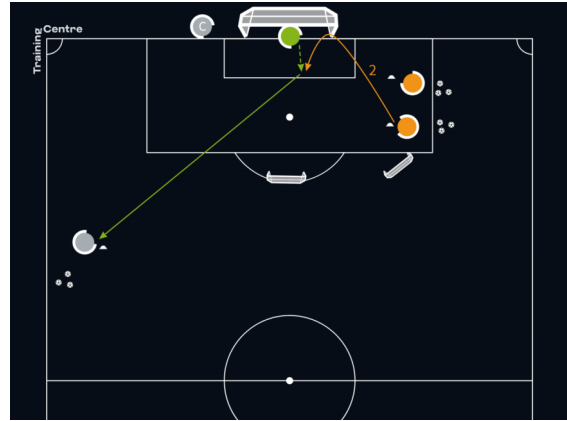
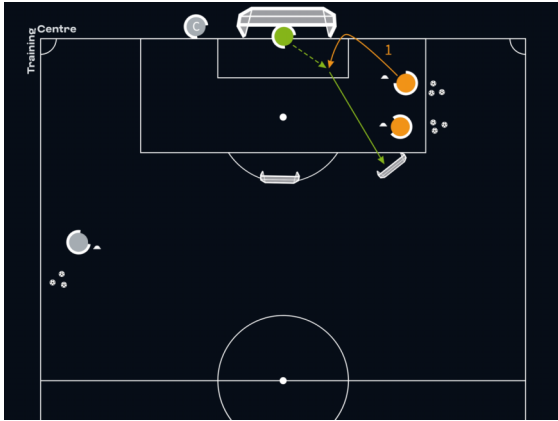
Explanation

- The coach and 2 goalkeepers take it in turns to throw the ball towards the grid from their respective stations, varying the weight of the delivery each time.
- Goalkeeper 1 has to anticipate where the ball will land and move to get the ball to drop through the hoop.
- Rotate the goalkeepers.

Coaching points

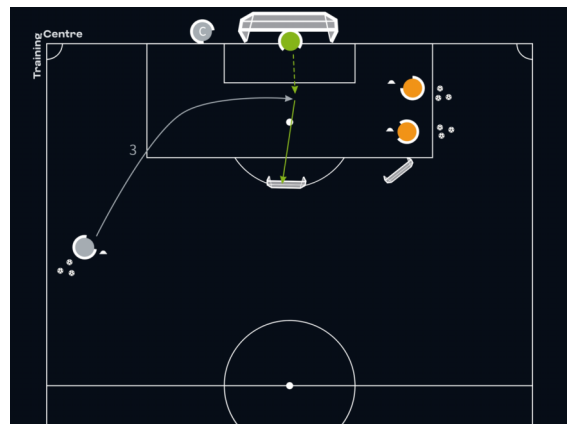
- Read and assess the flight and pace of the ball as soon as it leaves the server's hands.
- Emphasise the importance of the goalkeeper's first step, which should always reflect their reading of the flight of the ball.
- Ask the goalkeeper to read the flight of the ball accurately, which involves combining speed of movement and the reading of the flight of the ball to ensure that they are in the right position when the ball drops.
- Once they have made a decision about the flight of the ball, the goalkeeper must remain stationary with their hoop held out and not move the hoop to get the ball to drop through it.

ATTACKING TRANSITION AFTER CLAIMING THE BALL



Organisation

- The exercise requires 3 goalkeepers and a coach.
- Place goalkeeper 1 inside the goal area.
- The coach takes up a wide position outside of the penalty area (as per the graphic).
- Place goalkeeper 2 level with, and approximately 5m to the right of, the goal area.
- Place goalkeeper 3 level with the penalty spot and in line with goalkeeper 2.
- Place a mini-goal directly opposite the full-size goal and on the edge of the penalty arc.
- Place a second mini-goal towards the corner of the penalty area and at a 45-degree angle to the full-size goal.



Explanation

The exercise involves the following three-step sequence:

- 1) Goalkeeper 2 throws a high curved ball into the penalty area. Goalkeeper 1 catches the ball, before quickly rolling it into the mini-goal positioned towards the corner of the penalty area.
- 2) Goalkeeper 3 throws a high curved ball into the penalty area. Goalkeeper 1 catches the ball, before quickly playing a volleyed clearance to the coach's feet.
- 3) The coach plays a lofted ball into the penalty area. Goalkeeper 1 catches the ball, before quickly rolling it into the mini-goal positioned directly opposite the full-size goal.

Coaching points

- Once they have caught the ball, the goalkeeper must roll it quickly and accurately into one of the mini-goals.
- Once they have caught the ball, the goalkeeper must play an accurate volleyed clearance to the coach.
- Focus on the goalkeeper's footwork and ability to play with their feet.
- Emphasise the importance of the goalkeeper's first step, which should always reflect their reading of the flight of the ball.
- Once they have caught the ball, the goalkeeper should immediately set up an attacking transition.

MATCH SITUATION



Organisation

- The exercise requires 3 goalkeepers and a coach, who acts as a server.
- Place all 3 goalkeepers on the edge of the goal area.
- The coach takes up a wide position at a ball station outside the penalty area.

Explanation

- The coach plays a lofted ball into the penalty area.
- The 3 goalkeepers compete to catch the ball.
- As soon as one of the goalkeepers has caught the ball, the other 2 goalkeepers sprint out of the penalty area, with one heading towards the left flank and the other towards the right flank.
- The goalkeeper who caught the ball then rolls it out to either of the other 2 goalkeepers, who combine in a passing sequence before playing the ball back to the coach.

Coaching points

- Competing for the ball against opponents simulates a match scenario.
- Apply all of the key aspects practised in the previous exercises.
- Once they have caught the ball, the goalkeeper should immediately set up an attacking transition.
- Ask the goalkeeper who catches the ball to vary the destination of their throw-outs in the attacking transition.
- It is important to always end sessions with a fun, game-like exercise.