

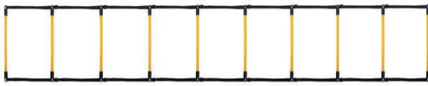
# Goalkeeper training session young children (aged 5 - 10)

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time: 1h

**Warm – up** 30 min (with basics)

## 1. coordination



→ equal fields

→ 9 fields

Tasks:

1. one foot in one field (single step)
2. both feet in one field (double step)
3. Stand outside the fields (left or right next to the field) and one foot (right foot on the left side and left foot on the right side) goes into the field and out again.
4. Stand on the side of the field (left or right) and go with one foot behind the other in the field and out again.

EFFECT:

→ learning the head – foot coordination

→ fast moves are trained

→ staying power is also trained secondarily

IMPORTANT:

→ take the arms with the movement

→ body tension

→ don't look down; head up!

→ fast contact with the ground

→ only the tip of the feet have contact with the floor

## 2. basic skills training

1. foot skills: → work in pairs - Stand eyeball to eyeball with a distance of ca. 3 meters.

Tasks:

1. One partner throws the ball so that the partner can play the ball with the inside back (left and right foot: both repeated 10 times) then the partners change.
2. One partner throws the ball so that the partner can play the ball back with the top part of the feet (left and right foot: both repeated 10 times) then the partners change.
3. One partner throws the ball so that the partner can take the ball with the chest and plays the ball back. (repeated 10 times)

EFFECT:

→ learning and automation of the basis of football playing

IMPORTANT:

→ body tension

→ the feet have to be strained

→ the ball has to be played back in the hands of the partner

2. basics of goalkeeping: → work in pairs - Stand eyeball to eyeball with a distance of ca. 5 meters

Tasks:

1. Play the ball with an adequate hardness into the hands of the partner (height of the head).
2. Play the ball with an adequate hardness flat to the feet.

EFFECT:

→ to learn and automate the basics of goalkeeping

IMPORTANT:

→ We always stand in the basic position:

feet: shoulder width

hands: on the haunch

→ Catch the ball with the triangle.

- means that we have to form a triangle with our fingers so that the ball cannot go into the goal when it is wet and slick. So the ball is saved.

→ We take the ball, when it comes flat, as we take one foot and make a wall with it.

- means that we stand the way that one foot is in a row with the other foot. The knee is near the ground, but it doesn't touch it. The upper part of the body is straight, but we take the ball as we form a basket with our arms. When the ball comes harder, you can throw yourself on the ball and so it is extra safe.

**Head Part** 30 min (new technique has to be explained)

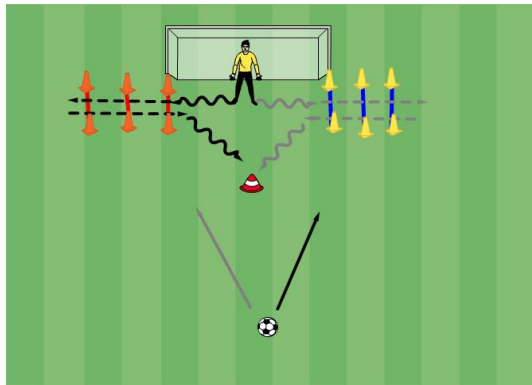
Explanation:

→ at the part with the barriers: coordination

→ Then you have to run to the cap and the ball comes to the side

→ coordination part left side = ball comes to the right side

→ coordination part right side = ball comes to the left side



Coordination Task:

→ double steps between the barriers left and right

EFFECT:

→ learn how to go optimally to a flat ball

→ automate the technique

→ speed is trained

IMPORTANT:

→ to come outside the goal to make the goal smaller and the way to the ball is shorter

→ to stretch the body

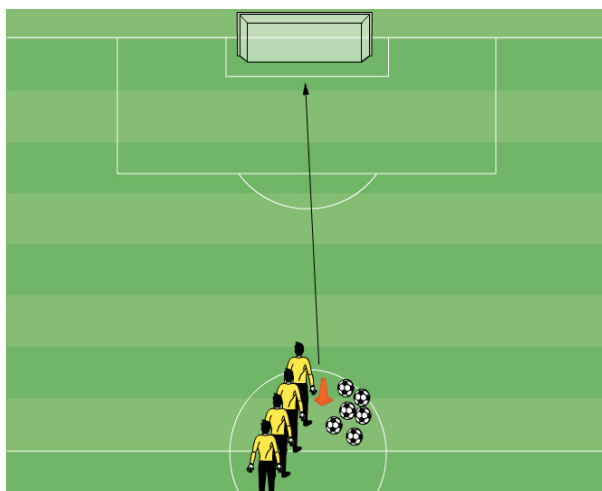
→ body tension

→ catch the ball with the triangle

→ makes the step to the front and fall forward

→ stay in the side position and don't fall on your back

**Ending** *rest of time*



→ The ball has to be kicked in the goal without touching the ground before.

→ When this works and the players score 10 times they get jelly babies.

# Goalkeeper training session older children (aged 10-15)

time: 1h

**Warm – Up** 25 min (with basic & strength training)

## 1. coordination



→ equal fields

→ 9 fields

Tasks:

1. one foot in one field (single step)
2. both feet in one field (double step)
3. Stand outside the fields (left or right next to the field) and one foot (right foot on the left side and left foot on the right side) goes into the field and out again.
4. Stand on the side of the field (left or right) and go with one foot behind the other in the field and out again.

EFFECT:

→ learning the head – feet coordination

→ fast moves are learned

→ staying power is also trained secondarily

IMPORTANT:

→ take the arms with the movement

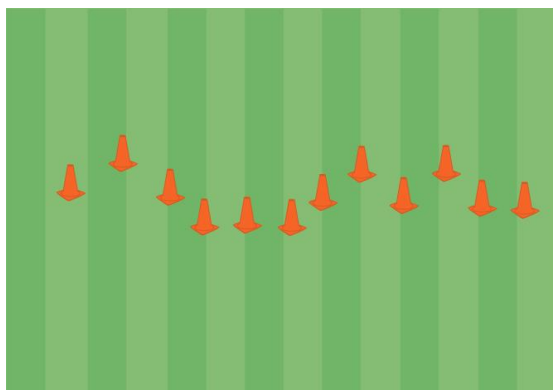
→ body tension

→ don't look down; head up!

→ fast contact with the ground

→ only the tip of the feet have contact with the floor

Course



→ 3 rows

→ middle: both feet have to touch the ground; right: only the right foot has to touch the ground;

left: only the left foot has to touch the ground

**EFFECT:**

- speediness is trained
- head – foot coordination is trained
- concentration is required

**IMPORTANT:**

- to concentrate
- to look up and not on the ground
- start slow and be faster to memorize the course and avoid mistakes and concentration gaps

2. strength

**Tasks:**

1. With a one kg ball lie in front of your partner and you throw the ball to him and he has to go with his back down and up and then he can throw the ball again to the partner. He does the same. Do this for 3 min.
2. Lie on one side. The partner has the ball (normal weight) and stands in front of you. You go up with your pelvis. You hold this position and your partner throws the ball. You take the ball with the free hand and throw it back. 10 repetitions, then you change with your partner.
3. Now you lie on your stomach. Your partner stands in front of you. You go with your chest up and get the ball. You have to throw the ball back to your partner. 10 repetitions, then you change with your partner.
4. You stand eyeball to eyeball in the press-up-position to your partner. You have one ball. In this position you throw the ball to your partner and he waits with the ball until you have practised your press-up. Then he has to throw the ball and makes one press-up. Each of you practises 15 press-ups without getting out of this position.
5. Now you stand eyeball to eyeball to your partner. You have the one kg ball, which you throw to your partner and back. The arms stay up! This goes for 3 min.

**EFFECT:**

- the basics of stability are improved
- you can have more confidence

**IMPORTANT:**

- do the tasks regularly
- no cheating
- never give up!

3. basics of goalkeeping → work in pairs - Stand eyeball to eyeball with a distance of ca. 5 meters

**Tasks:**

1. Play the ball with an adequate hardness into the hands of the partner (height of the head)
2. Play the ball with an adequate hardness flat to the feet

**EFFECT:**

- to learn and automate the basics of goalkeeping

**IMPORTANT:**

→ We always stand in the basic position:

feet: shoulder width

hands: on the haunch

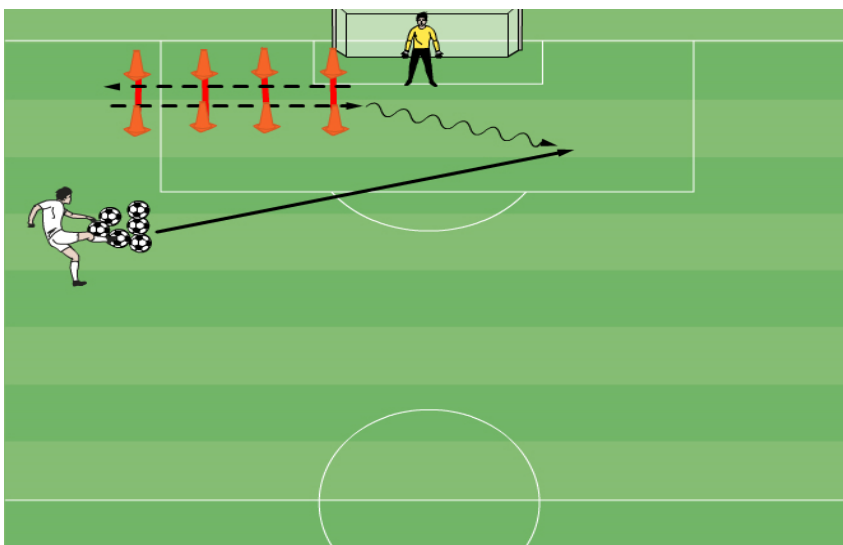
→ Catch the ball with the triangle.

- means that we have to form a triangle with our fingers so that the ball cannot go into the goal when it is wet and slick. So the ball is saved.

→ We take the ball, when it comes flat, as we take one foot and make a wall with it.

- means that we stand the way that one foot is in a row with the other foot. The knee is near the ground, but it doesn't touch it. The upper part of the body is straight, but we take the ball as we form a basket with our arms. When the ball comes harder, you can throw yourself on the ball and so it is extra safe.

**Head Part 35 min**



**Coordination Task:**

→ double steps between the barriers left and right

→ the back look at the ball

**Task:**

→ After the coordination part the goalkeeper gets a ball like a corner ball and he has to go to the ball with the right technique.

**EFFECT:**

→ automate the movement

→ reorientation by the two actions

→ speediness is trained

**IMPORTANT:**

→ to take the right knee up:

When the ball comes from the right side you have to take the left knee up. So you protect yourself from the offender who wants to score a goal and actually can hurt you. With the right knee up you protect yourself, because when the offender want to push you, he runs against your knee and you don't have a consequence of this.

When the ball comes from the left side you have to take the right knee up.

- The hands form a triangle and the arms are stretched.
- You have to believe in yourself and go a step forward. Not back!

### **Ending**

- a little bit of goal-kicking training