

### Purpose

To develop basic stance position.

### Organization

Set out a 10 x 10 yard area. Group in pairs, 1 ball between 2. Station 1 goalkeeper on each end line. Repeat in 5 other areas for a total of 12 players.

### Game Objective

Keeper #1 underhand tosses the ball to keeper #2. In receiving the ball, the keeper's feet should be shoulder width apart and his body weight should be forward on the balls of his feet. The arms should be just outside of the body, and hands should be facing towards the ball.

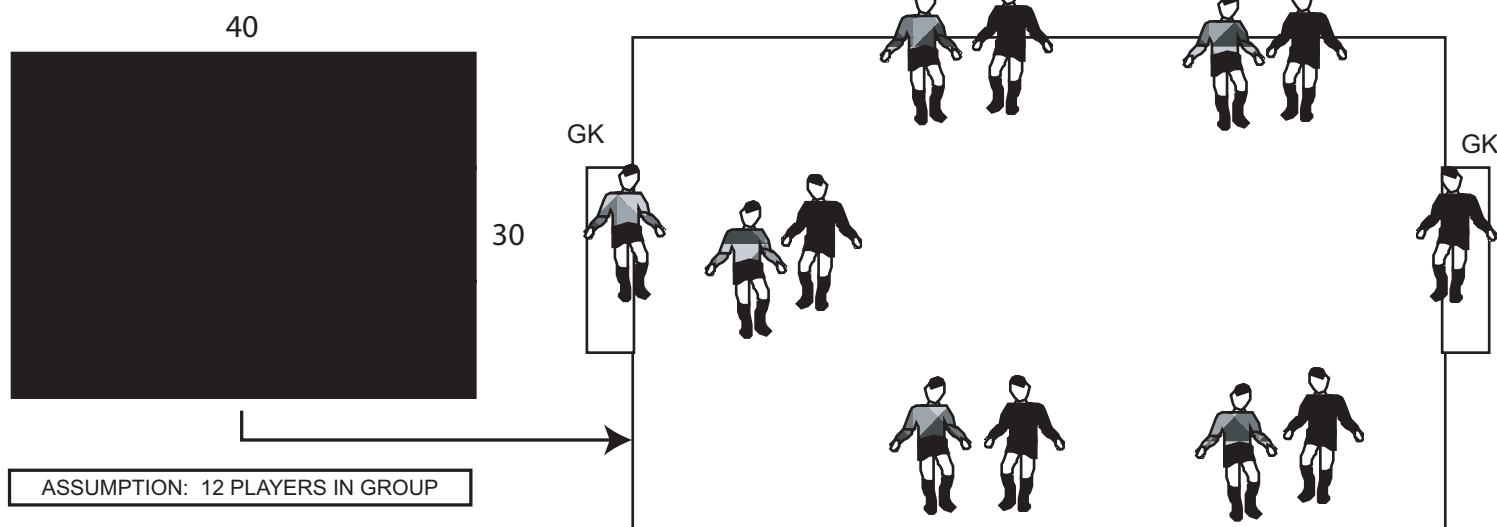
### Progressions

1. Feed the ball progressively further to the sides.
2. Volley the ball to the keeper.

### Key Coaching Points

1. The knees should be slightly bent.
2. Look at the head – is the head steady – does the keeper look composed and balanced.
3. The feet are shoulder width apart.
4. Hands are in front of the body as if wearing handcuffs.
5. Weight slightly forward.

## Communication!



### Purpose

To develop goalkeepers communication skills.

### Organization

Set out a 40 x 30 yard area. Play 5 v 5 + 2 goalkeepers at each end. The only players allowed to speak are the goalkeepers.

### Game Objective

The goalkeeper must communicate with his team throughout the game with clear commands including:

1. "Back!" for a passback with a signal given as to the direction of the ball.
2. "Outside!" or "Wide!" to tell defenders where to force attackers.
3. "Away!" for a cleared ball.
4. "Out!" to encourage the defense to push up.
5. "Keeper's Ball!" to indicate to defenders that it is the goalkeeper's ball.

If an outfield player speaks, then a free kick is awarded.

### Progressions

All players can now communicate to one another.

### Key Coaching Points

1. Shout clearly and early.
2. Be specific—don't ask questions.
3. Be simple and direct.
4. Commands should be calm, not panicky.