



Age Group: Under 14	Session Learning Outcomes		
Session No: 6	Technical		
Period: Q1	Footwork & Positioning		
No. of Players:	Tactical	Physical	Character
Squad:	Timing & Judgement	Repeat Speed	Confidence

Session Aims

1. Develop Footwork & Positioning Skills for Goalkeepers
2. Develop Timing & Judgement techniques for Goalkeepers

Activity Type	Time	Activity Name	Key Outcomes
Warm Up (Physical)	15m	Goalkeeper Warm Up	Preparation for playing Gaelic Games & injury prevention
Skill (Blocked)	10m	Hop, Jump & Save	GKs perform different step patterns thru ladders & cones and then set for save.
Skill (Blocked)	10m	Footwork	GKs undertakes different movement patterns as they transitions thru grid and then receive football
Skill (Blocked)	10m	Quick Step	GKs move thru hurdles and attempts to save shot on the goals.
Skill (Blocked)	10m	Near Post Positioning	GKs look to recover from an unfavourable position to closedown attacker and make a save.
Conditioning	5m	20m Repeat Speed	Develop a player's sprint speed over 20m distance

Coaches Reflective Questions

1. How did I encourage open dialogue and allow them to ask questions or provide feedback?
2. What are the key aspects to highlight when coaching confidence (positive mindset) in a session?

Players Reflective Questions

1. How does a GK use their feet to help with their recovery positioning?
2. How well did you move across the goal? Were your movements efficient and quick?





ACTIVITY NAME & AIM

Athletic Warm Up. The activity is used to develop movement, cutting, acceleration and deceleration mechanics. Also work with the ball to simulate catching and diving to prepare for playing gaelic games. All activities should be done at game intensity.



EQUIPMENT

- 4 x Cones
- 8 x Footballs
- 10m Grid
- 10 Minutes

ORGANISATION

- Scatter the 8 footballs around the grid. Goalkeepers move around grid using the footballs as cones and incorporating change of directions.
- Goalkeepers perform different movements.
 - Side to Side and Forwards & Backwards.
 - High Knees and Heel Flicks.
 - Dynamic Stretches.
 - At ball, bunny hops, and over and back.
- On call, goalkeepers drop on nearest ball and up quickly. Next drop on right side, left side and up quickly. Then drop on two footballs (1 right / 1 left).
- Goalkeepers in turn rotate between cone 1 and cone 2.
 - Touch two balls and take a ball from the Coach
 - Rotate movements (as above) and take a variety of serves from the coach (high, middle, low & dive)

VARIATION (STEPR)

- Increase the size of grid.
- Bilateral Skills – Solo, Bounce, Fist Pass

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on importance of proper warm-up / preparation.
- Perform movements at game intensity
- Concentration. Focus on tasks.
- Not crossing feet on Side to Side
- Focus on SET position – Head, Hands, Feet

ACTIVITY NAME & AIM

Hop, Jump & Save – The aim of this blocked practice is to develop footwork & positioning skills. Goalkeepers perform different step patterns thru ladders & cones and then take pass from Coach.



EQUIPMENT

- 1 x Goal
- 1 x Ladder
- 8 x Cones
- 5/6 Footballs

ORGANISATION

- Set up ladder in the centre of goals from edge of small square, and 4 cones on each side at end of ladder at right angles.
- Goalkeeper moves thru ladder using different step patterns, then moves thru cones using different movement patterns.
 - Backwards / Forwards
 - Bunny Hops
 - Side to Side
- At end of cones, GK takes a pass from Coach.

VARIATION (STEPR)

- GK catches ball at different stages in the movement patterns.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- GK Should always be Active and Ready (Balls of feet).
- Quick and Balanced Movement. Limit crossing one foot over the other.
- Get in Position Quickly (Ball Line and with Server).
- Timing of Set (Set In Time to receive, don't move when player is striking).
- Keep Body Weight Balanced and Forward.
- Keep hands prepared for the shot. Remain in a ready position while moving.



ACTIVITY NAME & AIM

Footwork - The aim of this blocked practice is to improve footwork & positioning skills. Goalkeepers undertake different movement patterns as they transition thru the grid.



EQUIPMENT

16 x cones
2/3 Footballs

ORGANISATION

- Set up cones in 3m x 3m grid as shown above.
- Goalkeeper starts at one end and moves thru the cones using different movement patterns.
- Change movements
 - Side to Side
 - Forward – Backward
 - Jumps
 - Quick Feet
- Coach throws ball to GK for body catch as he exits grid.

VARIATION (STEPR)

- Change to High Catch by GK on grid exit.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- GK Should always be Active and Ready (Balls of feet).
- Quick and Balanced Movement. Limit crossing one foot over the other.
- Get in Position Quickly (Ball Line and with Server).
- Timing of Set (Set In Time to receive, don't move when player is striking).
- Keep Body Weight Balanced and Forward.
- Keep hands prepared for the shot. Remain in a ready position while moving.

ACTIVITY NAME & AIM

Quick Step - The aim of this blocked practice is to develop footwork & positioning skills. Goalkeepers move thru hurdles and attempts to save shot on the goals.



EQUIPMENT

1 x Goals
2 x Hurdles
2/3 Footballs

ORGANISATION

- Set up 2 hurdles in front of the goals.
- Goalkeeper begins by stepping over hurdle 1, then back, step over hurdle 2 and then anticipates shot from Coach and tries to make the save.
- Work both sides.

VARIATION (STEPR)

- Change distance between Coach and GK

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- GK Should always be Active and Ready (Balls of feet).
- Quick and Balanced Movement. Limit crossing one foot over the other.
- Get in Position Quickly (Ball Line and with Server).
- Timing of Set (Set In Time to receive, don't move when player is striking).
- Keep Body Weight Balanced and Forward.
- Keep hands prepared for the shot. Remain in a ready position while moving.



ACTIVITY NAME & AIM

Near Post Positioning - The aim of this blocked practice is to develop footwork and positioning skills. Goalkeepers look to recover from unfavourable position to closedown attacker and make a save.



EQUIPMENT

- 1 x Goals
- 4/5 Footballs
- 1 x Cone
- 1 x Attacker

ORGANISATION

- Set up cone 13m from goal at an angle. Coach is positioned near cone, with Attacker is positioned on the opposite side of the goals also at an angle.
- Coach calls "Start or Go" Goalkeeper (GK) sprints to touch cone.
- Coach then plays a ball to the Attacker who looks to shoot on goals.
- GK moves across and attempts to block the shot.

VARIATION (STEPR)

- Increase distance between Coach and Attacker. Recovery run for GK more challenging!

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- GK Should always be Active and Ready (Balls of feet).
- Quick and Balanced Movement. Limit crossing one foot over the other.
- Get in Position Quickly (Ball Line and with Server).
- Timing of Set (Set In Time to receive, don't move when player is striking).
- Keep Body Weight Balanced and Forward.
- Keep hands prepared for the shot. Remain in a ready position while moving.

ACTIVITY NAME & AIM

20m Repeat Speed - This activity is used to develop the player's speed and acceleration.



EQUIPMENT

- 20m Grid
- 8 x Space Markers

ORGANISATION

- Set up 20m Grid.
- Players complete 20 metre sprint, repeat on 20 seconds
- Perform 8 repetitions
- Intensity level at 100%

- Perform World's Greatest Stretch. 3 Reps

VARIATION (STEPR)

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Check foot alignment
- Check for opposite arm, opposite leg movement