



Age Group: Under 16	Session Learning Outcomes		
Session No: 1	Technical		
Period: Q1	Ball Handling		
No. of Players:	Tactical	Physical	Character
Squad:	Vision (Scanning)	Conditioning	Hard Working

Session Aims

1. Develop Ball Handling Skills for Goalkeepers
2. Develop SET position for Goalkeepers

Activity Type	Time	Activity Name	Key Outcomes
Warm Up (Physical)	10m	Goalkeeper Warm Up	Preparation for playing Gaelic Games & injury prevention
Skill (Blocked)	10m	Set & Catch	GKs in the SET position execute catches from deliveries from the coach.
Skill (Blocked)	10m	Ball Familiar	GKs perform different ball handling exercises to help familiarise themselves with the football.
Skill (Blocked)	10m	Angles	GKs work with a Server to catch a ball on the move.
Skill (Blocked)	10m	Catch & Deliver	GKs take a pass and deliver accurate kick pass.
Conditioning	5m	65m Run Conditioning	Develop player's run conditioning over 65m distance

Coaches Reflective Questions

1. Did the session flow as you anticipated? How would you improve the flow?
2. How did the players respond to questions during review periods?

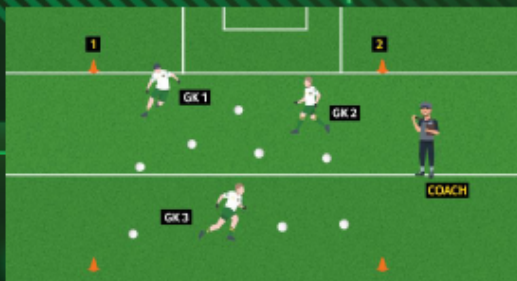
Players Reflective Questions

1. What are the key aspects of the SET position for a goalkeeper?
2. How confident did you feel with your handling of the ball? Were there any instances where you struggled?



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)

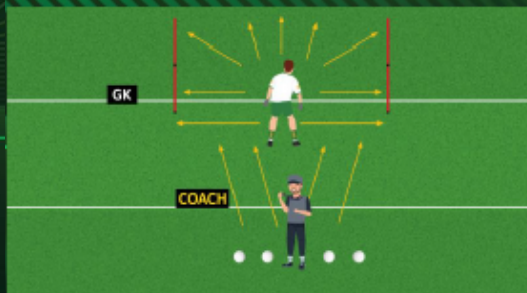
- Increase the size of grid.
- Bilateral Skills – Solo, Bounce, Fist Pass

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

Set & Catch. The aim of this blocked practice is to develop ball handling skills. Goalkeepers in SET position execute a number of catches from deliveries from the coach



EQUIPMENT

- 2 x Poles
- 4/5 x Footballs
- 2 x Cones

ORGANISATION

- Set up 2 Poles 3m apart as goals. Position two cones 1m apart, 10m from goals
- Coach with 4/5 footballs is positioned between cones.
- Goalkeeper (GK) moves to central position between poles and takes up different positions.
 - Facing away from Coach
 - Side On
- On call, GK gets into SET position ready to receive ball.
- Coach delivers different types of balls to the keeper – straight, high, low.
- GK rolls ball / handpasses (left & right) back to Coach.
- 5 Deliveries in 1 Set. Change level of delivery across 3 sets.
- Change GK after 3 Sets.

VARIATION (STEPR)

- Move cones closer to / further from the goals.
- Touch pole & back to centre (left & right).
- Touch ball and back to centre to receive.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on good set position (feet shoulder width apart, knees bent, hands at chest height).
- Concentrate on "call" / GK calls SET / Coach waits on call.
- Eyes on the ball delivery from Coach.
- Not crossing feet / short steps.



ACTIVITY NAME & AIM

Ball Familiar – The aim of this blocked practice is to improve ball handling skills. Goalkeepers perform different ball handling exercises to help familiarise them with the football



EQUIPMENT

- 10m Grid
- 4 x Cones
- 2 Footballs per GK

ORGANISATION

- Mark out 10m Grid using 4 cones. Goalkeepers in grid with ball each.
- GK perform different ball movements.
 - Roll around the body.
 - Roll around the ankles.
 - Figure of 8 thru legs.
 - On tip-toe, ball in the air.
 - Hop / Solo / Pick-ups (2 balls).
 - Juggle 2 balls.
 - Balls in the air, swap hands, one hand hold.
- On call, all balls are in the air and GK catches ball to his right. Alternate between right & left.
- On call, all balls are dropped to the ground and GK dives on ball to his right. Alternate between right & left.
- 30 seconds for each exercise.

VARIATION (STEPR)

- Introduce press up or plank using the football for 30 seconds.
- Bilateral Solo - 1 ball behind back or above head.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Ball size appropriate to playing group.
- Emphasise Heads, Hands & Feet in each exercise.
- Soft Hands, Control not pace.
- Working on touch, feel for the ball.

ACTIVITY NAME & AIM

Angles. The aim of this blocked practice is to develop a goalkeeper's ball handling skills. Goalkeeper works with different Servers to catch a ball on the move.



EQUIPMENT

- 1 x Goals
- 3 x Cones
- 4/5 Footballs

ORGANISATION

- Position 3 cones, two on corners of small square, third 8m out.
- Coach and a Server positioned outside 13m line in front of cones with balls.
- Goalkeeper (GK) starts on his line, facing away from Coach & Server.
- On call, GK turns & moves forward between cones on his Right and receives a ball from Coach
- GK then returns to his line and moves forward between cones on his Left and receives a ball from Server. Repeat for delivery from Centre.
- Alternate deliveries between Coach & Server.
- 3 Serves (Right, Left, Centre) in 1 set. Rotate GKs
- Target 5 sets per GK.

VARIATION (STEPR)

- Move Server closer to / further from the cones.
- 3 Coaches / Servers

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on good set position (feet shoulder width apart, knees bent, hands at chest height).
- Eyes on the ball delivery from Coach & Server. Always face the ball.
- Focus on short quick movements forward and back.
- GK to stay big.





ACTIVITY NAME & AIM

Catch & Deliver. The aim of this blocked practice is to develop ball handling skills. Goalkeeper take a pass and deliver accurate kick pass under pressure from an attacker.



EQUIPMENT

- 1 x Goals
- 6 x Poles
- 4/5 x Footballs
- 6 x Cones
- 1 x Attacker

ORGANISATION

- Mark out 9m semi-circle zone around goals using cones. Set up 3 set of gates on approx. 30m line, one in the centre and other on left and right-hand side of goals.
- Add attacker on edge of semi-circle zone.
- Coach plays a ball into the zone for the GK to catch or collect.
- GK then looks to deliver kick pass thru the gates.
- Attacker shadows GK under initial delivery.
- Attacker shadows GK to put pressure on GK clearance.
- Target 10 ball per GK.

VARIATION (STEPR)

- Deliver kick pass of both left & right foot.
- Change position of Attacker adding pressure on GK.
- Add handpass option.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on accurate kick pass. Deliver an advantage ball to a teammate.
- Move to catch ball on the full. Scanning to identify gate to deliver kick pass.
- Experiment on which type of kick is most effective.
- Communication - Call to GK.
- Safe handling - secure, eye on the ball, 4 steps forward & deliver.
- Attack ball - catch at it's highest point.

ACTIVITY NAME & AIM

65m Run Conditioning - This activity is used to develop the player's speed endurance and conditioning.



EQUIPMENT

- 65m Grid
- 8 x Space Markers

ORGANISATION

- Set up 65m Grid.
- Players complete 65 metre run in 15 sec, repeat on 30 seconds
- Perform 8 repetitions
- Intensity level at 75% (¾ pace)
- 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