



Age Group: Under 16	Session Learning Outcomes		
Session No: 2	Technical		
Period: Q1	Diving & Saving		
No. of Players:	Tactical	Physical	Character
Squad:	Anticipation	Repeat Speed	Concentration

Session Aims

1. Develop Diving & Saving Skills for Goalkeepers
2. Develop Step-Dive technique 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	Speed Bumps	GKs practice footwork and movement skills in preparation for stopping shots from Coach / Server.
Skill (Blocked)	10m	Triangle Shooting	GKs look to perform step dive in the different goals in rapid succession.
Skill (Blocked)	10m	Keeper Crawl	GKs practice diving and reset in quick succession.
Skill (Blocked)	10m	Goalie Wars	GKs work in pairs taking shots on each other to practice diving and shot stopping with players in support as distraction or for one-two's.
Conditioning	5m	20m Repeat Speed	Develop a player's sprint speed over 20m distance

Coaches Reflective Questions

1. How well did the drills and exercises match the skill levels of the U15 goalkeepers?
2. What constructive feedback was provided during and after the drills?

Players Reflective Questions

1. Reflect on your diving technique. Did you manage to execute your dives properly and reach the ball effectively?
2. How successful were you at stopping shots from different angles and distances?



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

Speed Bumps. The aim of this blocked practice is to develop diving and shot stopping techniques. Goalkeepers practice footwork and movement skills in preparation for stopping shots from Coach / Server.



EQUIPMENT

- Goals or Poles
- 4/5 Footballs
- 10 x Cones

ORGANISATION

- Use goals or set up poles as goals (2m).
- Place cones (speed bumps) 1m from goals in triangle shape as show above.
- GK is positioned with cones. Coach is position 3m from cones.
- Coach throws ball towards goal, and GK moves to intercept and stop shot, avoiding cones.
- Rebounds are in play.

VARIATION (STEPR)

- Increase width of goals (2.5m - 3m)
- Server moves closer and increase pace of the delivery.

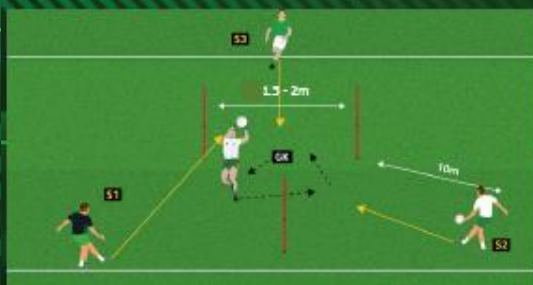
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on sharp quick movement, footwork and reactions.
- Emphasise SET position (Head, Hands, Feet).
- Step & Dive (not fall!!).
- Anticipate, React (not guess!!)



ACTIVITY NAME & AIM

Triangle Shooting - The aim of this blocked practice is to develop diving and shot stopping techniques. Goalkeepers look to perform step dive in the different goals in rapid succession.



EQUIPMENT

- 3 x Poles
- 4/5 Footballs
- 3 x Servers

ORGANISATION

- Set up 3 poles in triangular shape with each side 1.5m - 2m in length. These act as Goals.
- 3 Servers (S1, S2, S3) are positioned 10m in front of each side with a ball.
- Start with S1 with GK position in goal facing Server. S1 takes a shot at GK.
- GK rotates clockwise with 3 shots in rotation.
 - Low, Middle High
- Change direction of shots (clockwise & anticlockwise).
- Change starting position - on knees & save or face away & save.
- Set is 3 Serves / 3 Step Dives

VARIATION (STEPR)

- Change height of delivery
- Rebounds in play
- increase pace of delivery & movement / challenge the GK.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on SET position, Short Sharp Feet..
- Face the Server, Eyes on the Ball.
- Lead with the hands / Catch - watch hand position.
- One step and Dive (Push off near foot).
- Land on Side / Clear elbow.

ACTIVITY NAME & AIM

Keeper Crawl - The aim of this blocked practice is to develop diving & shot stopping techniques. Goalkeepers practice diving and reset in quick succession.



EQUIPMENT

- 4 x Cones
- 2/3 Footballs

ORGANISATION

- Set up channel with the cones 5m wide and 15m in length.
- Goalkeeper and Coach face each other at one end of channel.
- Coach rolls ball to one side and GK pops a step and dives.
- Reset, move forward and Coach rolls to GK's other side. GK pops a step and dives.
- Continuous movement (GK - Forward, Coach - Backward) until both reach the other end of channel.
- Look for at least 4 rolls on each side and increase pace.

VARIATION (STEPR)

- Change to side foot kick by coach.
- Deliver ball at a variety of heights.
- Work up & down the area.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on SET position, Short Sharp Feet, Weight going Forward.
- Face the Server, Eyes on the Ball.
- Lead with the hands / Catch - watch hand position.
- One step and Dive (Push off near foot).
- Land on Side / Clear elbow.



ACTIVITY NAME & AIM

Goalie Wars – The aim of this blocked practice is to develop diving & shot stopping techniques. Goalkeepers work in pairs taking shots on each other to practice diving and shot stopping with a player as a distraction.



EQUIPMENT

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

ORGANISATION

- Use Poles to set up two goals 21m apart. Goalkeeper in each goal.
- GKs take turns shooting on each other for goals
- Aim is to hit the target. Shots no higher than poles.
- Rebounds are in play.
- Add an Attacker as a distraction or for one-two's.

VARIATION (STEPR)

- Reduce distance between goals.
- Use both feet to take shots.
- Variety in shots – High, Low, Bounce, Lob

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on dive and back up quickly.
- Quick reset to ready/ set position. Next ball.
- Keep the ball out anyway possible.

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 10 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