



Age Group: Under 16	Session Learning Outcomes		
Session No: 3	Technical		
Period: Q1	Dealing with High Balls		
No. of Players:	Tactical	Physical	Character
Squad:	Footwork	Conditioning	Hard Working

Session Aims

1. Develop skills for Dealing with High Balls for Goalkeepers
2. Emphasise the need for good footwork when dealing with high balls

Activity Type	Time	Activity Name	Key Outcomes
Warm Up (Physical)	10m	Goalkeeper Warm Up	Preparation for playing Gaelic Games & injury prevention
Skill (Blocked)	10m	Out & Up	GKs performs high catch in small square and delivers kick pass to a receiver.
Skill (Blocked)	10m	Shall I Go or Stay	GKs work with defender to protect the goals when dealing with high balls.
Skill (Blocked)	10m	Goal Line Shuffle	GKs use footwork and movement skills to perform high catches along the goal line.
Skill (Blocked)	10m	Backwards High Ball	GKs look to deal with a high ball into the square while moving backwards.
Conditioning	5m	60m Run Conditioning	Develop player's run conditioning over 60m distance

Coaches Reflective Questions

1. Did the session have an appropriate balance of intensity and recovery?
2. Were the goalkeepers physically challenged, but not overworked?

Players Reflective Questions

1. How successful were you at dealing with high balls with and without pressure being applied?
2. What skills are needed "off-the-ball" when dealing with high balls?



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)

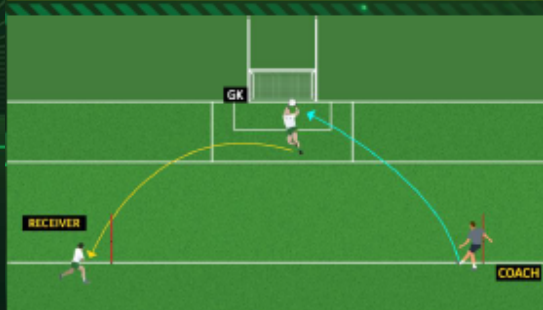
- Increase the size of grid.
- Bilateral Skills – Solo, Bounce, Fist Pass

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

Up & Out - The aim of this blocked practice is to develop skills to deal with a high ball. Goalkeeper performs high catch in small square and delivers kick pass to a receiver.



EQUIPMENT

- 1 x Goals
- 2 x Poles
- 4/5 Footballs
- 2 x Servers / Receivers

ORGANISATION

- Set up two poles on 20m line either side of goals.
- Position Server/Receiver at each pole and GK on goal line. Server can be the Coach.
- Server delivers high ball into the small square. Look to deliver kick from 20m.
- Goalkeeper collects ball (using high catch) and looks to find Receiver.
- Deliver 10 balls in a row, count how many caught & delivered.

VARIATION (STEPR)

- Decrease time between deliveries.
- Change the angle of deliveries.
- Alternate Sender and Receiver roles.
- Allow Receiver to move and GK to distribute to player on the move.

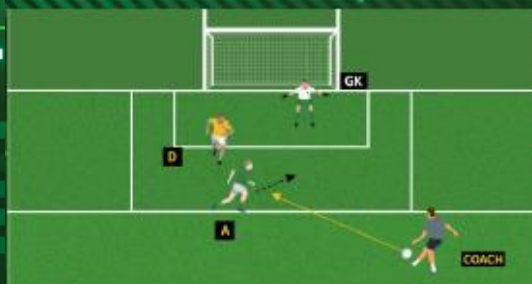
TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on communication, handling and distribution.
- Communication – clear call. Scan, do not follow ball.
- Handling – Catch at the highest point. Proper hand position (“W” shape). Get feet into position to attack the ball.
- Distribution – 4 steps forward. Emphasise accurate foot pass to receiver.



ACTIVITY NAME & AIM

Stay or Go - The aim of this blocked practice is to develop skills to deal with the high ball. Goalkeepers work with defender to protect the goals when dealing with high balls.



EQUIPMENT

- 1 x Goals
- 4/5 x Footballs
- 1 x Attacker
- 1 x Defender
- 1 x Server

ORGANISATION

- Set up with GK in goals and an Attacker marked by Defender in front of goals
- Coach or Server with 4/5 footballs is positioned on or near top of the D.
- Coach or Server delivers a high ball to the Attacker who attempts to score a goal.
- Defenders look to intercept ball or prevent shot on goal.
- GK to decide to support Defender or stay and focus on shot.
- Change delivery and trajectory e.g. garryowen, low fast, high with pace

VARIATION (STEPR)

- Change distance/position of Attacker & Defender - closer or further from goal

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on communication with Defender - clear call & decision.
- Emphasise teamwork with Defender, boxing out.
- Decision to stay in goal and make save, or go and intercept ball (catch or fist)?
- Scan do not follow ball. Positive starting position. Body shape forward, protect, raise knee.

ACTIVITY NAME & AIM

Goal Line Shuffle. The aim of this blocked practice is to develop skills to deal with a high ball. Goalkeepers use footwork and movement skills to perform high catches along the goal line.



EQUIPMENT

- 1 x Goals
- 4/5 Footballs
- 2 x Cones
- 2 x Servers

ORGANISATION

- GK positioned on goal line. Two Servers positioned on cones 20m from goal, just outside the goalposts (5m).
- Servers take turns delivering high balls to GK who shuffles along goal line and performs a high catch. GK returns the ball to the Servers after catch.
- Work for 1 minute alternating server, increasing pace between deliveries.
- Successful catch scores a point. Drop catch lose a point.
- Change GK after 1 minute

VARIATION (STEPR)

- GK to fist ball back to servers, instead of high catch.
- Increase pace

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus catching technique – handling, push off standing foot, catch highest point, hand position on the ball
- Call the ball.
- Quick feet (no crossing). Side to side between serves.
- Positive starting position.



ACTIVITY NAME & AIM

Backwards High Ball - The aim of this blocked is to develop skills to deal with a high ball. Goalkeepers look to deal with a high ball into the square while moving backwards.

EQUIPMENT

- 1 x Goals
- 2 x Cones (Red / Blue)
- 4/5 Footballs



ORGANISATION

- Set up 2 cones (1 Red & 1 Blue) 8m from goals as shown above. GK positioned on goal line.
- Coach positioned 13m from goals with supply of footballs
- Coach calls a colour and GK advances to touch that cone.
- Coach then drops in high ball for GK to retreat & perform a high catch.
- Work for 1-minute alternating cone colour and increasing pace of deliveries.

VARIATION (STEPR)

- Use a variety of angles and heights on the deliveries.
- Change the distance between Server and goal line.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on communication, catching skills & footwork
- Communication - Clear call. Always look at the ball. Scan & Attack.
- Footwork - Quick feet forward & backward
- Emphasise catching skills - Collect ball at highest point. Proper hand position. Eyes on the ball. Knee up to protect.

ACTIVITY NAME & AIM

60m Run Conditioning - This activity is used to develop the player's speed endurance and conditioning.

EQUIPMENT

- 60m Grid
- 8 x Space Markers



ORGANISATION

- Set up 60m Grid.
- Players complete 60 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