



Age Group: Under 16	Session Learning Outcomes		
Session No: 4	Technical		
Period: Q1	Shot Stopping & Blocking		
No. of Players:	Tactical	Physical	Character
Squad:	Positioning & Angle Play	Repeat Speed	Commitment
Session Aims			
1. Develop Shot Stopping & Blocking Skills for Goalkeepers			
2. Develop Positioning & Angle Play 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	Big & Brave	GKs look to closedown attacker, stands tall and block efforts on the goal
Skill (Blocked)	10m	Cut The Angle	GKs save two shots in quick succession, with the 2nd shot coming at an angle on the goal.
Skill (Blocked)	10m	Endurance Saves	GK performs saves in quick succession returning to set position before each shot.
Skill (Blocked)	10m	Colours	GKs look to react to call, move into position to block efforts on the goal.
Conditioning	5m	20m Repeat Speed	Develop a player's sprint speed over 20m distance
Coaches Reflective Questions			
1. What unforeseen issues arose during the session, and how were they handled?			
2. What are the key aspects to highlight when coaching commitment in a session?			
Players Reflective Questions			
1. What is the advantage for goalkeepers of moving off the goal line to reduce the shooting angle as an attacker approaches?			
2. What is the most appropriate technique used when facing a shot from close range?			



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

Big & Brave - The aim of this blocked practice is to develop shot-stopping and blocking skills. Goalkeepers look to closedown different attackers and block efforts on the goal.



EQUIPMENT

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

ORGANISATION

- Goalkeeper (GK) on goal line. Coach on endline with footballs (5m away), Two servers are positioned on either corner of small square.
- GK faces sideline, jumps for a high ball from coach, then passes back to coach.
- Coach then passes to either Server positioned on corner of the small square.
- Server attempts to shoot on goals.
- GK pivots and moves out quickly, stays big and looks to block shot from Server.

VARIATION (STEPR)

- Server executes shot of both left & right foot. Change focus for GK.
- Start GK on side edge of small square.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on quick feet, body weight forward, and GK on balls of their feet.
- Make your body as big as possible.
- Safe Handling. Eye on ball. Deny space.



ACTIVITY NAME & AIM

Cut The Angle - The aim of this blocked practice is to develop shot-stopping and blocking skills. Goalkeepers save two shots in quick succession, with the 2nd shot coming at an angle on the goal.



EQUIPMENT

- 1 x Goals
- 4/5 x Footballs
- 3 x Cones
- 2 x Servers (A & B)

ORGANISATION

- Set up with GK in goals and Coach and two Servers positioned at 3 cones 15m from goals as shown above. Coach and two Servers with footballs.
- Coach takes 1st shot at GK, who should dive to save this shot. While the GK is on the ground, the Coach calls Server A or B to take 2nd shot.
- GK quickly recovers his position and attempts to save 2nd shot.
- Repeat alternating between Servers A & B and change the angle of the shot constantly.

VARIATION (STEPR)

- GK starts on their belly
- Change distance and position of Servers vis a vis the goals to change angle of the shot
- Increase pace of 1st shot from the Coach

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on Handling - soft hands, positive position
- Quick feet and adjust angle to cover near post. Quick reset
- React to the shot. Stay big for as long as possible,

ACTIVITY NAME & AIM

Endurance Saves - The aim of this blocked practice is to develop shot-stopping and blocking skills. Goalkeeper performs saves in quick succession returning to set position before each shot.



EQUIPMENT

- 1 x Goals
- 5 x Cones
- 5/6 Footballs

ORGANISATION

- Set up 5 cones in a line 2m apart out from the goals. Goalkeeper (GK) starts in goals.
- GK moves out to cone 1 touches cone and coach rolls ball for GK to save to the side.
- GK moves to cone 2 and repeats until cone 5.
- Work the GK on both sides.

VARIATION (STEPR)

- Change delivery to a side foot pass.
- Push ball wider

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

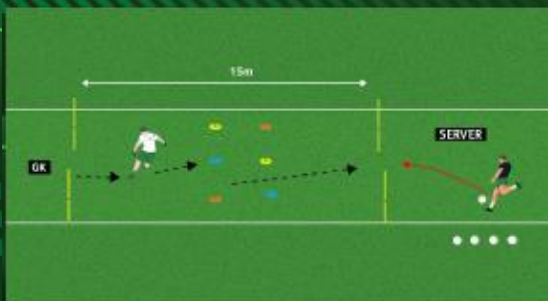
- Focus on proper diving technique - weight forward, push off foot, proper hands on the ball, elbow clear side hitting ground, V-shape.
- Quick feet between cones.
- Reset quickly.





ACTIVITY NAME & AIM

Colours - The aim of this blocked practice is to develop shot-stopping and blocking skills. Goalkeepers look to react to call, use quick feet and agility to move into position to block efforts on the goal.



EQUIPMENT

- 2 x Goals (4 Poles)
- 4/5 x Footballs
- 6 x Cones
- 1 x Server (Coach)

ORGANISATION

- Set up two goals 15m apart. Use 4 poles as goals.
- Set up 6 cones in 5m square (with colours as shown) midway between goals.
- Goalkeeper (GK) positioned on goal line in 1st goal (set of poles). Server is positioned 10m from 2nd goal (set of poles).
- On Coaches call, GK moves forward and touches coloured cones called, then goes to opposite goals.
- Server takes a straight shot on goals.
- GK stays big and looks to block shot from Server.

VARIATION (STEPR)

- Vary type of shot / ball delivery (High, Low, Straight).
- Increase the number of reps.

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Focus on quick feet, body weight forward, and GK on balls of their feet.
- React to call.
- Quick Feet between cones and goals (poles).
- Get set properly and save shot. Use feet to increase range of dive, transfer weight going forward.

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