



Age Group: Under 18	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 and positioning skills. Goalkeepers perform different step patterns thru ladders & cones, interspersing with catch & save.



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 (side-on, shuffle), then moves thru cones using different movement patterns.
 - Backwards / Forwards
 - Bunny Hops
 - Side to Side
- At end of ladder, GK takes a pass from Coach.
- At end of the cones, GK makes save from shot from Coach.
- Perform 6 repetitions with 15 seconds recovery.

VARIATION (STEPR)

- Reduce the recovery time between repetitions (10 secs).

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 and positioning skills. Goalkeepers undertakes different movement patterns as they transition thru grid, while also performing saves.



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 takes a shot at GK as he enters grid and 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 and 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 and vary the height of the shot.
- Take shots from different angles.
- Rebounds are in play.

VARIATION (STEPR)

- GK jumps over hurdles (bunny hop).

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 attackers and make a save.



EQUIPMENT

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

ORGANISATION

- Set up cone 13m from goal at an angle. Coach is positioned near cone. Server is positioned on the opposite side of the goals also at an angle, with a 2nd Attacker positioned on other side of Coach.
- Coach calls "Start or Go" Goalkeeper (GK) sprints to touch cone.
- Coach then plays a ball to the Server who looks to shoot on goals or pass back across goal to the 2nd attacker.
- GK tries to anticipate the play and moves across to block the shot.

VARIATION (STEPR)

- Vary the type of shot - height & pace or use hand to slap or punch ball towards the goal.

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 12 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