

GK Skill Development #1: Wall Practice

Reasons we use the wall in training:

1. The wall always passes or throws the ball back
2. The wall teaches us how to make 1 touch and 2 touch passes on the ground
3. The wall improves first touch on the ball
4. The wall allows us to improve goal kicking technique through repetition
5. The wall provides for a cardiovascular workout while also developing skill and quickness

Warm-UP (Passing)

-5 minutes: 2 yards away from wall. Quick one-touch passes to yourself off the wall as if passing to another teammate. Attempt to alternate right and left foot.

-5 minutes: 5 yards away from wall. Quick one-touch passes to yourself off the wall as if passing to another teammate. Attempt to alternate right and left foot.

-5 minutes: 10 yards away from wall. Two-touch passes to yourself off the wall as if passing to another teammate. Attempt to alternate right and left foot. **STRETCH**

Technical Work: Throwing

-5 minutes: 20 yards away from wall. Pick a spot on the wall to aim at each time you throw the ball. Throw the ball at the spot, save the rebound using your hands.

-5 minutes: 30 yards away from wall. Pick a spot on the wall to aim at each time you throw the ball. Throw the ball at the spot, save the rebound using your hands.

Technical Work: Goal Kick

-8 minutes: 25 yards away from wall. Set ball like goal kick in game. Pick a spot at the top of the wall to aim for and drive the ball directly at that spot as if you are attempting to drive the ball right through the wall. **NO FLOATERS!!!**

Technical Work: Quickness

-2 sets of 10: 7 yards away from wall. Sitting on ground, throw ball off wall to right side. GK gets up, shuffles over to ball and picks up. Alternate right and left.

-2 sets of 10: 7 yards away from wall. Standing, throw ball off wall to right side. GK shuffles over to ball and picks up. Alternate right and left.

-2 sets of 10: 7 yards away from wall. GK dropkicks or punts ball against wall (head height or lower) and must react to where ball moves by shuffling to ball as quickly as possible.

Technical Work: Punting/Goal Kicks (no wall used)

-15 minutes: Continuous punting practice. GK selects where they want the ball to be punted and then attempts to punt ball at that direction and distance. **Master Punting right, left, and middle.** Best if performed with partner and multiple balls. Can also practice goal kicks like this.