

GK Skill Development #2: Lateral Movement

Warm-UP (Passing)

-6 minutes: Inside 10x10 grid, jog while throwing ball down to the ground. After 1 minute, stretch. Do this for 2 minutes. Next 2 minutes, pound ball down to the ground and then catch ball as bounces back up off of the ground. Stretch. Final 2 minutes, ball thrown in air above head and catch. Stretch following completion.

Technical Work: Shuffling/Diving

-2 sets of 10: Balls placed eight yards away from each other. Start at ball on right. Shuffle over as fast as you can to the ball on the left and pick the ball up. Then shuffle over to the ball on the right and pick up the ball. Continue through 2 sets of 10.

-3 sets of 10: Roll ball through your legs about 5 feet. Collapse dive backwards using proper form. Quickly recover after performing dive. Dive right and left.

-2 sets of 10: Balls placed eight yards away from each other. Start at ball on right. Shuffle over as fast as you can to the ball on the left and collapse dive to the ball making the save. Then shuffle over to the ball on the right and collapse dive making the save. Continue through 2 sets of 10.

-2 sets of 10: Roll ball through your legs about 15 feet. Move towards ball as if offensive player is within three yards of the ball. Collapse dive and quickly recover to feet with ball in your hands. Continue through 2 sets of 10.

-15 minutes-Partner Activity: Shots on goal from various angles. Perform standing, laying down, sitting, and shuffling to find a new angle.

-10 minutes-Partner Activity: Crosses on goal from sides of field.