

GI-GA

The logo consists of the letters 'GI-GA' in a bold, italicized, black font. A black silhouette of a goalkeeper is integrated into the design, positioned between the 'I' and the first 'G' of 'GA'. The goalkeeper is shown in a dynamic, jumping pose, reaching out with one hand towards a small black circle representing a soccer ball.

Handling & Shot Stopping



Activity can start in a number of different ways: 1. GK & Coach pass back and forth through mannequins 2. Coach hits a volley at GK for handling basics, for GK to distribute back to coach. - When Coach re-receives ball they take a touch in any direction to shoot around/over/through the mannequins for GK to save



Written by Louis Hunt
Jun 14th, 2020

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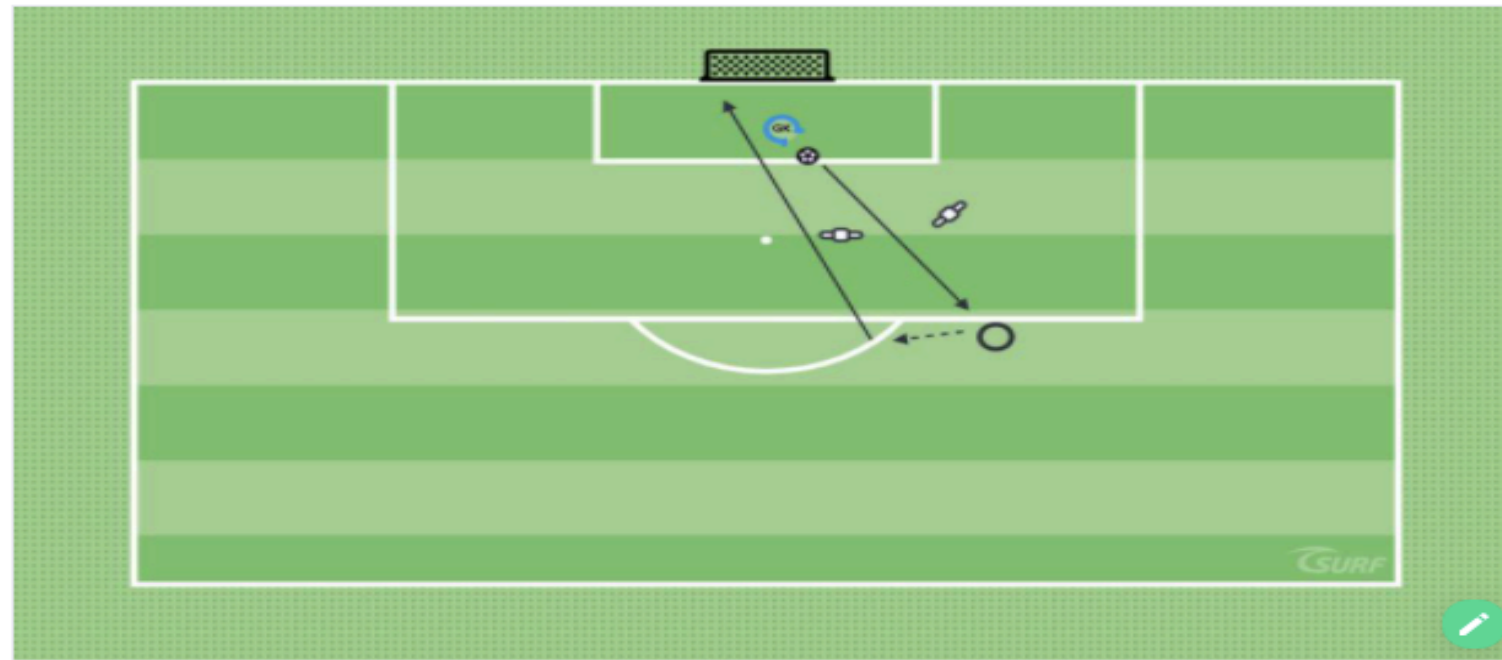
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Key Coaching Points

Move as the ball moves for appropriate angle

Timing of set position - balanced weight to be able to dive both ways

Save decision & positioning based on distance of shot (what zone is finisher in as they shoot & how does that determine GK position?)

Visual triggers

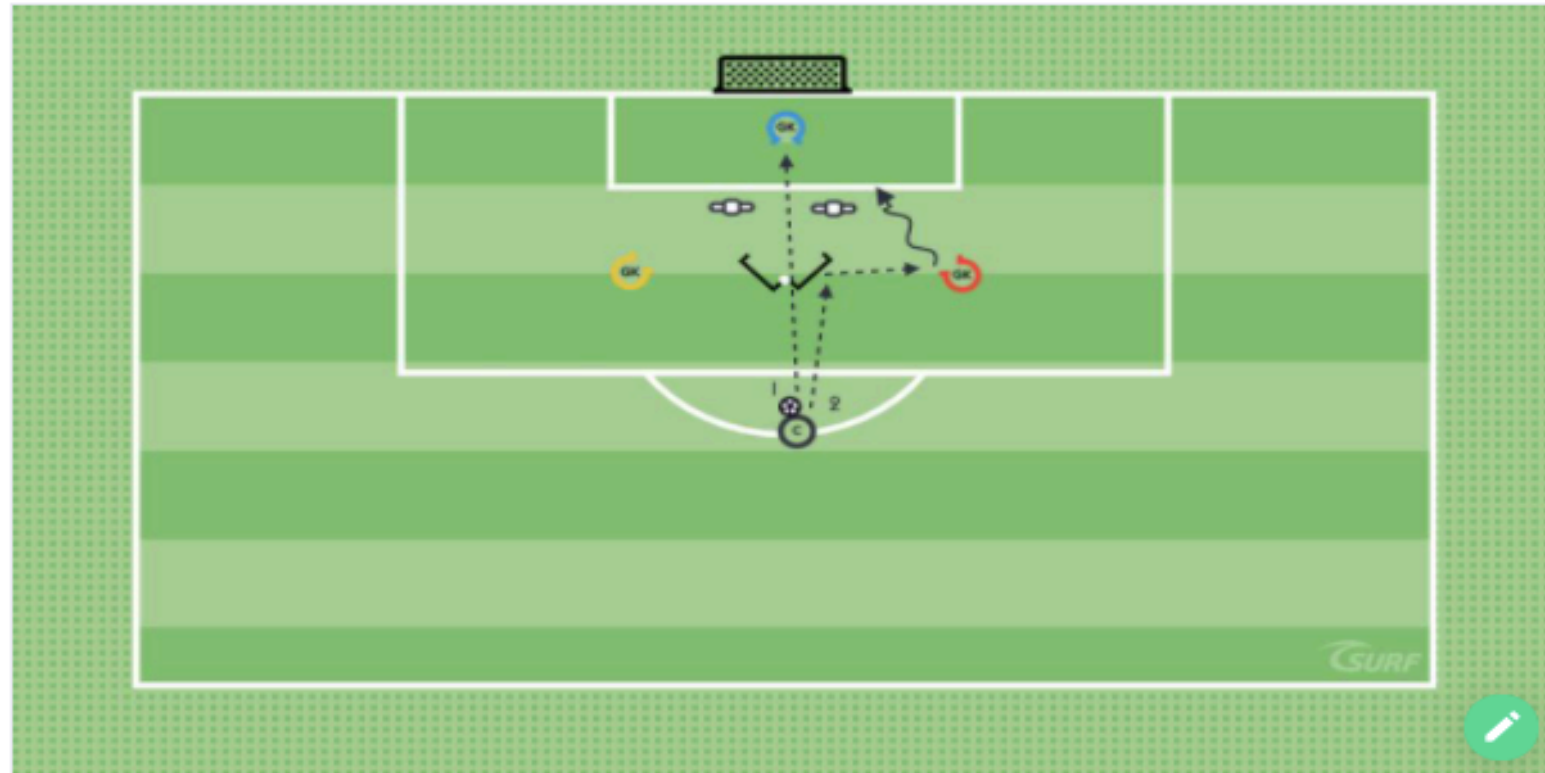
1. Coach serves a ball to goal for GK to save 2. Immediately after the save GK plays a ball into the rebounded - GK must appropriately react and move across goal to make a save from either yellow or red player



Written by Louis Hunt ▾

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Key Coaching Points

Reaction to angle of ball to save appropriate - save decision based on which player the ball goes to, angle of forward, height/depth of forward

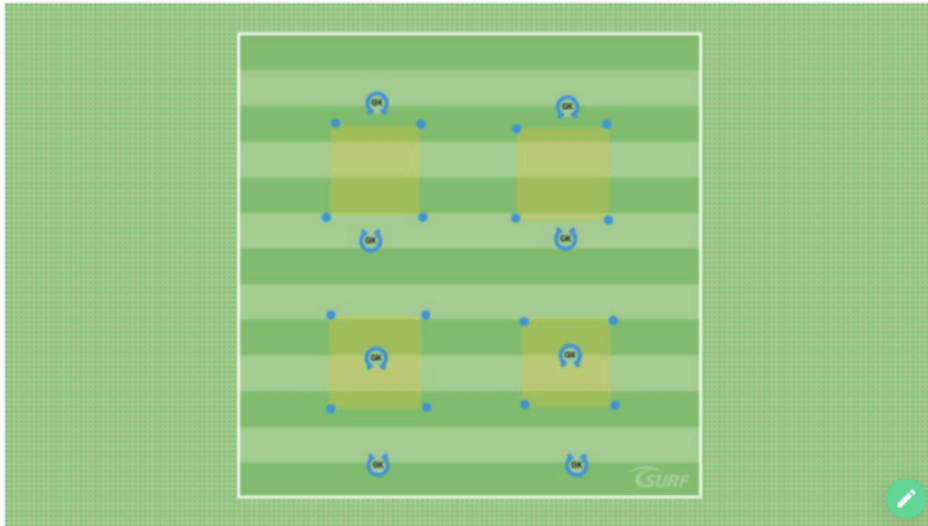
1. GKs spend 5-10 mins in their own box getting physically warmed up with activation & stretched. 2. GK's pass back & forth working in prep touch & quality of pass. 3. One GK in middle of box. The other on outside as a server. Server calls out Left?right?forward/Back for GK to move before making a basic technical save.

Written by Louis Hunt
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Set Up

10x5 area

Key Coaching Points

Light on feet to step into ball with positive touch to set up a second touch pass

Quick small feet in movements to keep body balanced for set position

Short Distribution & Shot stopping

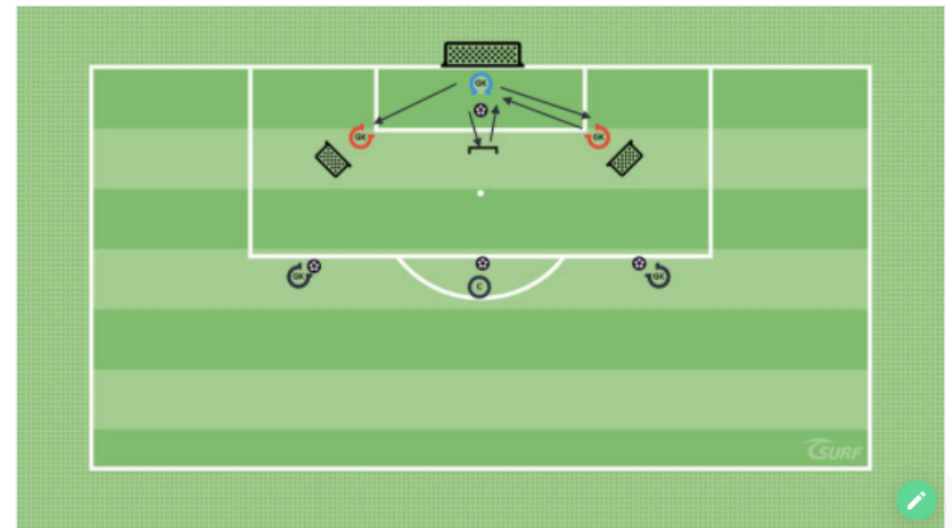
- Central GK starts off by playing a 1-2 into rebounder for either a pass or basic handling. - Central GK then builds out passing to either left or right red GK, re-receives and hits a low pass/shot towards opposite red GK for them to make a close range save. - Central GK then makes a save on the same side/angle from outside servers to a long shot

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Key Coaching Points

Angle to receive - always be available with open body shape

Positive first/prep touch to set up where pass is going next

Save decision by GKs in small goals (be brave/positive, weight forward).

Angle of set position for longer range shot (height/depth of GK)