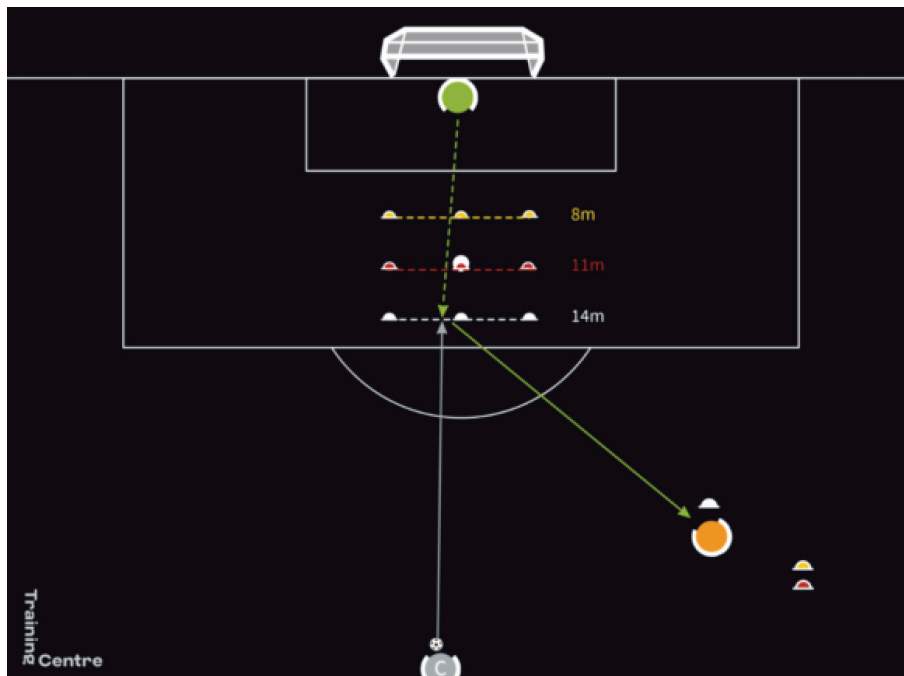


U15 to U18 training program

BALL ON THE GROUND



Organisation

- The exercise requires 2 goalkeepers and a coach, who acts as a server.
- Set up 3 lines using cones: a yellow line 8m from the goal line; a red line 11m from the goal line; and a white line 14m from the goal line.
- Place goalkeeper 1 inside the goal area.
- Place goalkeeper 2 outside the penalty area (as per the graphic) and give them 3 cones that correspond to the colours of the 3 lines.

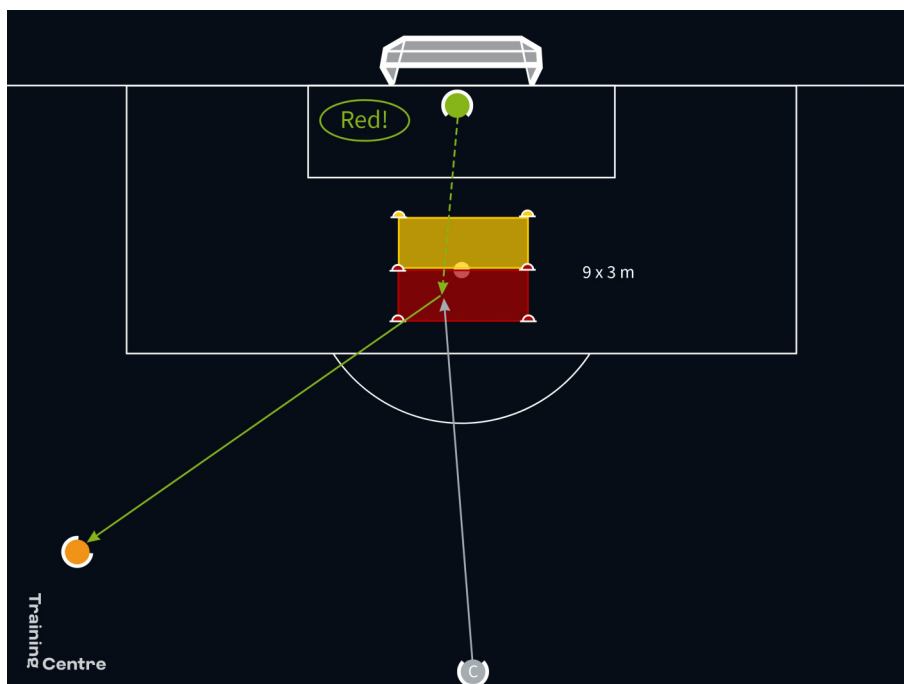
Explanation

- The coach plays a ball along the ground into the penalty area and towards goalkeeper 1.
- As the ball is played towards goalkeeper 1, goalkeeper 2 holds up 1 of the 3 coloured cones.
- Goalkeeper 1 has to anticipate the path of the ball to rush out of goal and smother it on the coloured line indicated by goalkeeper 2.
- Once goalkeeper 1 has smothered the ball, they must play it goalkeeper 2 with an underarm or overarm throw.
- Rotate the goalkeepers.

Coaching points

- The goalkeeper must show real purpose when coming out to smother the ball.
- They should anticipate the speed of the ball and time their runs accordingly to ensure that they smother the ball on the correct line.
- The goalkeeper must analyse the situation and avoid coming out of goal too early or too late to ensure that they smother the ball at full speed.
- The firmness of the pass and colour of the cone should vary in each sequence.

AERIAL BALL



Organisation

- The exercise requires 2 goalkeepers and a coach, who acts as a server.
- Set up 2 zones inside the penalty area: 1 red and 1 yellow.
- Place goalkeeper 1 inside the goal area.
- Place goalkeeper 2 outside the penalty area (as per the graphic).

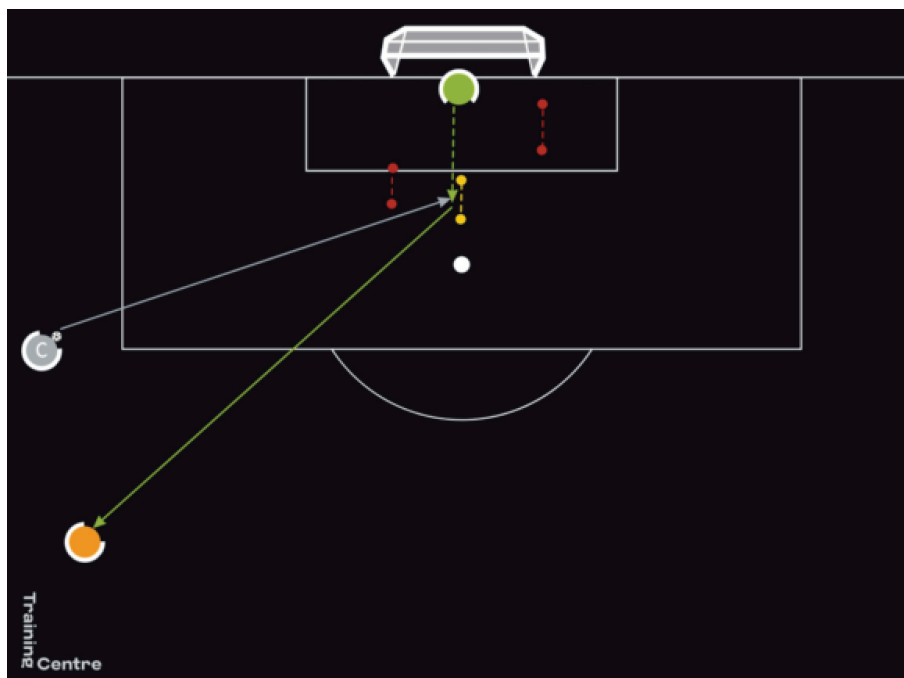
Explanation

- The coach plays an aerial ball into the penalty area and towards goalkeeper 1.
- As the ball is played towards goalkeeper 1, they have to anticipate in which of the 2 zones they will be able to catch the ball mid-flight.
- On their first step when coming out of goal, goalkeeper 1 must shout out the colour of the zone in which they intend to catch the ball.

Coaching points

- The goalkeeper should judge the flight of the ball and come out to claim it.
- They must anticipate and read the flight of the ball, while timing their jump to catch it safely.
- The exercise aims to improve the goalkeeper's decision-making and communication skills.

DIAGONAL BALL ALONG THE GROUND



Organisation

- The exercise requires 2 goalkeepers and a coach, who acts as a server and takes up a position at a ball station outside of the penalty area (as per the graphic).
- Set up 3 cone gates of different widths inside the penalty area: 2 red and 1 yellow.
- Place 1 red gate level with the near post and the other level with the far post and position the yellow gate level with the midpoint of the goal line (as per the graphic).
- Place goalkeeper 1 inside the goal area.
- Place goalkeeper 2 outside the penalty area (as per the graphic).

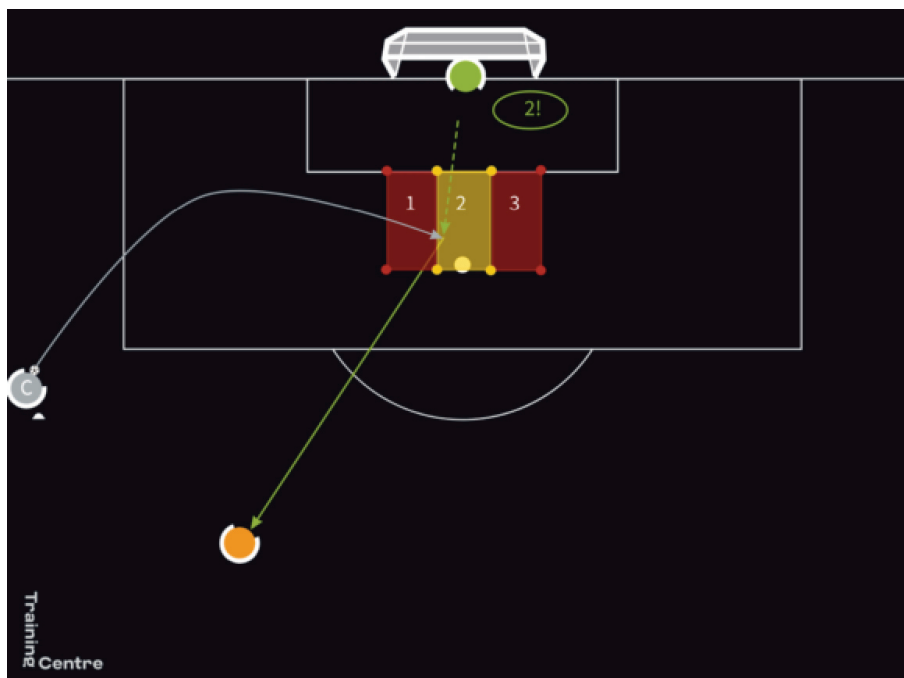
Explanation

- The coach plays a diagonal ball into the penalty area and should vary the weight of the delivery in each sequence.
- Goalkeeper 1 is asked to anticipate the path of the ball and smother it at the gate that the ball passes through first, before playing an overarm or underarm throw to goalkeeper 2.
- Goalkeeper 1 has to decide which gate the ball will pass through first.
- If the ball does not pass through any of the gates, goalkeeper 1 should remain in their starting position.
- Rotate the goalkeepers.

Coaching points

- The goalkeeper should focus on the position of the gates and the path of the ball.
- The coach should vary the firmness of the passes and their destination, with passes to be played between each of the gates.
- The exercise aims to improve the goalkeeper's decision-making and reading of the game.
- After smothering the ball, the goalkeeper should throw it out quickly to replicate an attacking transition.

AERIAL DIAGONAL BALL



Organisation

- The exercise requires 2 goalkeepers and a coach, who acts as a server.
- Set up three 6x3-metre zones inside the penalty area: zone 1 at the near post, zone 3 at the far post and zone 2 between the two.
- Place goalkeeper 1 inside the goal area.
- Place goalkeeper 2 outside the penalty area (as per the graphic).

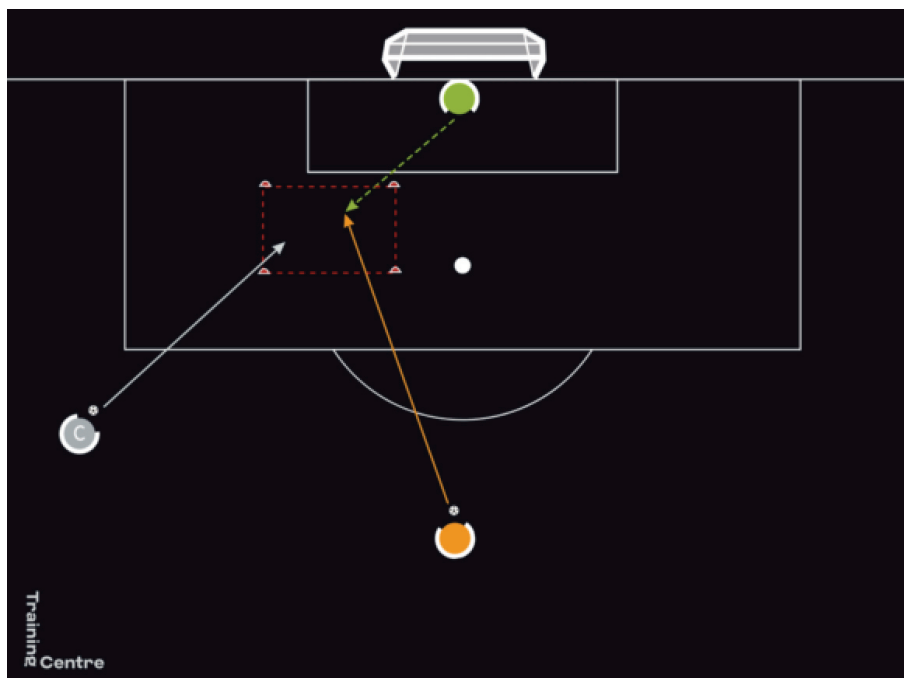
Explanation

- The coach plays an aerial diagonal ball into 1 of the 3 zones and should vary the weight of the delivery in each sequence.
- Goalkeeper 1 has to anticipate the flight of the ball and shout out the zone in which they intend to catch it, before catching the ball mid-flight and playing an overarm or underarm throw to goalkeeper 2.
- Goalkeeper 1 has to decide in which of the 3 zones they will catch the ball.
- If the ball does not enter any of the 3 zones, goalkeeper 1 should remain in their starting position.
- Rotate the goalkeepers.

Coaching points

- The goalkeeper should not wait for the ball to come to them, but instead move towards the ball.
- On their first step when coming out of goal, goalkeeper 1 must shout out the number of the zone in which they intend to catch the ball.
- The goalkeeper must get out of their comfort zone and go and claim the ball.
- Once again, the exercise aims to improve the goalkeeper's decision-making and communication skills.

READING TWO SEPARATE BALL PATHS



Organisation

- The exercise requires 2 goalkeepers and a coach, who acts as a server.
- Set up a 6x6-metre zone inside the penalty area.
- Place goalkeeper 1 inside the goal area.
- Place goalkeeper 2 outside the penalty area (as per the graphic).

Explanation

- Goalkeeper 2 and the coach simultaneously play balls along the ground into the 6x6-metre zone.
- Goalkeeper 1 has to anticipate which of the balls will enter the 6x6-metre zone first.
- If the coach's pass enters the zone first, goalkeeper 1 must come out and smother the coach's ball aggressively.
- If goalkeeper 2's pass enters the zone first, goalkeeper 1 focuses on defending their goal and remains in their starting position.
- Once goalkeeper 1 has smothered the ball, they return the respective balls to goalkeeper 2 and the coach.
- Rotate the goalkeepers.

Coaching points

- The 2 balls represent 2 separate in-game features: the ball played by the coach represents the path of the match ball, while the ball played by goalkeeper 2 represents an attacker's run.
- The exercise aims to improve the goalkeeper's decision-making and their reading and anticipation of the path of the ball.
- Emphasise when the goalkeeper should come out to smother the ball and when they should track the path of the ball and defend their goal.

AERIAL BALL WITH OPPOSITION



Organisation

- The exercise requires 2 goalkeepers, a coach, who serves balls into the penalty area from a wide ball station, and a rebounder shield.
- Place goalkeeper 1 inside the goal area.
- Place goalkeeper 2 on the edge of the penalty area and give them a rebounder shield.

Explanation

- The coach plays an aerial ball into the penalty area from the wide ball station.
- Goalkeeper 2 acts as an attacker and tries to beat goalkeeper 1 to the ball to score.
- Goalkeeper 1 tries to come out and catch the ball before it reaches the attacker.
- Once goalkeeper 1 has caught the ball, they should throw it out to the coach.
- Rotate the goalkeepers.

Coaching points

- The goalkeeper's ability in terms of making the right initial decision and anticipating the flight of the ball are important factors to consider as they decide whether they should come off their line to catch the ball or stay and defend their goal.
- The goalkeeper's decision should be based on their surroundings, while they should remain on their feet at all times.
- The goalkeeper is asked to simultaneously anticipate the aerial ball and the attacker's movement.
- Observe the quality of the goalkeeper's movement throughout the exercise and make any necessary adjustments.

CORNER WITH NO OPPOSITION



Organisation

- The exercise requires 2 goalkeepers and 2 coaches.
- One of the coaches plays an aerial ball into the penalty area from the corner area, while the other coach holds up a coloured cone at their position on the edge of the penalty area.
- Mark out three 6x3-metre zones inside the penalty area and number them in ascending order from the near to the far post: zone 1 at the near post and zone 3 at the far post.
- Set up 2 mini-goals, 1 on the edge of the penalty area, directly opposite the full-size goal and the other outside the penalty area, at an angle to the full-size goal and on the opposite side of the pitch to where the corner is taken.
- Place a red cone inside the mini-goal positioned directly opposite the full-size goal and put a blue cone in the other mini-goal.
- Place goalkeeper 1 inside the goal area.
- Place goalkeeper 2 off the pitch, beside the full-size goal and on the same side of the pitch to where the corner is taken.

Explanation

- One of the coaches delivers an aerial ball from 1 of the corner areas.
- Goalkeeper 2 observes the flight of the ball and calls out “1” (near post), “2” (middle of the goal) or “3” (far post) to indicate the zone in which the ball will drop and where goalkeeper 1 has to catch it.
- After catching the ball, goalkeeper 1 looks towards the other coach, who holds up a coloured cone. Goalkeeper 1 has to roll the ball into the mini-goal that corresponds with the colour displayed by the coach, i.e. either red or blue.
- Rotate the goalkeepers.

Coaching points

- There are two cognitive aspects to which the goalkeeper has to pay attention: the zone where the ball will drop and the colour of the mini-goal into which the ball is to be rolled.
- The goalkeeper should ensure that they roll the ball with force.
- Display the colour of the cone quickly to force the goalkeeper to remain fully focused.
- Emphasise the quality of the goalkeeper’s movement and the need for them to use both their sight and hearing.
- The goalkeeper must get out of their comfort zone and come out of their goal to claim the ball.

CORNER WITH OPPOSITION



Organisation

- The exercise requires 2 goalkeepers, 2 coaches and 2 mannequins.
- One of the coaches plays an aerial ball into the penalty area from the corner area, while the other coach holds up a coloured cone at their position on the edge of the penalty area.
- Mark out a 6x3-metre orange zone close to the halfway line (as depicted in the graphic).
- Set up 2 mini-goals: 1 on the edge of the penalty area, directly opposite the full-size goal and the other outside the penalty area, at an angle to the full-size goal and on the same side of the pitch to where the corner is taken.
- Place a red cone inside the mini-goal positioned directly opposite the full-size goal and put a blue cone in the other mini-goal.
- Place goalkeeper 1 inside the goal area.
- Place goalkeeper 2, who acts as an attacker, inside the penalty area.

Explanation

- One of the coaches delivers an aerial ball from 1 of the corner areas.
- Goalkeeper 2 acts as an attacker and the mannequins act as opponents.
- After catching the ball, goalkeeper 1 looks towards the other coach, who holds up a coloured cone, which is either red, blue or orange.
- Goalkeeper 1 has to pass the ball into either of the mini-goals or the orange zone, depending on the colour of the cone displayed by the coach.
- The following instructions apply:
 - red cone: an underarm throw-out into the red mini-goal
 - blue cone: an overarm throw-out into the blue mini-goal
 - orange cone: a volleyed clearance into the orange zone
- Rotate the goalkeepers.

Coaching points

- Focus on the quality of the goalkeeper's decision-making and the attacking transition once the ball has been caught.
- If the goalkeeper punches the ball or is unable to catch it safely, they must remain alert and quickly retreat into position to defend their goal.
- The goalkeeper must call for the ball before catching it. Communication is a key element in aerial play.
- Taking high-quality information on board is crucial to launching a quick and successful attacking transition.
- Focus on the goalkeeper's movement, with particular emphasis on their ability to perform coordinated movements.

MATCH SITUATION: CROSS INTO THE PENALTY AREA TOWARDS AN ONRUSHING ATTACKER



Organisation

- The exercise requires 2 goalkeepers, 2 coaches and 2 mannequins.
- One of the coaches delivers a ball into the penalty area, while the other coach holds up a coloured cone from their position on the edge of the penalty area.
- Mark out a 6x3-metre orange zone close to the halfway line (as per the graphic).
- Set up 2 mini-goals, 1 on the edge of the penalty area, directly opposite the full-size goal and the other outside the penalty area, at an angle to the full-size goal.
- Place a red cone inside the mini-goal positioned directly opposite the full-size goal and put a blue cone in the other mini-goal.
- Place goalkeeper 1 inside the goal area.
- Place goalkeeper 2 at a ball station situated outside the penalty area.
- The first coach takes up crossing position outside of the penalty area.

Explanation

- Goalkeeper 2 passes the ball into space beyond the coach situated in the crossing position.
- The coach latches on to the ball and delivers a cross into the penalty area.
- After playing the pass towards the coach, Goalkeeper 2 becomes an attacker and makes a run into the penalty area.
- After catching the ball, goalkeeper 1 looks towards the other coach, who holds up either a red, blue or orange cone. They have to play the ball into either of the mini-goals or the orange zone, depending on the colour of the cone displayed by the coach.
- The following instructions apply:
 - red cone: an underarm throw-out into the red mini-goal
 - blue cone: an overarm throw-out into the blue mini-goal
 - orange cone: a volleyed clearance into the orange zone
- Rotate the goalkeepers.

Coaching points

- The goalkeeper must adopt a game mentality to deal with the situations that arise in the exercise.
- Focus on the quality of the goalkeeper's decision-making and the attacking transition after they have caught the ball.
- The goalkeeper must call for the ball before catching it. Communication is a key element in aerial play.