



Goalkeeping Performance

INDIVIDUAL HOMEWORK PROGRAMME



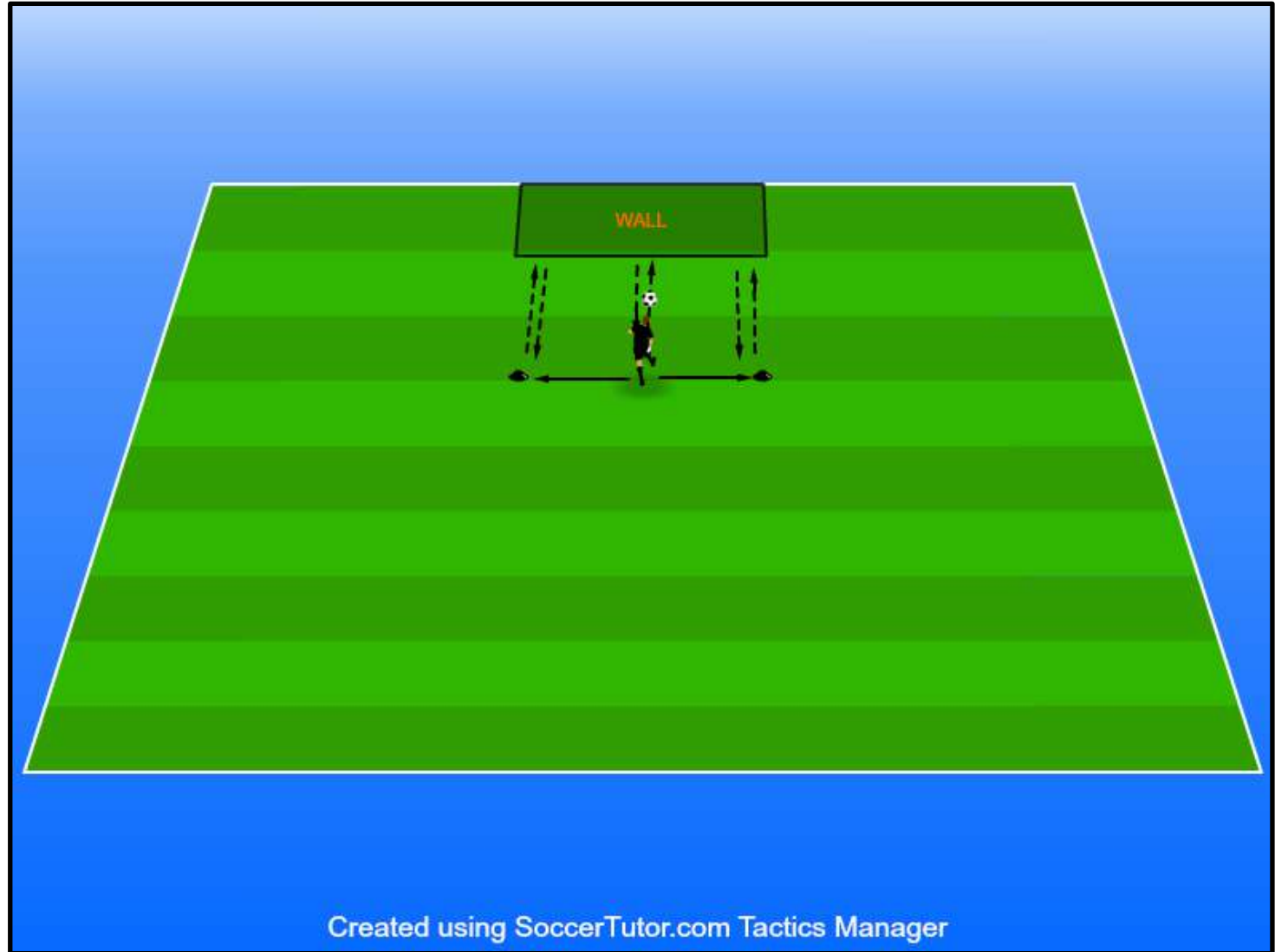
Goalkeeping Individual Homework Programme

- Footwork
- Handling
- Diving / Shape
- Spring
- Passing & Touch (both feet)
- Target Practice

Practice makes permanent – be the best you can be!

Handling

- x20 straight volleys.
- x10 each side with movement and volley.



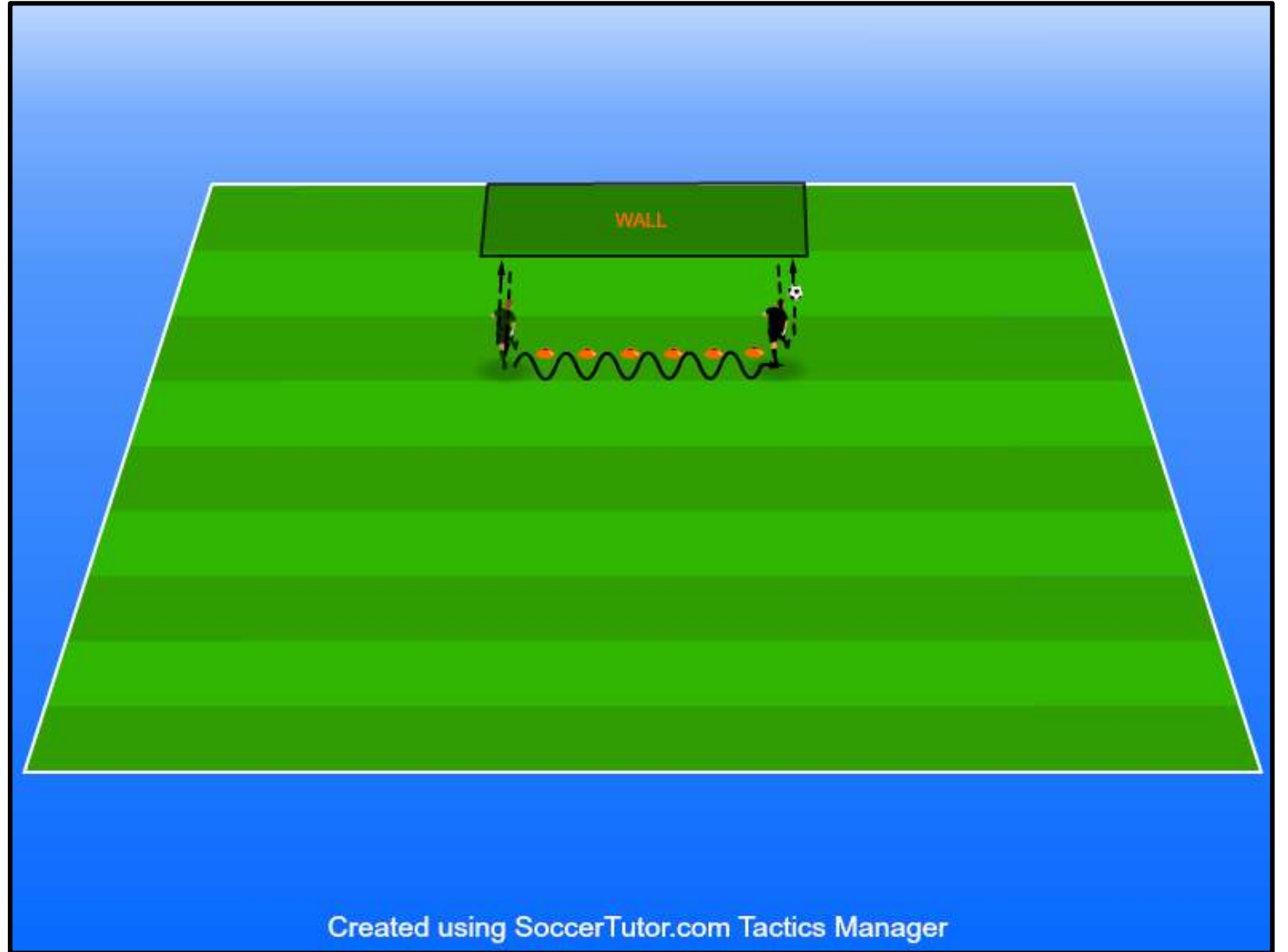
Passing / Touch

- x20 touch and play wall any foot.
- x10 left foot only.
- x10 right foot only.



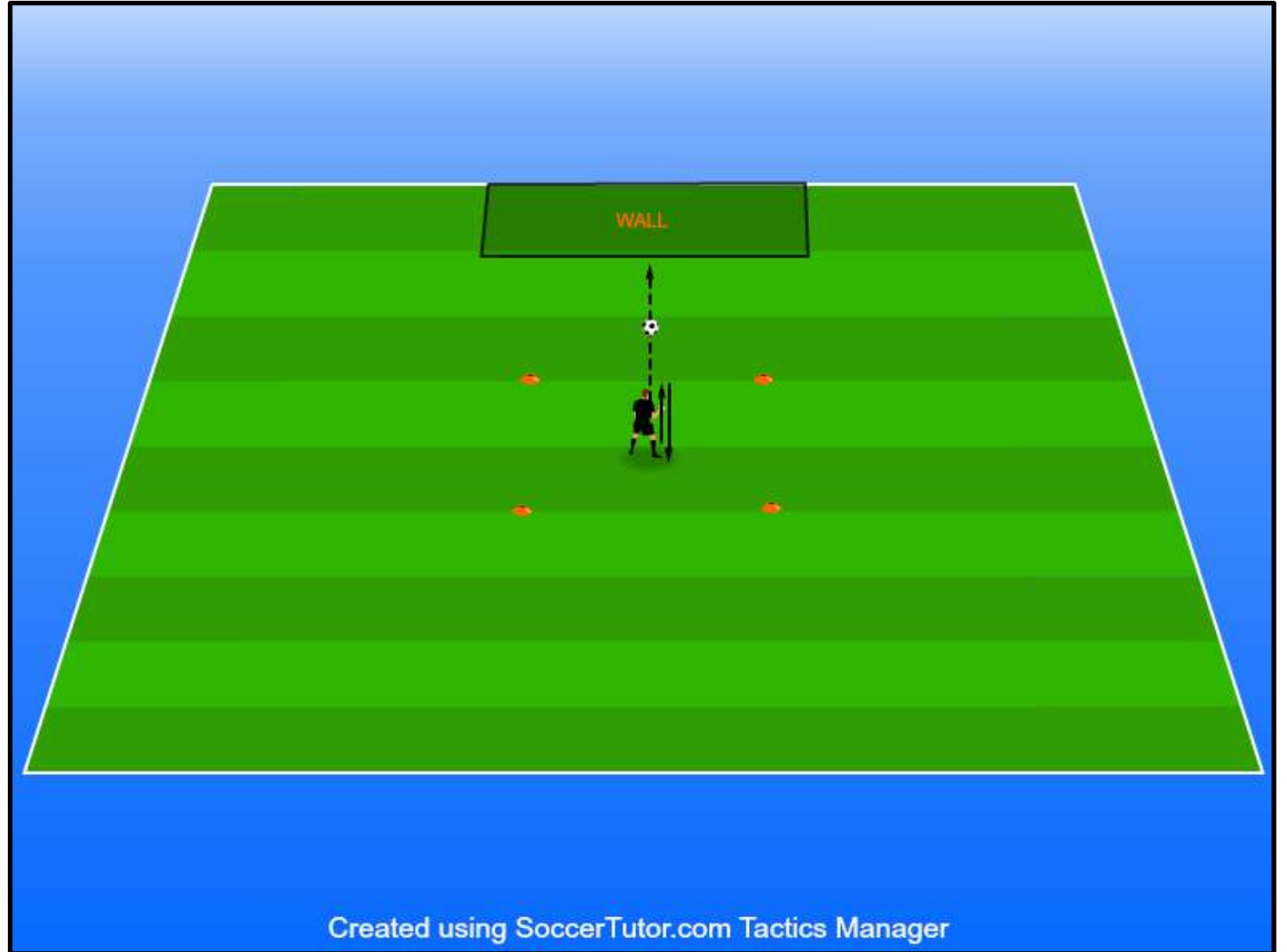
Footwork / Volley

- x6 fast feet each movement and volley.
- Over the top.
- Forward & Back in and out.
- Slaloms.
- Small straight leg springs.
- High knee springs.



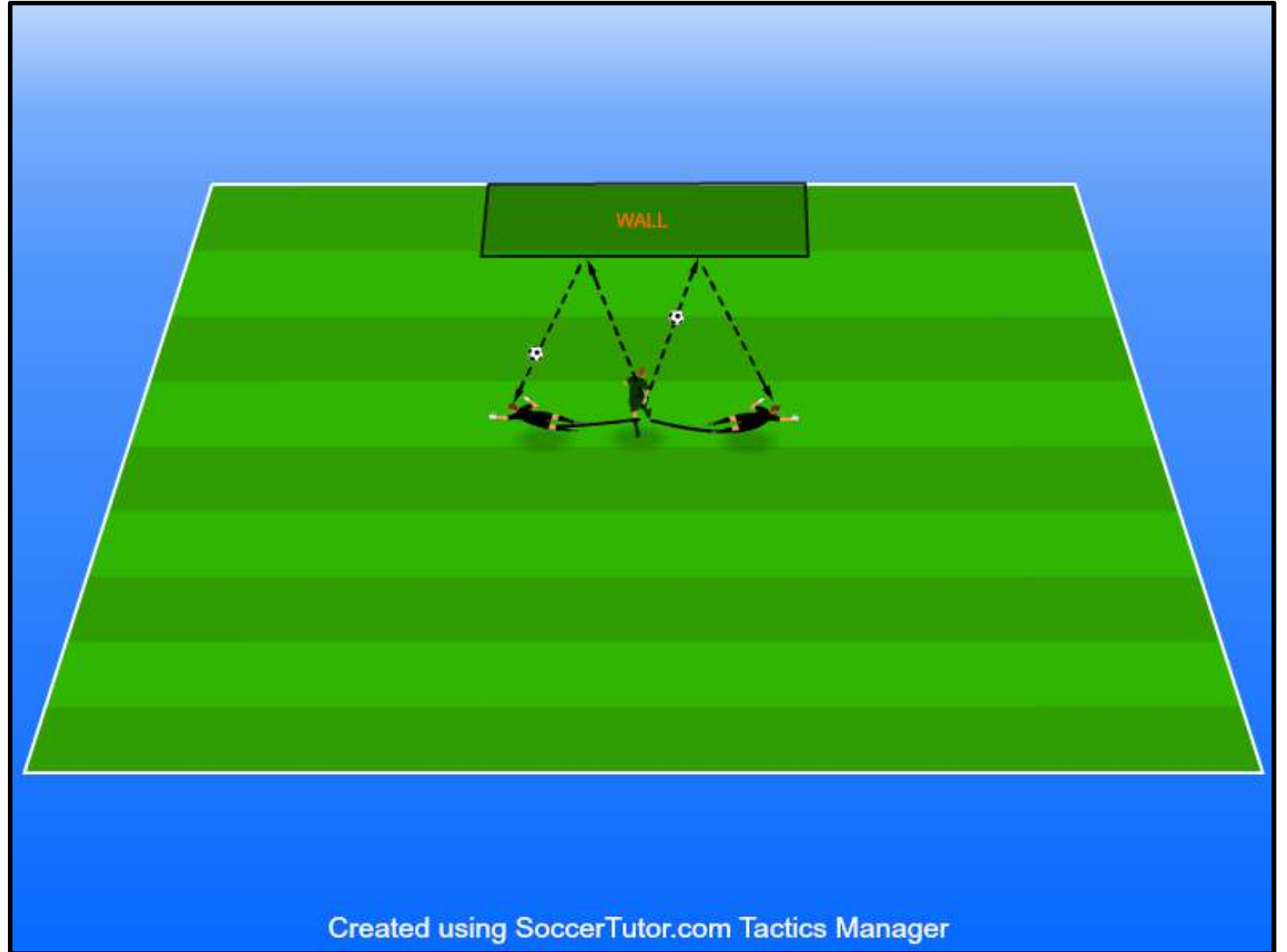
Footwork / Legwork

- 3-yard square box.
- Forward and back to middle x10 volley.
- Backwards and forward to middle x10 volley.
- Right side to middle x10 volley.
- Left side to middle x10 volley.
- Forward – Back – Right – Left to middle in sequence x10 volley.



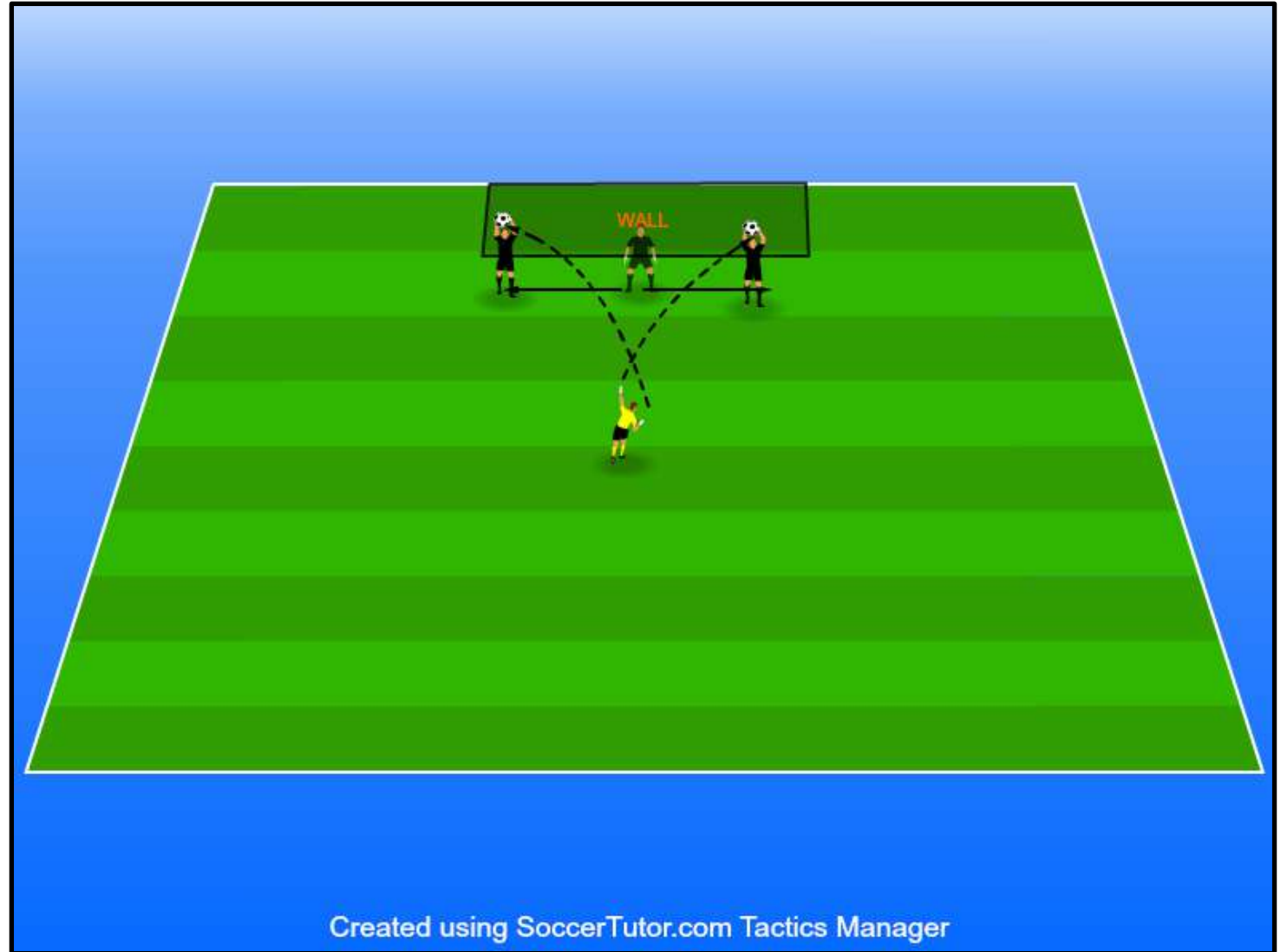
Diving / Shape

- Low save x10 each side.
- Med save x10 each side.
- Both sides x6 (3 each side).



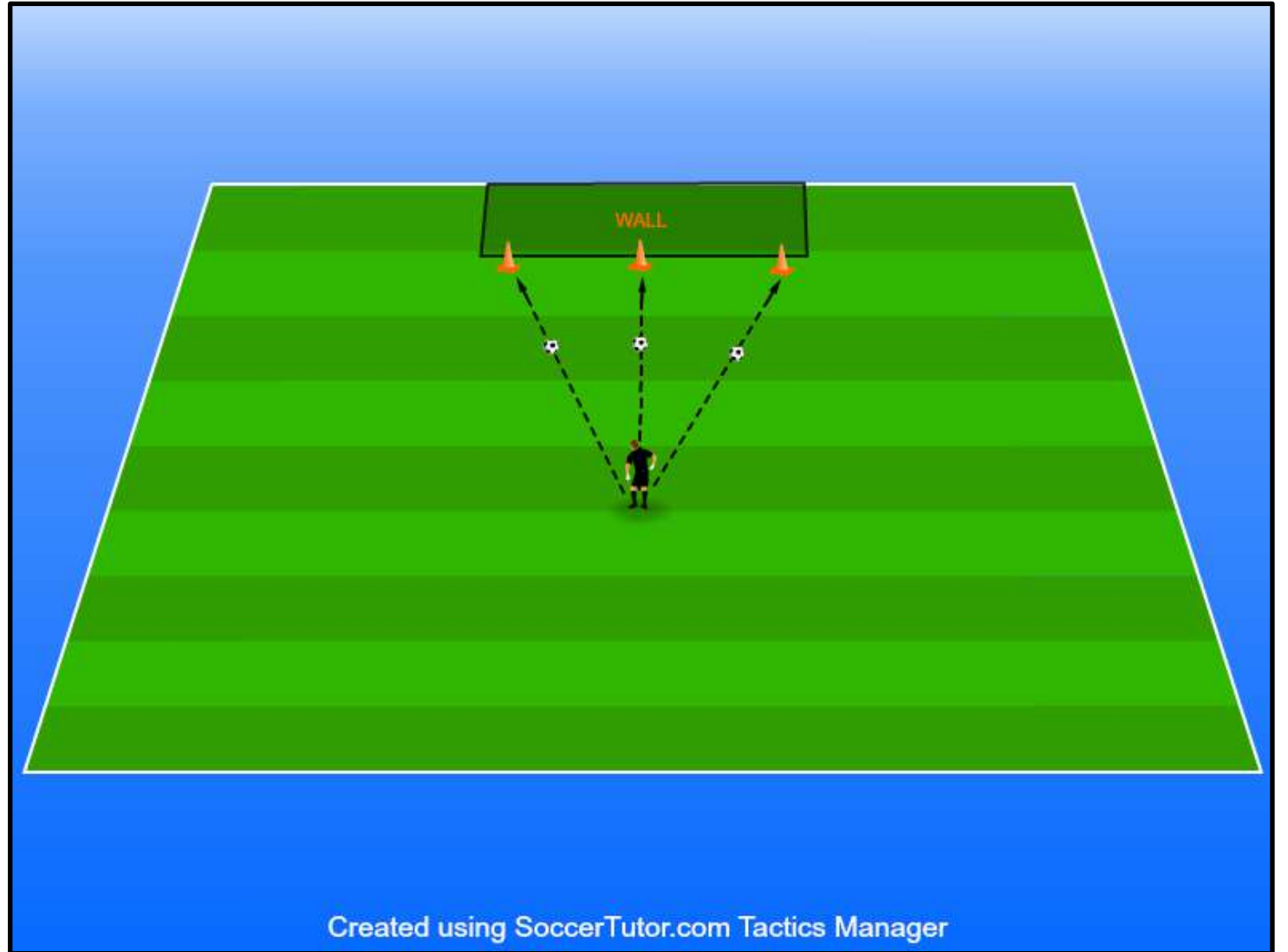
Spring

- Throw ups for spring/take cross.
- x6 each side.



Passing

- Target cones 12 yards away.
- Must pass and hit all 3 targets.
- Good foot – count attempts.
- Weak foot – count attempts.



Throwing

- Target cones 12 yards away.
- Throw up and catch.
- Under arm throw to hit target.
- Over arm throw to hit target.

