**Kildare GAA U12 Goalkeeper Workshop 31/3/17**

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**Primary Focus Secondary Focus**

Catching Attacking The Ball / Decision Making

Blocking Confidence Building

Kicking Fun

**Warm Up**

**Volleyball Game** – small squares either side of a line, 2 players in either half of the court, all 4 work together to keep the ball off the ground, 2 touch each or 1 touch, playing the ball around the court (if indoor you can use balloons for this game and allow the players to hit them harder, get them to hit the ball as early as possible by jumping and striking)

**Slips Game** – 4 players form a cross, the 2 players who face each other are together (so 2 teams), each pair has 1 ball, pairs hand pass ball over and back until the ball collide, the 1st pair to get a ball & make 1 pass wins the point

**Box Game** – depending on number of players eg 12 players. Set up 4 large boxes in a cross shape, 3 teams of 4 players each with each team wearing a different coloured bib, 1 player from 1 coloured team stands in each box and the other 2 teams pair off, possession game where the team in possession must kick the ball to the boxes, GKs not allowed outside the boxes, ball returned to the team in possession each time, only 1 pass allowed between kick attempts, the playing area can be beyond the boxes, no outfielder allowed inside the box to begin with

**Catching**

**Bounce Catch** – in pairs 5m apart, 1 person bounces the ball high & the other attacks it & catches before it bounces again

**Drop Ball** – in pairs 5m apart, 1 person drops the ball from above their head & the other attacks it & catches before it bounces again

**Dropped Short** – GKs start on a 13M line, coach kicks or throws ball just short of the GK who attacks the ball & runs out past the 21 before returning the ball to coach and walking back.

* Add a gate to side step around
* Point to which direction you want GK to cut
* Kick balls a little longer / higher
* Play balls in from further out
* Add a token opponent

**Body Blocking**

**Kneeling Blocks - Body** – Start on knees, stay as tall as possible, close eyes, coach throws plastic / foam balls at GKs body aiming for belly, chest, arms, legs, and even face. Throws very light, build GKs confidence, start with eyes closed so they don’t flinch, assure them that you will not hurt them. As long as this is going well allow GK to open eyes but if GK starts flinching then more confidence is needed. Move on to harder throws, harder balls, etc

**Kneeling Blocks - Hands** – Pair of GKs, 1 GK on their knees while the other stands to the side facing the GK. The feeder drops the ball and the GK must kill the ball into the ground as soon as it has bounced. Once the GK gets their timing the feeder can bounce the ball and as long as the GK can perform the skill as per point 1 in notes at the end of this hand-out advance as follows:

* Feeder solos the ball as normal & GK blocks
* GK stands up in a crouched position and repeat stages (drop ball, bounce ball, solo ball)
* GK stands in an upright position and repeat stages (drop ball, bounce ball, solo ball)
* GK stands 1-2 steps away from feeder and repeat stages (drop ball, bounce ball, solo ball)

**Moving Blocks - Body** – Get GK to close eyes and walk towards coach, coach then uses plastic / foam balls to throw at the GKs body as per Kneeling Blocks Body above. Vary the distance the GK walks before you throw the ball, as long as GKs are not flinching you can allow them to open their eyes, increase the speed they approach, throw ball harder, etc

**Kicking**

**Pitching Wedge** – set up multiple 2M wide channels of cones, GK sets up 5M away from the 1st channel, using light plastic / foam balls get GK to try chip ball into the 1st channel, when they complete 2 in a row they try the next channel and continue advancing out. Once 4 channels are complete get GK to angle their kicks to the right and repeat all stages, then kick to left and repeat all stages, then start again by kicking with their other foot. Consider not allowing GK to move to the following stages until they can complete all of the above stages on both feet.

* Move GK 8-10M away from the first channel and repeat as above
* Introduce a slightly heaver ball (plastic balls can wobble when kicked hard)
* The further the GK goes back from the channel start increasing the width of the channels
* Turn a portable goal upside down and chip into the net
* Use the large industrial wheelie bins with the lid open as a target
* Get GKs to try hit the crossbar of the main goal
* Get GKs to try hit the post of the main goal
* Get GKs to set up at an angle to the main goal inside the 13M line, start close to the goal and kick 3 scores in a row then move further out while always staying inside the 13
* Repeat as above but narrow the angle and obviously work from both sides

**Team Game**

**4 Goal Game** – 2 GKs required. Set up a playing area based on the number of players you have, on each end or the field are 2 goals for each GK to defend, goals should be no more than 4M wide, set your own rules for the game but goals can only be scored below waist height. Obviously GK can only cover 1 of the 2 goals so they need to communicate with their defenders to cover the other goal or slow play down until they get there, promote the switch in play with the outfielders so the defence and GK is always challenged



**Notes**

1. Skill attempts MUST be made at least 7 times out of 10 or else the exercise is to difficult or the feeding of the ball in not good enough
2. Practice most catching & saving away from the goals so if mistakes are made the ball does not go into the net – psychological thing.
3. Coaching points of Head, Hands & Feet very important to help correct technique
4. Work both sides equally including kicking
5. Practice kicking from the ground as early as possible using appropriate weighted balls or balloons – no need for tees until they are kicking their age appropriate ball
6. As young players are developing avoid practicing with their full size ball – always try and use at least 1 size lighter & work on technique and repetitive kicking hard will not cause overuse injury
7. Get you GKs to play in outfield games and small sided games in training as this will help their fitness, decision making, reading of the game, enjoyment, felling’s of inclusion, etc.
8. Play some games without GKs so that when you do need a keeper there will be a want to play there – dont let them do it and they will want to do it.

**Questions For your Goalkeepers**

* Do you like playing in goal?
* What do you like about it?
* What do you not like about it?

Use the answers to these questions to help you GKs get better by adapting training, building confidence in them, showing the importance of the GK position, helping them to deal with the isolation and the pressure that the position brings and to deal with the mistakes that will happen – mistakes linger with a GK as they know it cost the game whereas its not as obvious with outfielders so if you understand how to help you GK deal with these by addressing them in training you will develop super keepers.