



## Goalkeepers Born 2005 – 2008

**Training Time:** 5:00PM – 6:15PM

**Boys Training:** Monday, Wednesday & Friday

**Girls Training:** Tuesday, Thursday & Friday

GFA Goalkeeping Program – 2020 Training Schedule		
8 Week Cycle		
Week 1-2: Goalkeeper Footwork, Handling, and Distribution		
Week 1	October 19 – 23	Set Position + W-Technique
		Scoop + Cup Technique
Week 2	October 26 – 30	Distribution from Hand
		Distribution from Feet
Week 3-4: Diving		
Week 3	November 2 – 6	Collapsing Save
		Low/Med/High Diving Save
Week 4	November 9 – 13	Diving from shots
		1v1/Diving at Feet
Week 5-6: Shot Stopping		
Week 5	November 16 – 20	Central Areas
		Parrying/Deflecting
Week 6	November 23 – 25	Angled Shots
		Outside the box
Week 7-8: Dealing with the ball		
Week 7	November 30 – December 4	Crosses
		Cutbacks
Week 8	December 7 – 11	Balls over defense
		1v1 + 5-Point Block