



GFA Goalkeeper Program Training Schedule | 2021

Time: 4:30PM – 5:30PM	Boys Division: Monday and Wednesday Girls Division: Tuesday and Thursday
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2021 Goalkeeper Training | Cycle 1

16 Week Cycle – Receiving and Distribution

Week 1-4: Goalkeeper Footwork, Handling, and Distribution

Week 1	February 8 – 11	Set Position + W-Technique
Week 2	February 15 – 18	Scoop + Cup Technique
Week 3	February 22 – 25	Distribution from Hand
Week 4	March 1 – 4	Distribution from Feet

Week 5-8: Diving

Week 5	March 8 – 11	Collapsing Save
Week 6	March 15 – 18	Low/Med/High Diving Save
Week 7	March 22 – 25	Diving from shots
Week 8	March 29 – April 1	1v1/Diving at Feet

Week 9-12: Shot Stopping

Week 9	April 5 – 8	Central Areas
Week 10	April 12 – 15	Parrying/Deflecting
Week 11	April 19 – 22	Angled Shots
Week 12	April 26 – 29	Outside the box

Week 13-16: Dealing with the ball

Week 13	May 3 – 6	Crosses
Week 14	May 10 – 13	Cutbacks
Week 15	May 17 – 20	Balls over defense
Week 16	May 24 – 27	1v1 + 5-Point Block

⇒ Please note that the schedule is subject to change due to government executive guidelines, holidays, scheduled tournaments, and/or inclement weather.

