



# KANSAS STATE GK SESSION PLAN

DATE:

TIME: 45 MINS

VS:

## GOALKEEPER OBJECTIVE:

TECHNICAL HANDLING & DISTRIBUTION  
(PLAYING AROUND).

TECHNICAL SESSION FOCUSING ON  
GOALKEEPERS TECHNICAL DEVELOPMENT AND  
PLAYING 1 TOUCH PASSES INTO TARGETS.

## COACHING POINTS/ FOCUSES:

- TECHNICAL DECISION MAKING
- HANDLING AND SAVE CHOICE
- DISTRIBUTIONS DECISION-MAKING PASSES
- REACTION SAVES INSIDE THE 18
- RECOVERY DECISIONS

## GOALKEEPERS:

GRACE



REESE



MADDIE

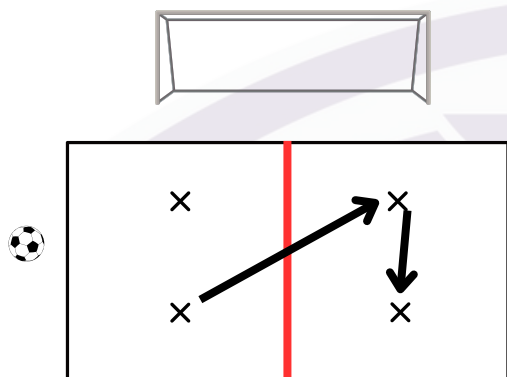


## EQUIPMENT:

- 2 POLES
- 2 MANNEQUINS
- 2 MINI GOALS
- 1 BIG GOAL

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## ACTIVATION

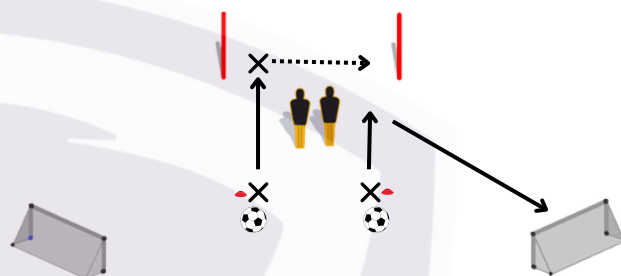


### GK Soccer Tennis -

Playing 2v2, maximum 3 touches per team,  
Can play with hands and feet, aim to score a  
point like regular tennis, by playing ball over  
net, and it bouncing in bounds then out of  
bounds.

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## ANNOUNCED



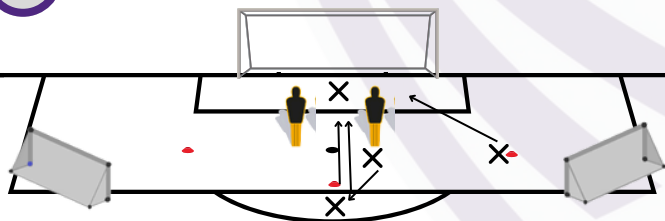
### Technical handling and distributions.

Goalkeeper will start inline with first server, and see a volley  
service into the goalkeeper, GK returns ball and move across to  
2<sup>nd</sup> server who will play ball into space directly ahead of the  
goalkeeper to play a 1-touch pass into the target goal.

Progression - 1<sup>st</sup> serve will get the goalkeeper into a low  
collapse save, then up recover to play 1 touch ball into the  
target goal. (Poles set up 7 yards wide).

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## UNANNOUNCED



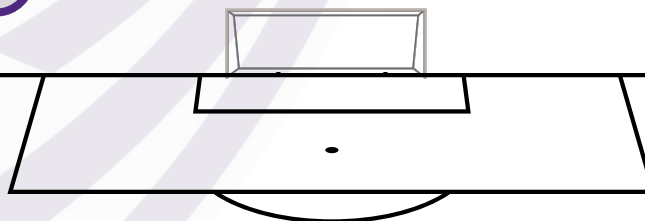
### Unannounced decision-making

Here we move into some live decision-making and playing each  
ball live to read. First service begins with the goalkeeper having  
some movement, into a set position, the first ball is a volley.

Moving into the wide service, which has to be a moving ball  
being struck to have the goalkeeper read a live ball, and the  
last serve is a ball played into a 1-touch strike from the central  
server again. All rebounds are live, and anything held on the  
final save can be played out to the small target goals. Focusing  
on reaction saves and decisions within the 18-yard box.



## LIVE/ GAME



Live portion of this practice is joining the team for  
there Part 3 of there session on finishing in the  
final 3<sup>rd</sup>, focusing on finishing inside the 18, and  
rebounds. This is around 25 mins. Goalkeeper now  
gets to apply the technical decisions we made in  
the session within a live game, with prior context  
from the goalkeeper session. Also when saves are  
made inside the box, playing out quickly.