

Goalkeeping Workshop



**THE
CAMOGIE
ASSOCIATION**
An Cumann Camógaíochta



Drill 1: Blocking/First Touch



Goal to Goal

- Block the ball DEAD at feet
- Work on “First Touch” (into the hand)

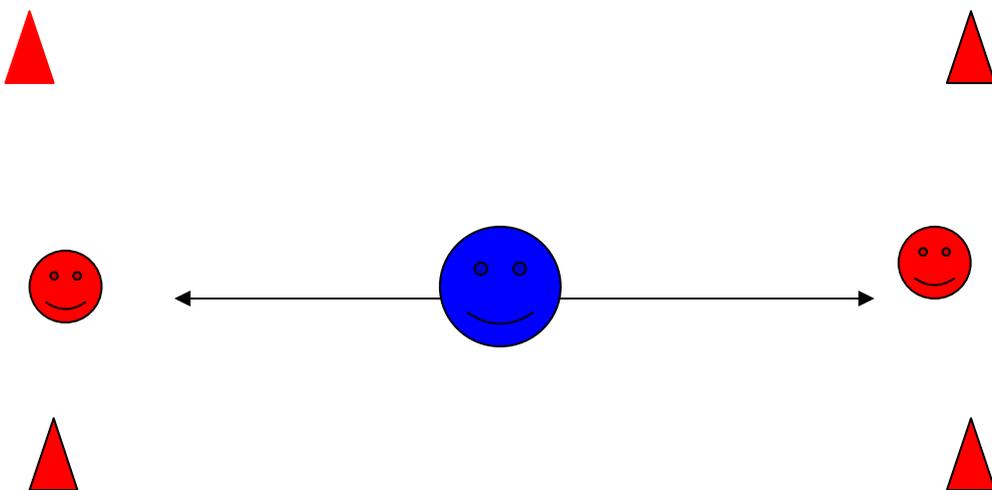
Game:

- First to 5 points- 1 point received when one touch to hand is completed.

Foot Work:

- Once the initial first touch is good work on stepping to either side of the post to clear the ball.

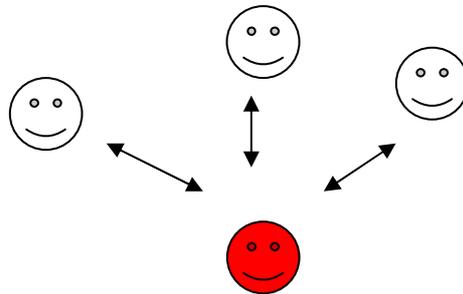
Progression:



Coach to Stand in the path of the ball.
This is used to distract the Goal keeper.

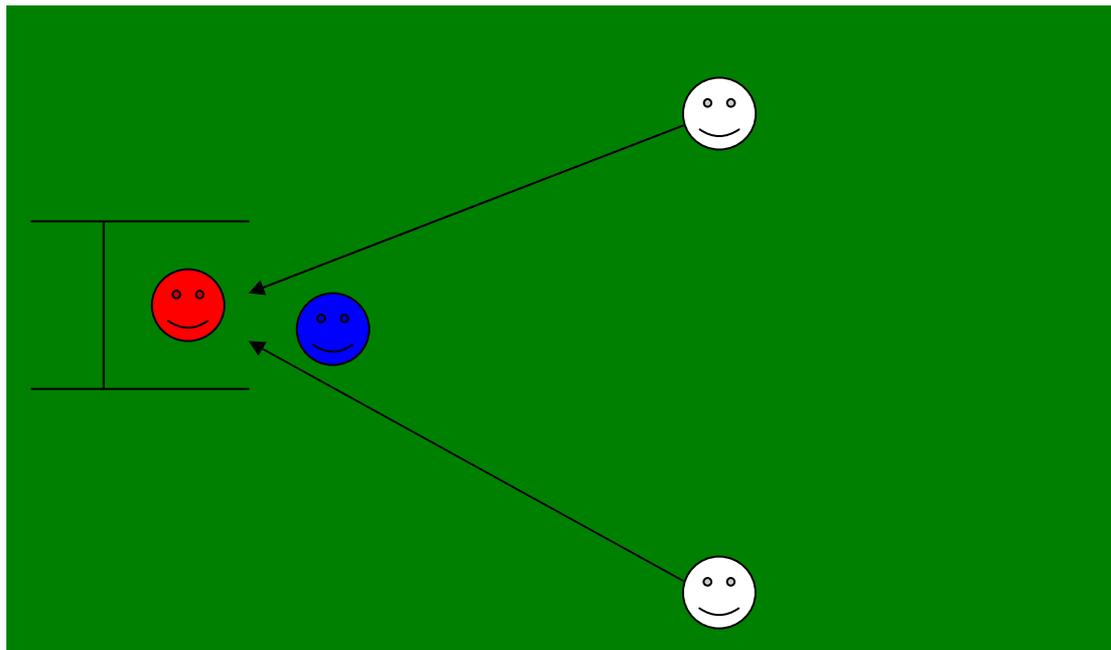
Drill 2: Handling/ Catching

Quick hands:



- Feed the Keeper with 3 balls going
- This is also a great re-action drill for outfield players.

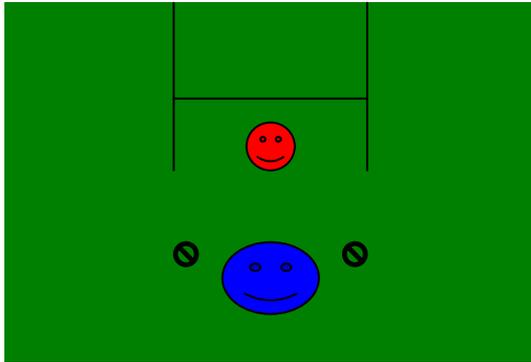
High Catch:



- Feeder (white) puch high balls on top of the goalkeeper.
- The keeper then clears to the opposite side that it came from.
- Repetition is a key factor.
- Once the goal keeper is sufficient under a high ball- put in a dummy player(blue)
- This will put off the keeper slightly
- Please note that the keeper steps out of the goal area to clear.

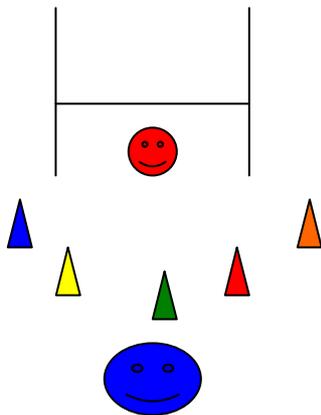
Drill 3: Reaction/ Blocking

Reacting to breaking Ball:



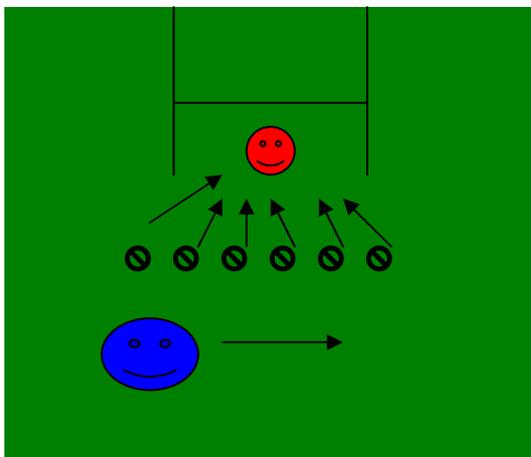
- The Coach (Blue) holds 2 balls out to the side.
- The keeper reacts to which ever ball hits the floor.
- Alternate by tossing high ball/low balls.

Reaction to Calls:



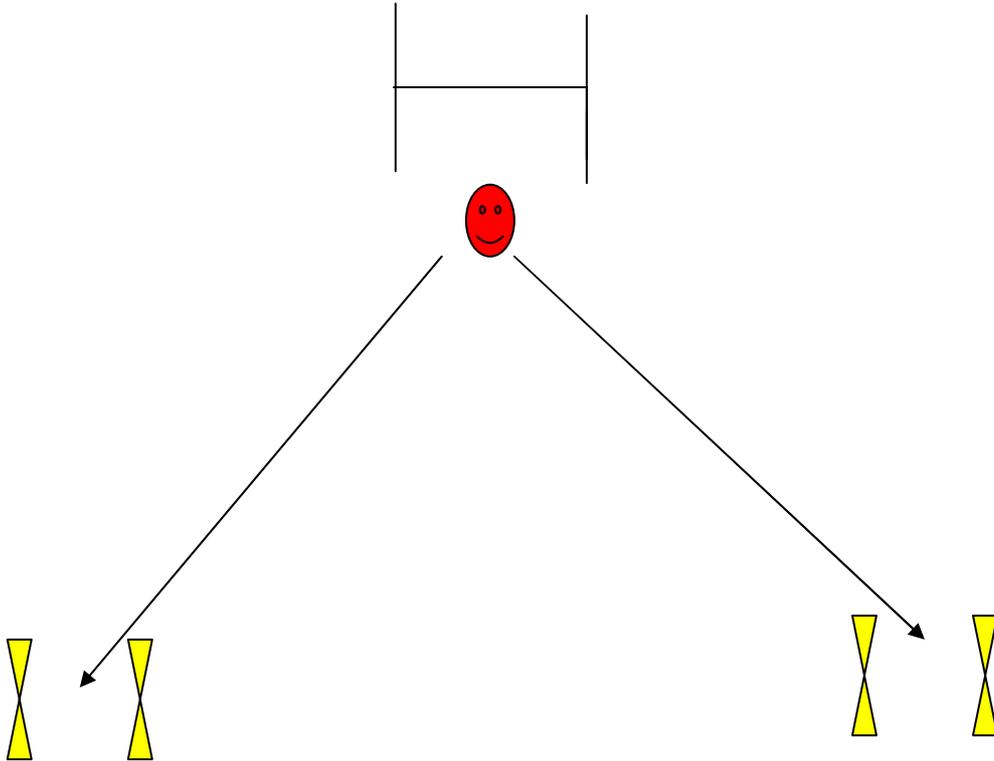
- 5 different colour cones and a ball at each cone.
- The coach calls a colour and the goalkeeper has to react to the call and rise the ball.
- To make this more difficult- ask the keeper to face away and move the cones around.
- This will work on peripheral vision and reaction time.

Reaction to shots:



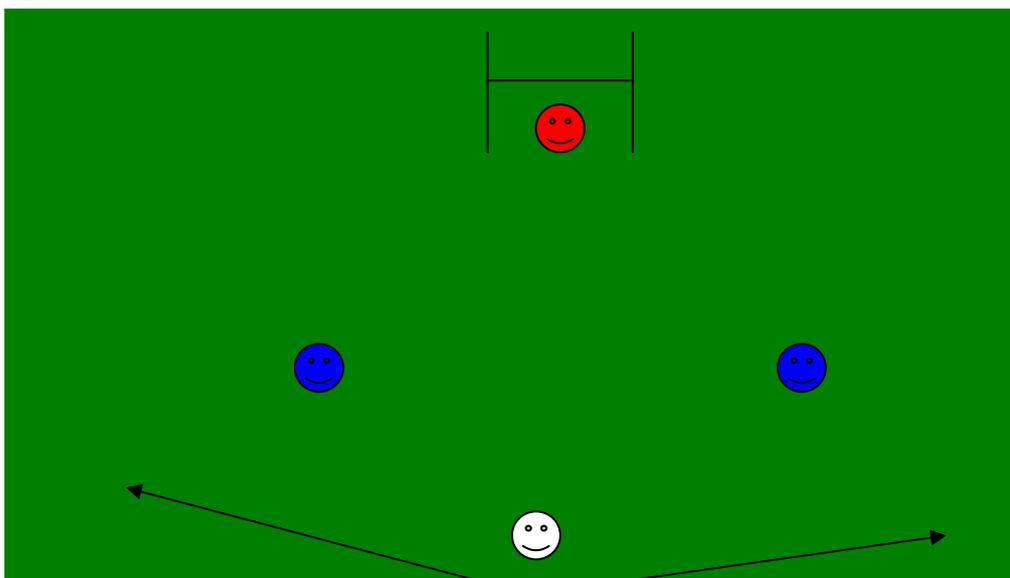
- 5/6 balls lined up in a straight line.
- On GO the coach walks along the line hitting the balls one after the other.
- The goal keeper is working on the block.
- Watch for foot work and reaction time off the ground.

Drill 4: Puck outs/ Finding a player



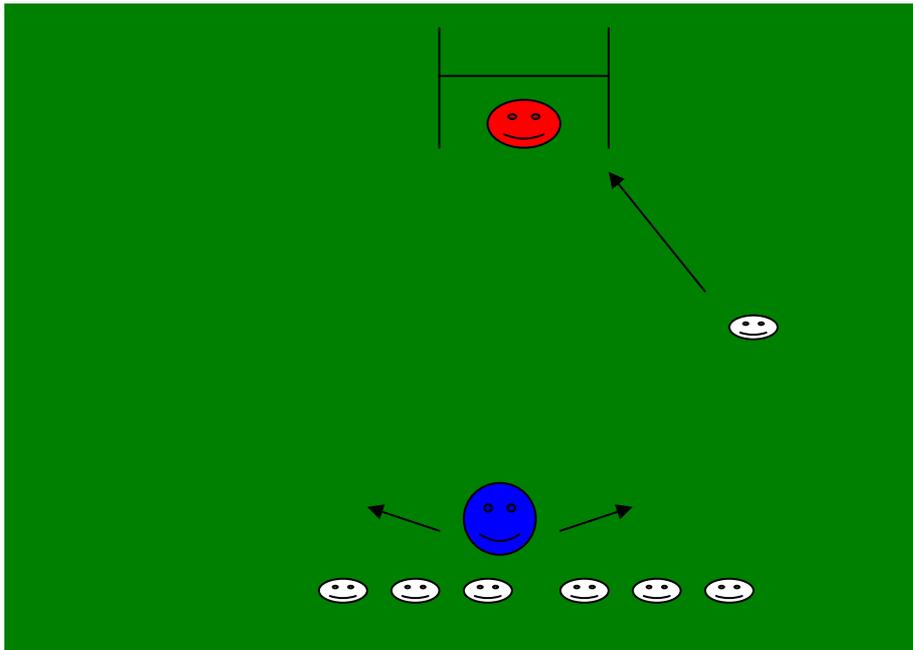
- The Keeper wants to practice direction on the Puck outs.
- Set up to sets of SMALL Targets. (slalom poles)
- The keeper has to direct their puck outs through the gates.

Progression:



- The Keeper tries to puck the ball to the player on the run.
- The coach can act as a forward to block the ball

Drill 5: Shot Stopping/ Angles



- The Coach feeds the players with a hand pass.
- The players solo and then strike for goal against the keep.
- This will work on the keeper closing down the angles.
- This drill also works on the keepers foot work.
- The coach feeds both sides to work on the keepers strong and weak sides.

Drill 6: Footwork

Ladders:

- 2 feet in each rung
- 1 foot I each rung
- Side step catching a ball
- Side to side (Disco Dancing)
- Hop scotch

Hurdles:

- Side to side bunny hop
- Lateral shuffle
- Bunny hop and block

Agility Poles:

- Set up 4 poles in a row
- Get the keeper to slalom through
- Catch or block a ball at each end
- Forward and back-pedal
- Crossover poles- 1 high jump and 1 duck under

GOALKEEPING

- As a coach try allocate at least 15 to 20 mins to specialist training for your squad keepers.
- Start with the basics and build up to increase the child's confidence.
- Focus on the 3c's- Control- Composer-Confidence
- Fundamentals of Goalkeeping: First touch, catching, reactions, movement, narrowing the angle, shot stopping and puck out.

Goalkeepers priority:

- Prevent Scores
- Set up attacking moves
- Control the defence
- Puck out the ball

Golden Rules for a goalkeeper:

- Eyes on the ball at all times
- Body behind ball where possible
- Aim to catch the ball first time
- Control the defence using a strong voice
- Use your 4 steps to get outside the posts
- Be on your toes and ready to react
- Practice narrowing the angle for on coming forwards.

Positioning and narrowing the angles:

Confidence and practice is key in this area. We cannot expect our young keepers to be able to complete these tasks off the cuff.

When working on positioning set up an arc with cones around the goal area.

Get the keeper to shuffle around the arc, following the coaches movement.

This will mimic the position of a forward baring down on goal.

Puck Outs:

As coaches we tend to get frustrated why the child cannot puck out the ball to where WE want it to go.....

Ask yourself a question.....Do we help the player practice the puck out????

You will see in the Puck Out section how we set up specific targets for the keeper to aim at.

To advance this, use a player who is running into position.

**DO NOT EXPECT A CHILD TO BLOCK-
CONTROL-CATCH OR PUCK OUT A BALL
WITH NO SPECIALIST TRAINING.**

LETS MAKE IT FUN