



Goalkeeper Session U10 to U13

50-minute plan without a GK coach

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TEAM

DATE

GOALKEEPER

The 50-minute plan

Six blocks, one ball per pair, one goal, a few cones.

- ☐ W-catch off the bounce (5 min): bounce the ball, catch it on the jump, hug it to the chest
- ☐ Ground-ball pickup in pairs (8 min): body behind the ball, close the legs
- ☐ Soft going to ground from the knees (8 min): sideways onto the rolling ball, quickly back to the feet
- ☐ Turn and receive (7 min): catch, return, turn straight to the second server
- ☐ 1v1 through the gates (10 min): push the attacker outside, claim with two hands
- ☐ Small-sided game with bonus (12 min): the keeper joins in and starts play with the feet

Coaching points

Five cues that should land in every session.

- ☐ W-catch: thumbs almost touching, not overlapping
- ☐ Always get the body behind the ball
- ☐ When going to ground, never break the fall with the elbow
- ☐ In the 1v1, stay on the feet as long as possible
- ☐ Warm up the hands before the first hard shot

Avoid the common mistakes

What costs the most development without a GK coach.

- ☐ Train crosses and high balls regularly, not just shooting
- ☐ Let the keeper play outfield until U13, do not specialise early
- ☐ Warm up the hands before the first hard shot
- ☐ Movement first, then pace, then distance

