

## **Basic Goal Keeper Practice**

### **Warm Up**

- 1. Easy jog**
- 2. Stretch**
- 3. Stick Work**

### **Condition Drills**

- 1. To develop leg strength and leg power, speed off the mark and foot work agility/ mobility**

### **Technique Training**

### **Reaction Training**

### **Applied Training**

- 1. Set pieces**
- 2. 1 vs. 1 etc**

### **Mini Game**

### **Cool down**

- 1. Jog around field**
- 2. Stretch**