



U11/12- Goalkeeper



Technique:	<ul style="list-style-type: none">• Set position• General handling/ Basic shot stopping/ Catching<ul style="list-style-type: none">-Ground balls-Bouncing balls-Mid-range balls-Head height balls• Dealing with crossed balls<ul style="list-style-type: none">-Flighted-Driven• Distribution<ul style="list-style-type: none">-Throws (roll, sling)-All kicks (goal kicks, punts, balls played to feet)
Tactics:	<ul style="list-style-type: none">• Basic communication• 1v1 Principles• 1v1 with the defence• Beginnings of support with defense
Physical:	<ul style="list-style-type: none">• Goalkeeper specific stretching and flexibility• Beginning stages of foot work skills• Increase speed in short distances (18 yards)
Mental:	<ul style="list-style-type: none">• Have fun• Encourage effort