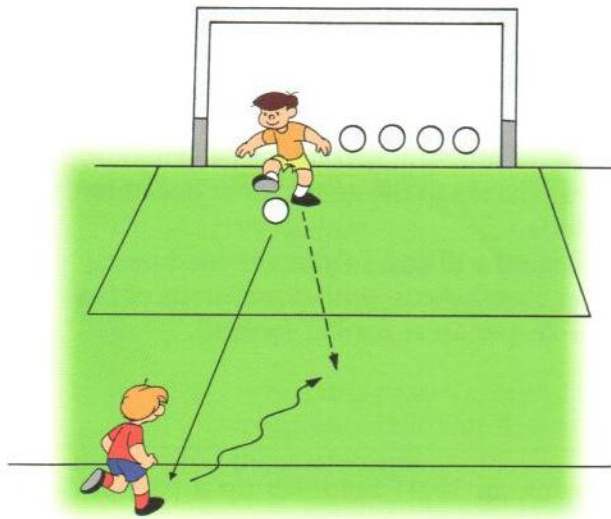


## 2. One Against One



A goal-keeper passes the ball into the feet of an opponent, situated anywhere on the 16.5-metre or 11-metre line that limits the penalty area. Immediately after this strong pass, the keeper may leave the goal-line to face the opponent. The task of the attacking goal-keeper is to score within five seconds.

The challenge ends with a goal, the ball out of the penalty area, a successful play by the defending goal-keeper or after five seconds. After the first challenge there are four more with the attacking goal-keeper starting from a different position in relation to the goal. Once five attacks have been carried out, both keepers switch their positions and functions. The goal-keeper who allows fewer goals to be scored with five attacks is considered the winner of this test.

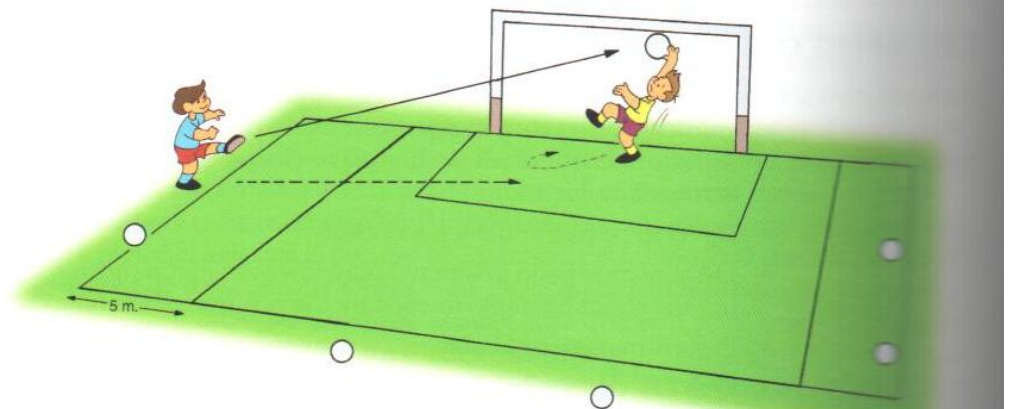
### TRAINING OBJECTIVES

- Limit the shooting angle of the attacker with a correct line of approach.
- Try to assume a correct basic position and ensure balance in the moment of the shot at goal.

Keeper						
Saves / blocks / out of area (max 5)						

## 3. Positioning in the Goal-Keeper's Area

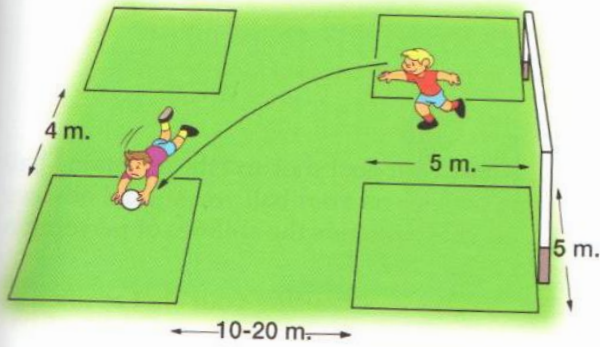
The attacking goalie disposes of six shots, executing two each from a side of the penalty box and two more from beyond the 16.5-metre line but in front of the goal. The attacker's aim is to score a goal with either a free kick or get the ball to touch the ground in any part of the goal-keeper's area (4.5 by 12 metres). In either case the defending keeper would get a negative point. By using intelligent positional play, anticipation and acrobatic moves, however, the defending goal-keeper tries to prevent the ball's entering the goal or landing in the small area. After the first six shots both goal-keepers switch positions and functions. The goal-keeper who has fewer negative points is the winner.



Keeper						
Saves (max 6)						

NB: ignore negative points – keeper scores a point each save / by keeping ball off ground in his area.

### 4. Precise Ball Throwing



Set up four squares measuring between 4 and 5 metres per side, two in one zone and two in the opposite zone. A neutral zone, whose distance (10 to 20 metres) depends on the goal-keepers' level of power, separates the squares. Two keepers face each other, taking a central position between their two squares, which are only 2 or 3 metres apart. One throws the ball with the intention of having it land inside one of the two opponent's squares.

The defending keeper, by intelligently reading and reacting, does whatever he or she can to move out of the initial central position and catch or clear the ball before its landing in either square. The winner is the goal-keeper who manages to have the ball land five times inside one square of the opponent's zones.

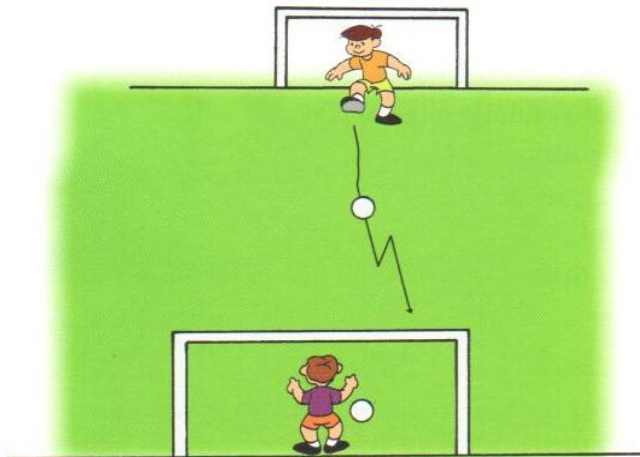
#### TRAINING OBJECTIVES

- As defending goal-keeper, assume an optimal stance (tiptoe position with the legs slightly bent) and position in space to intercept all throws with vision skills.
- Improve throwing technique (as in discus throwing), accuracy and power.
- Learn to disguise the direction of the throw.

Keeper							
Saves (max 5)							

NB: each does 5 throws – goalie gets 1 point for each stop / save from the throwing goalie.

### 5. Defence of 10 Consecutive Shots



Both goal-keepers, each in possession of a stationary ball, face each other at a distance of 11 or 16.5 metres in their respective goals (7v7 or 11v11 goal). After an initial signal, both have to score within three seconds and at the same time observe and save the ball shot by his or her opponent. The goal-keeper who concedes fewer goals after 10 consecutive shots (two shots with the stationary ball placed on the ground, two drop-kicks, two frontal volley shots, two high throws and two passes along the ground with one hand) wins.

#### TRAINING OBJECTIVES

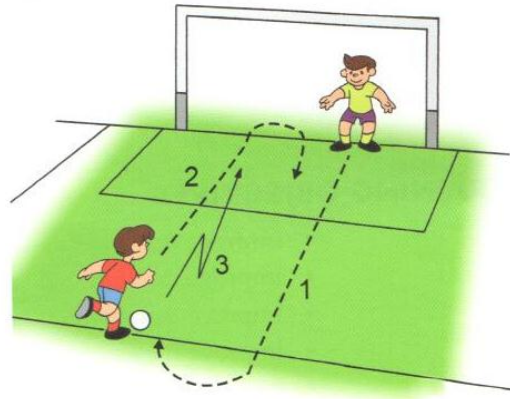
- Be creative and split your attention between your goal shot and the oncoming ball passed by the opponent. While keeping one eye on your ball you should observe and react to the opponent's shot at goal. This demands the abilities of perception and extremely short reaction time.
- Use different techniques for initiating the attack, disguising your shot as often as possible.

Keeper							
Saves (max 5)							



## 10. Penalty Shoot-Out

The younger of the two goal-keepers initiates the competition with a pass from the goal-line toward the second goal-keeper, who receives and controls the ball on the 9-metre or 11-metre point. Both goal-keepers then have to switch functions and positions. While the former defending goal-keeper runs to take a penalty kick, the other one rushes into the empty goal to save the penalty shot. This lasts until one or both have scored five times. The official rules of football are applied for the penalty shoot-out. The winner is the goal-keeper who does not concede five goals.



### TRAINING OBJECTIVES

- Be mentally prepared to save a penalty kick.
- Concentrate only on the ball and do not let yourself be influenced by any move from the attacker.
- Wait for a mistake by the attacker and only save shots taken without accuracy.
- Don't wait for the ball to come to you. Go for it.

NB: ignore initial pass element, just do normal penalties. 5 penalties are taken and a save gets 1 point. If the ball misses the goal the penalty is re-taken.

Champion:

Keeper							
Challenge 2							
Challenge 3							
Challenge 4							
Challenge 5							
Challenge10							

Points accumulated is the total for all five challenges, in event of a draw the 2 goalies take a further 5 goal kicks each on our standard sized pitch and try to score in opposing goal from their area with each goal kick (no goalie in other goal) this can be on the floor or out of hands as they prefer. 1 point per goal, if drawn after that then both will be awarded the title.