Goalkeeping Development Software

Training plan

Page 1
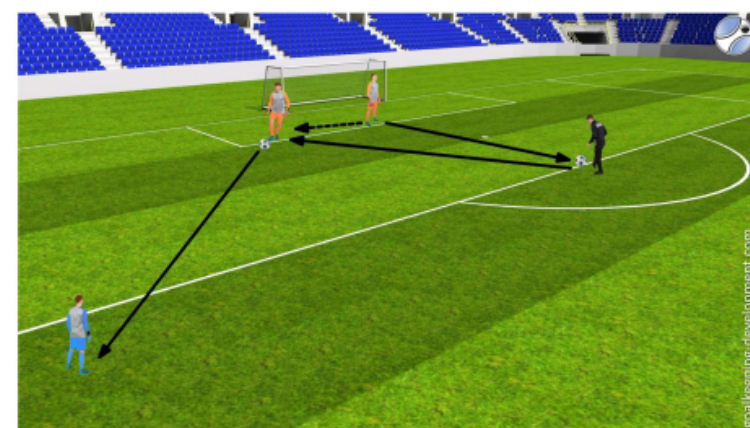
Training Plan - One versus one situative

Practice time: 45 Min

Warm-up: PASSING / FIRST TOUCH AFTER A GOAL KICK. Material: big goal, several soccer balls. Duration: 8 repetitions on each side.

Introduction: CATCHING / DIVING, DEFLECTING AND GETTING USED TO THE GROUND OUT OF A SITTING POSITION. Material: big goal, several soccer balls. Duration: 12 repetitions on each side.

CATCHING / SCOOPING / DIVING WITH FOOTWORK AROUND POSTS. Material: big goal, several soccer balls, 2 different colored posts. Duration: 5 x 2 repetitions on each side.

Main part: DIVING, REACTION, BLOCKING AND ATTACKING THE BALL WITH 2 DUMMIES. Material: big goal, several soccer balls, 2 dummies. Duration: 8 repetitions on each side.

Distribution	10 Min
Passing drill / first touch	10 Min
Basic techniques	15 Min
Catching / scooping / diving	15 Min
Push-off	0 Min
1 versus 1	20 Min
Diving	5 Min
Hand / foot reaction	5 Min
Blocking	5 Min
Attacking the ball	5 Min
Crosses and sweeping	0 Min

Page 2
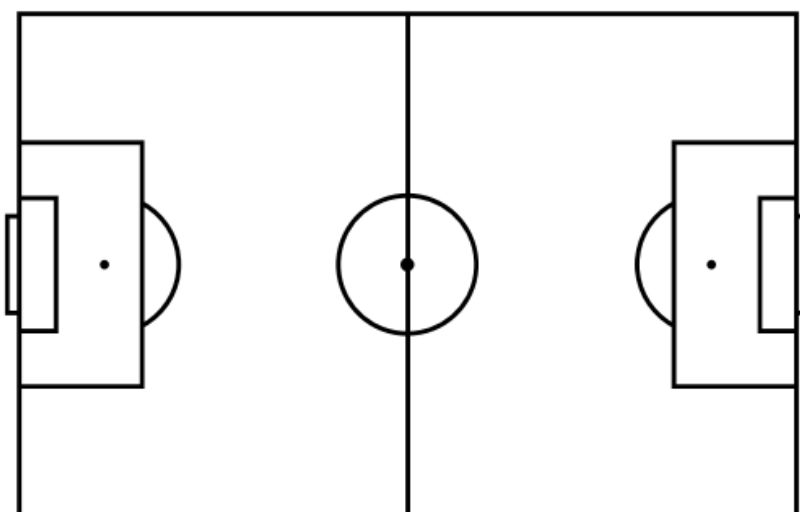
Training Plan - One versus one situative

Passing / first touch
after a goal kick

The goalkeeper plays a goal-kick into the centre, adjusts his position, orientates himself in advance (the pass recipient can wear a particular colour to test the goalkeeper´s perception of him/her) and passes the ball out again after a back-pass.

Material
big goal, several soccer balls

Training structure
warm-up

Methodology
situative

Duration
8 repetitions on each side

Distribution

Page 3

Training Plan - One versus one situative

Catching / diving, deflecting
and making used to the ground out of a sitting position

The goalkeeper starts from the side-leg sitting position practices his catching, midheight diving or deflecting the ball skills.

Material
big goal, several soccer balls
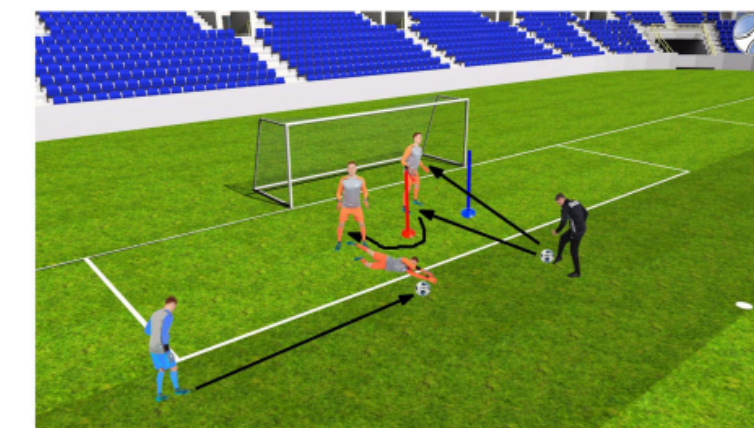
Training structure
introduction

Methodology
combined

Duration
12 repetitions on each side

Basic techniques

Page 4

Training Plan - One versus one situative

Catching / scooping / diving
with footwork around posts

The goalkeeper trains catching or the basket, moves quickly around a post (dependent on the colour he sees), adjusts his position and receives a ball from the side.

Material
big goal, several soccer balls, 2 different colored posts

Training structure
introduction

Methodology
cognitive

Duration
5 x 2 repetitions on each side

Basic techniques

Training documentation

GOALKEEPING DEVELOPMENT

ADMIN ACCOUNT **TRAINING** POOL GRAPHICS GAME STATISTICS ACADEMY

👤 Training

Training

Training Plans

My Training Plans

Training Level

⊕ Create new training

October 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26	27	28	29	30	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23

29.10.2022 - 08:00 a.m./p.m. - Max Mustermann

Date	29.10.2022

Time	08:00	a.m./p.m.

Duration	0	Minutes

Goalkeeper ➕	Max Mustermann

Assessment 1 2 3 4 5 6 7 8 9 10

Content
1. Warm-up
2. Introduction
3. Main part
4. Team
5. Regeneration

Goalkeeping

Offensive — **Defensive**
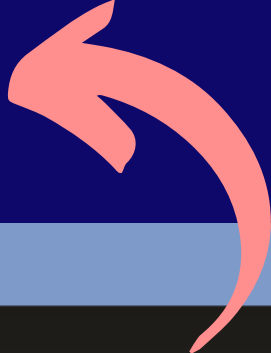
Training focus: Distribution | Goal defense | Area defense

Focal points: Distribution | Basic techniques | Push-off | 1 versus 1 | Crosses and sweeping

Techniques:
- Passing / First touch
- Long ball
- Side volley
- Throwing
- Catching / Scooping / Diving
- Steps
- Deflecting
- Low
- High
- Diving
- Hand / Foot reaction
- Blocking
- Attacking the ball
- Physical motion / Timing
- Punching
- Sweeping

Goalkeeping Development Software

Exercise pool

GOALKEEPING DEVELOPMENT

Exercises

Own Exercises

🗎 Exercises (417)

Goalkeepers

| All ▾ |

Training structure

| All ▾ |

Focal point

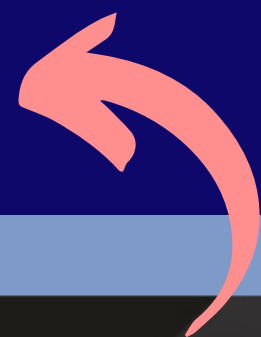| All ▾ |

Technique

| All ▾ |

Goalkeeper Coaches

| All ▾ |

Distribution

1. NEW Passing and footwork coordinative with poles ☆

2. NEW Passing / first touch combined with jump over hurdle ☆

3. NEW Passing / first touch combined with coordination ☆

4. NEW Passing / first touch coordinative with poles ☆

5. NEW Coordination combined with footwork ☆

Goalkeeping Development Software
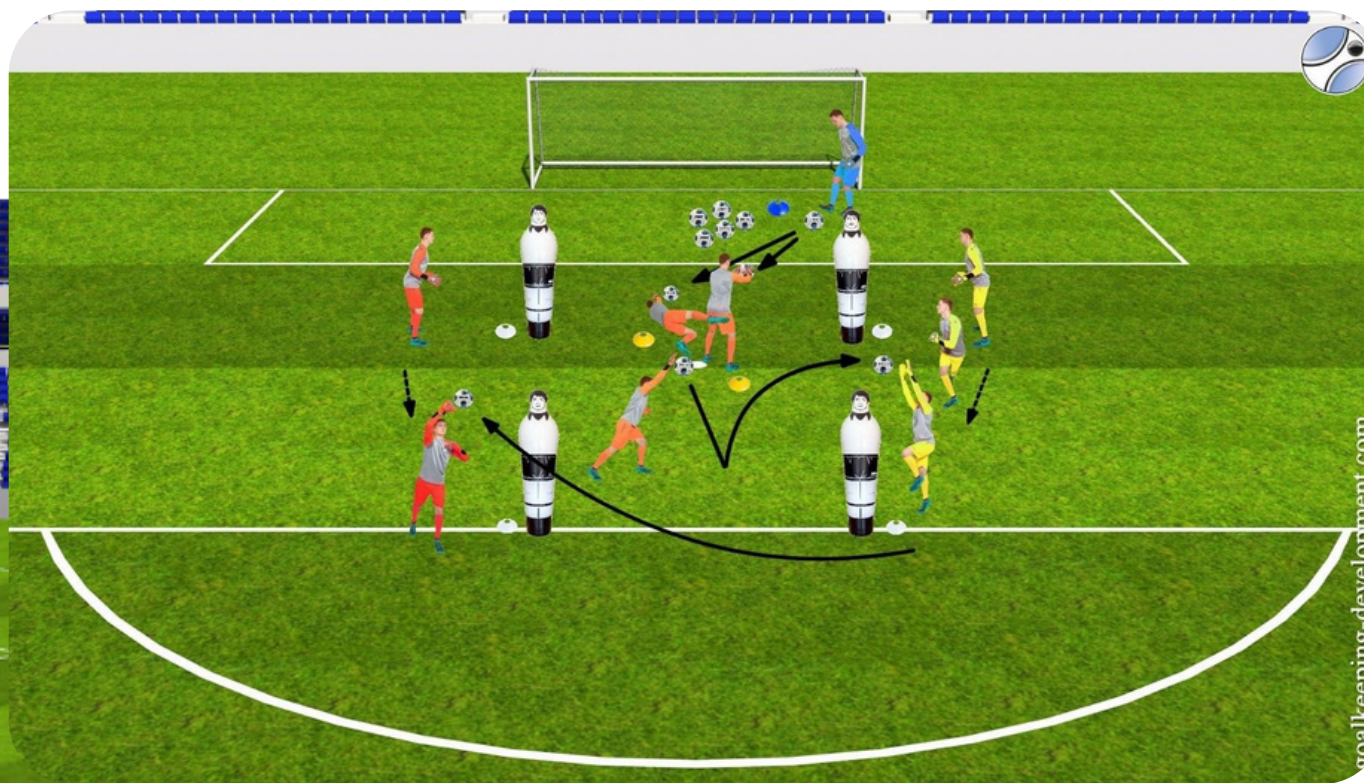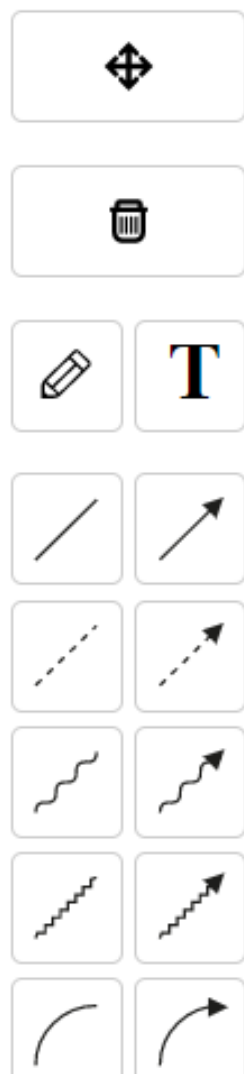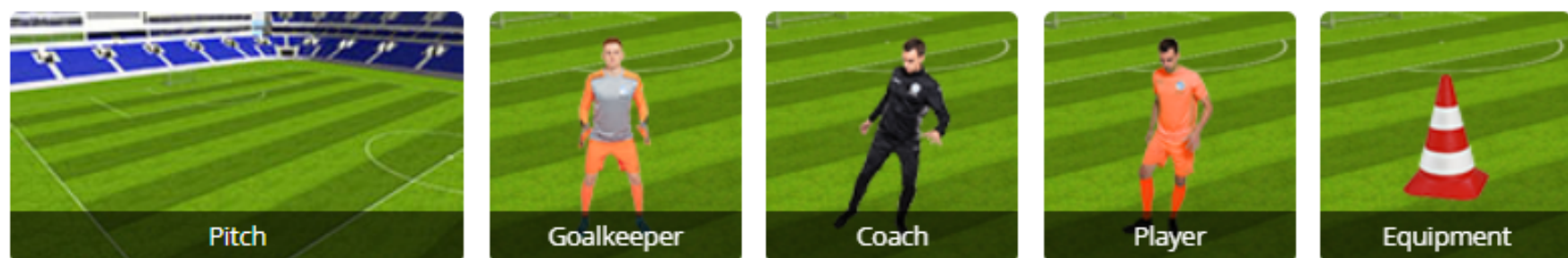
Graphics program

LOGOUT | DEUTSCH | **ENGLISH** | ESPAÑOL

GOALKEEPING DEVELOPMENT

ADMIN ACCOUNT TRAINING POOL GRAPHICS GAME STATISTICS ACADEMY

Graphics (new)

share ▾   New graphic   Load graphic   save
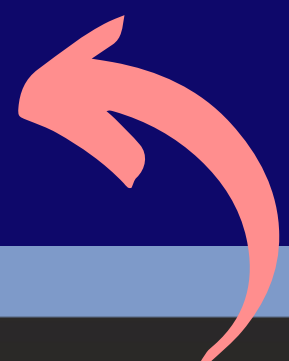
Pitch   Goalkeeper   Coach   Player   Equipment

Goalkeeping Development Software

Game documentation

Game

Scoring goals

Game score

🕐 Scoring goals

📂 Load graphic   ✓ save

Development / Finish ➕
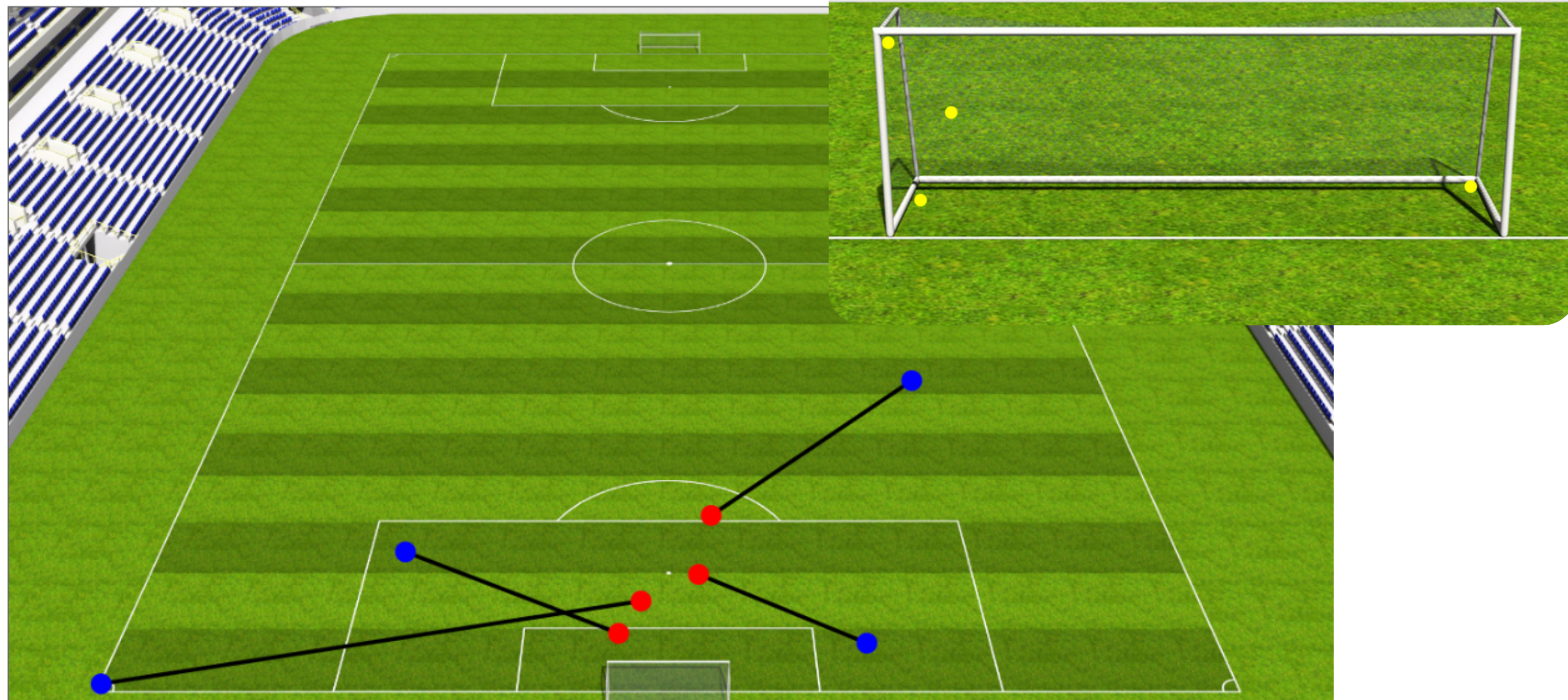
Goalkeeping Development Software
Analysis Training/Game

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GOALKEEPING DEVELOPMENT

ADMIN   ACCOUNT   TRAINING   POOL   GRAPHICS   GAME   STATISTICS   ACADEMY

Training

Game

Assessment

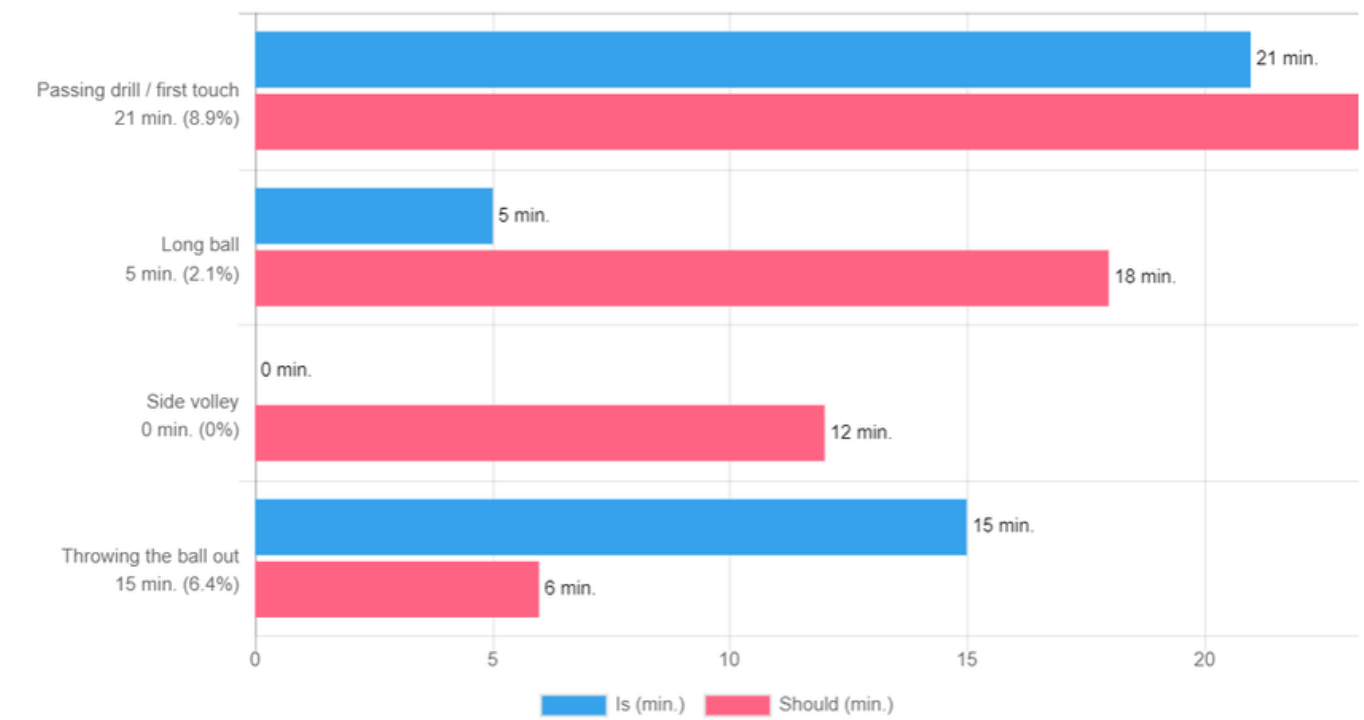## 👤 Training

Date	from	01.07.2021	until	30.06.2023

Goalkeeper   × All goalkeepers

Statistics   Focal points

Distribution

Passing drill / first touch
21 min. (8.9%) — 21 min.

Long ball
5 min. (2.1%) — 5 min. / 18 min.

Side volley
0 min. (0%) — 0 min. / 12 min.

Throwing the ball out
15 min. (6.4%) — 15 min. / 6 min.

Is (min.)   Should (min.)

Training - Focal points
Date: 01.07.2021 - 30.06.2023

Max Mustermann

5.4%   4.7%   20.2%   42.8%

Kevin Trop

6.1%   9.1%   30.9%

Goalkeeping Development Software
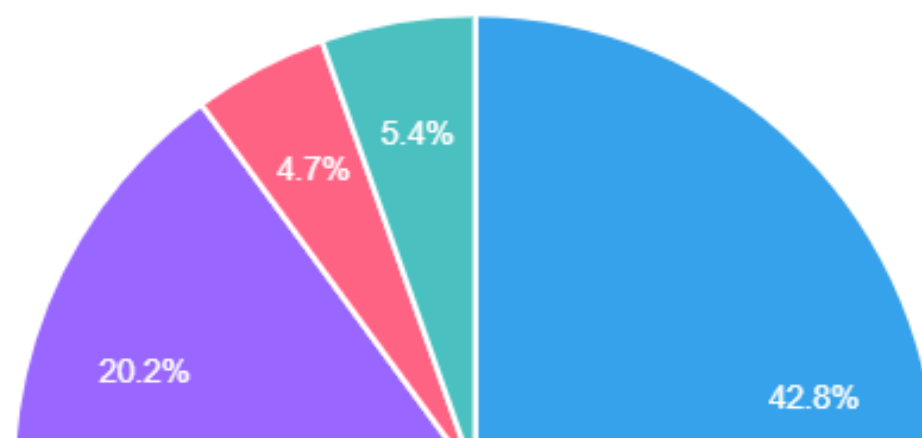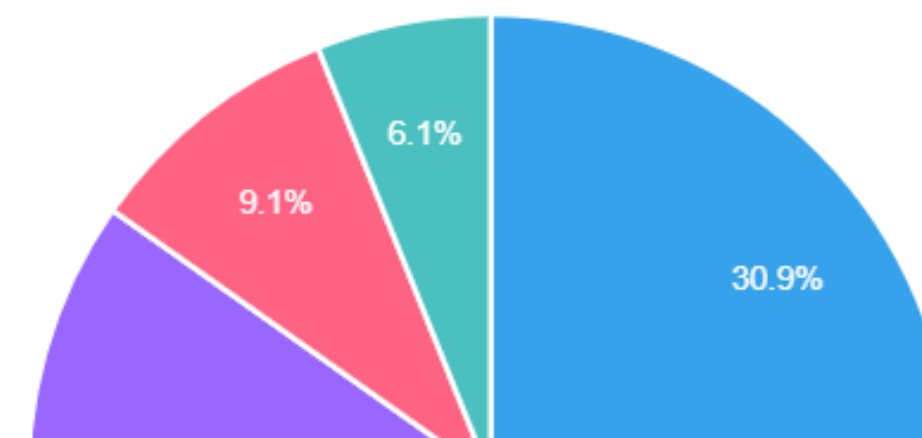
Webinars, Interviews ...

HELP

LOGOUT

DEUTSCH | **ENGLISH** | ESPAÑOL

GOALKEEPING DEVELOPMENT

ACCOUNT   TRAINING   POOL   GRAPHICS   GAME   STATISTICS   **ACADEMY**

Academy

📋 Academy

Theme

All
All
Athletics
Technique
Tactic

Category

All

update

Gonçalo Simoes

How we work at Benfica

0:01 / 1:09:29