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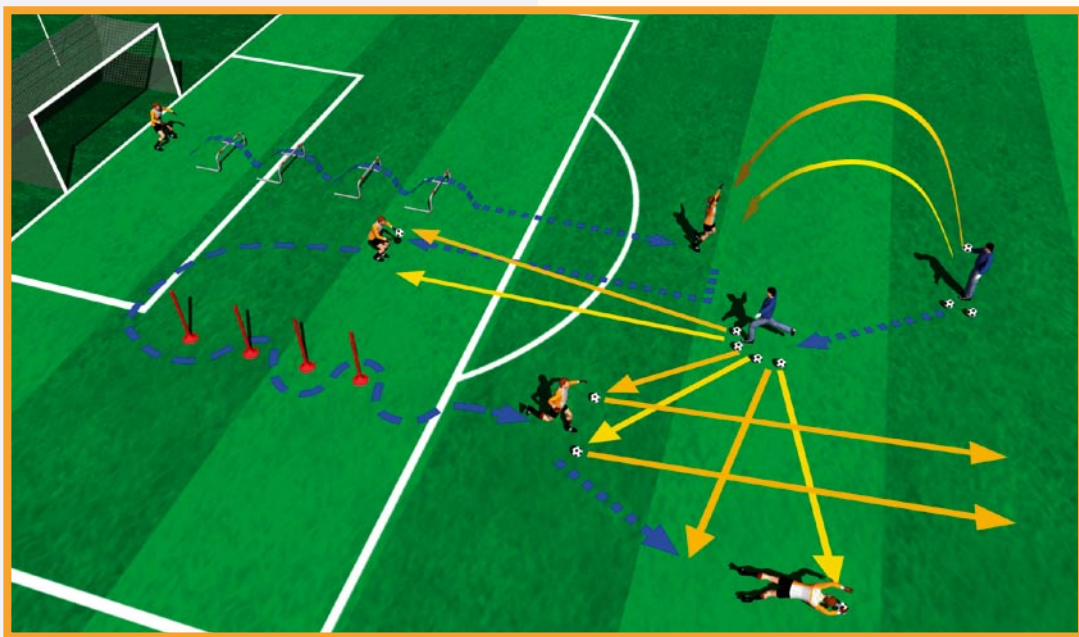
R.C. CELTA (2ª B) PHISICAL TRAINER

### TRAINING SESSION FOR THE GOALKEEPER

The following proposal is aimed at developing the endurance strength integrated in the goalkeeper's training, in other words, the capacity of a muscle, or a group of muscles to endure for a long time repeat muscle spasms, and, it depends above all, on the capacity to generate energy by means of aerobic exercises, which is essential in football training. With a view to facilitating the recovery periods and the good development of the training session it is recommendable to use a minimum of two goalkeepers and a maximum of six.

Now, we are going to present three different drills all of which must be carried out alternatively for 45" each, with 45" intervals between each one. Once, all the three drills have been completed, there will be a pause of 5' and during the recovery time it is advisable to realize some abdominal-waist strength work.

PERIOD:	PREPARATORY 1
CYCLE:	1
MICROCYCLE:	1 INTENSITY
OBJECTIVE:	STRENGTH ENDURANCE
MATERIAL:	BALL, PICKS, SPEED LADDER, HURDLES AND HOOPS
SPACE:	½ OF THE FIELD
FREQUENCY:	3X3X45"/45"/5'



#### DRILL 1

5 metre run to jump 4 low hurdles (30 cm)+ 5 metre sprint to block 2 aerial balls sent by the coach, move backwards for about 7 metre two block two balls sent to medium height, slalom through 5 picks (10 m) , hit two balls sent by the coach, and finally save two balls sent to both sides (goalkeepers' right and left side)

**TECHNICAL OBSERVATIONS:** It is important to jump the hurdles with the knees slightly bent. The reverse run must be sideways, orientated towards the ball and with the body slightly bent towards the ground so as to prevent from losing balance and the lateral dive will also be forwards with a view to reducing the angle of the goal and thus cover the largest area of space.



## DRILL 2

Double skipping over 6 alternate hoops and 5 metre run to block two ground shots, lateral skipping over the speed ladder towards the left side + lateral dive, lateral skipping over the speed ladder towards the right side + lateral dive, stand up and block two mid-height shots sent + pass with the hands to both sidelines.

TECHNICAL CONSIDERATIONS: Both in the hoops and in the speed ladder goalkeepers must step twice in each space with the body leaning slightly forwards in order to avoid losing the balance. The pass, always made with the hand, will be sent towards a target which has been previously set with a view to gaining precision (i.e. a small goal)



## DRILL 3

Forwards and backwards slalom through 4 picks + block an aerial ball sent from one of the sidelines, pass made with the hands towards the coach who will throw it back using several techniques, 1X1, through balls, block medium height shots, lateral dive...

TECHNICAL CONSIDERATIONS: Insist on the idea that the aerial ball must be blocked keeping the ball in front of the goalkeeper's head so as not to lose sight of the ball, and also stress the importance of making accurate passes using the hands in order to facilitate the ensuing actions