

**National Youth License  
Keeper Training  
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**Set Up:** Penalty Area, 10 players – 5 green, 5 yellow each with a ball.

**Starting Position:** Feet, Hips & shoulder in a line, hands outside body with palms out.

1. **Bounce catch** with both hands while moving about. Check hand/arm shape: wrist open, elbows bent. Index & thumb of both hands should create a “W” or Diamond Shape.
  - a. Continue – check shape: How close can gk catch ball to ground.
  - b. Release ball high catch low.
  - c. Toss ball overhead, turn & catch low.
2. **Dynamic Stretching** while holding ball with both hands. Feet shoulder width.
  - a. Extend ball overhead, then bend & reach through legs.
  - b. Twist to side, hold; switch.
  - c. Reach to side with a slight twist to bounce catch.
  - d. Lean to side holding ball overhead.
  - e. Ball by outside right foot, take ball & reach high to left side. Place ball by left foot & then reach high to right side. Make an “X” with movement.
3. **Catching.** Look ball into hand. Catch with fingertips. Body acts like a spring.
  - a. Toss ball overhead with one hand, catch with opposite hand.
  - b. Same but catch ball low.
  - c. Same, but now two hand toss & catch with two hands.
4. **“Steam Shovel”**
  - a. Ball on ground; Elbows & fingertips together, bend & scoop ball like a steam shovel. Steam Shovel sounds optional!
  - b. Bowl ball through legs, turn & do the steam shovel. Concentrate on hands & arms coming together to make a barrier behind the ball.
5. **Steam Shovel Competition.** Partners about 2 - 3 yards apart. Attempt to Bowl ball through partners legs. Steam Shovel collection. Step into ball. Ball through partners legs = point for bowler.

\*\*\* “ Can you catch?” “Body Spring”; “Forward Motion”; Don’t Anchor to the ground, stay **DYNAMIC**. Teach the “Barrier”. \*\*\*

6. **Partners**, one ball. Gates spread out around PK Area.
  - a. Bowl ball through gates & catch – do the steam shovel. Use feet to frame the ball; shuffle behind the ball.
  - b. How many gates in 30 seconds.
  - c. Again, but can you increase the number of gates. Gks should point & communicate to move quicker.
  - d. One more time – follow through on bowl for quicker pace.

**\*\* Fingertip** catching = contoured to the ball. Ball is not flat but your palm is. **\*\***

7. **Hand Ball:** Play in PK Area. Two Goals.

- a. Bowl ball & catch pass. A drop ball goes to other team GK.
- b. Cone Half Way: Players can distribute anywhere but can only shoot from their own half.

**\* Support** after distribution\*

**\*\* A Keeper** is a field player who can use their hands in a designated area. **\*\***

**\*\*\* Coach** your Keeper from inside the goal. Get their perspective! Allow the gk to make own decisions during game. **\*\*\*** Every U10 should get an opportunity to play in goal at least a half, even if it is during practice.