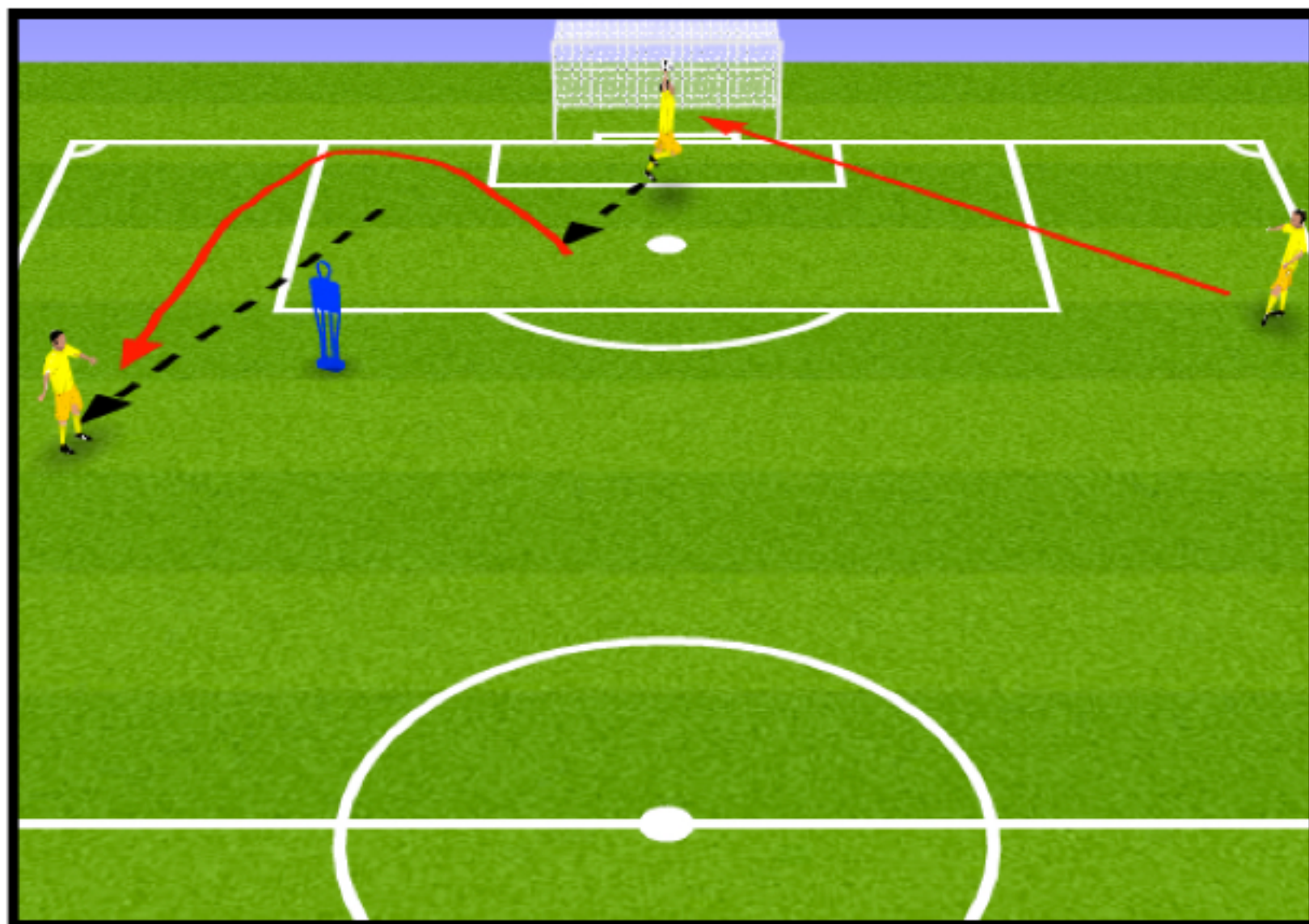


Distribution - Over arm throw

Andrew Sparkes Goalkeeping

- Goalkeeper receives a cross from server
- Goalkeeper then runs and distributes the ball over arm to runner
- Progression: Runner can adjust his run

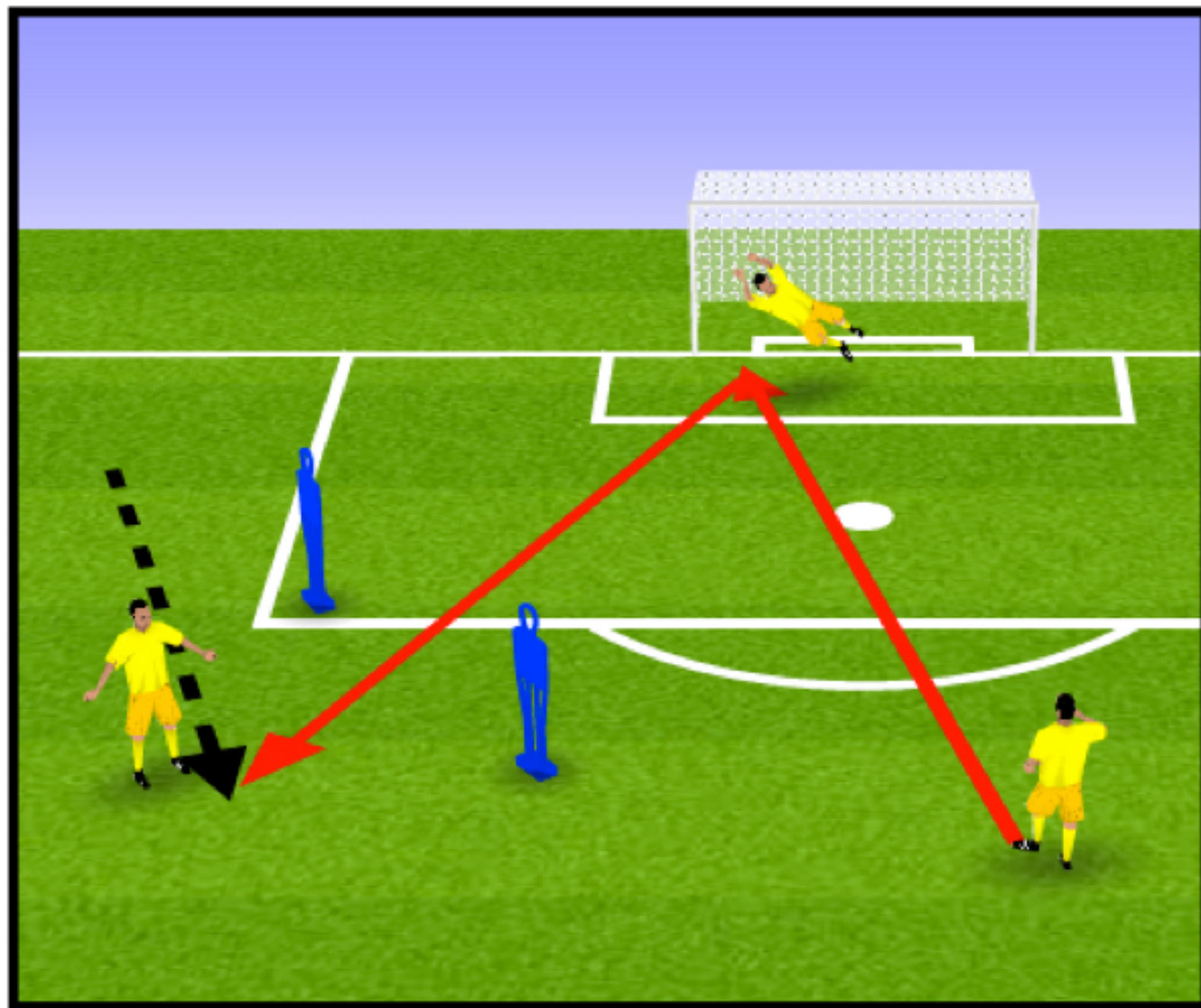


www.andrewsparkesgoalkeeping.com

Distribution - Under arm roll

Andrew Sparkes Goalkeeping

- Goalkeeper receives ball from server on the edge of the box
- Goalkeeper then distributes the ball under arm to runner
- Progression: runner adjusts his run inside or outside

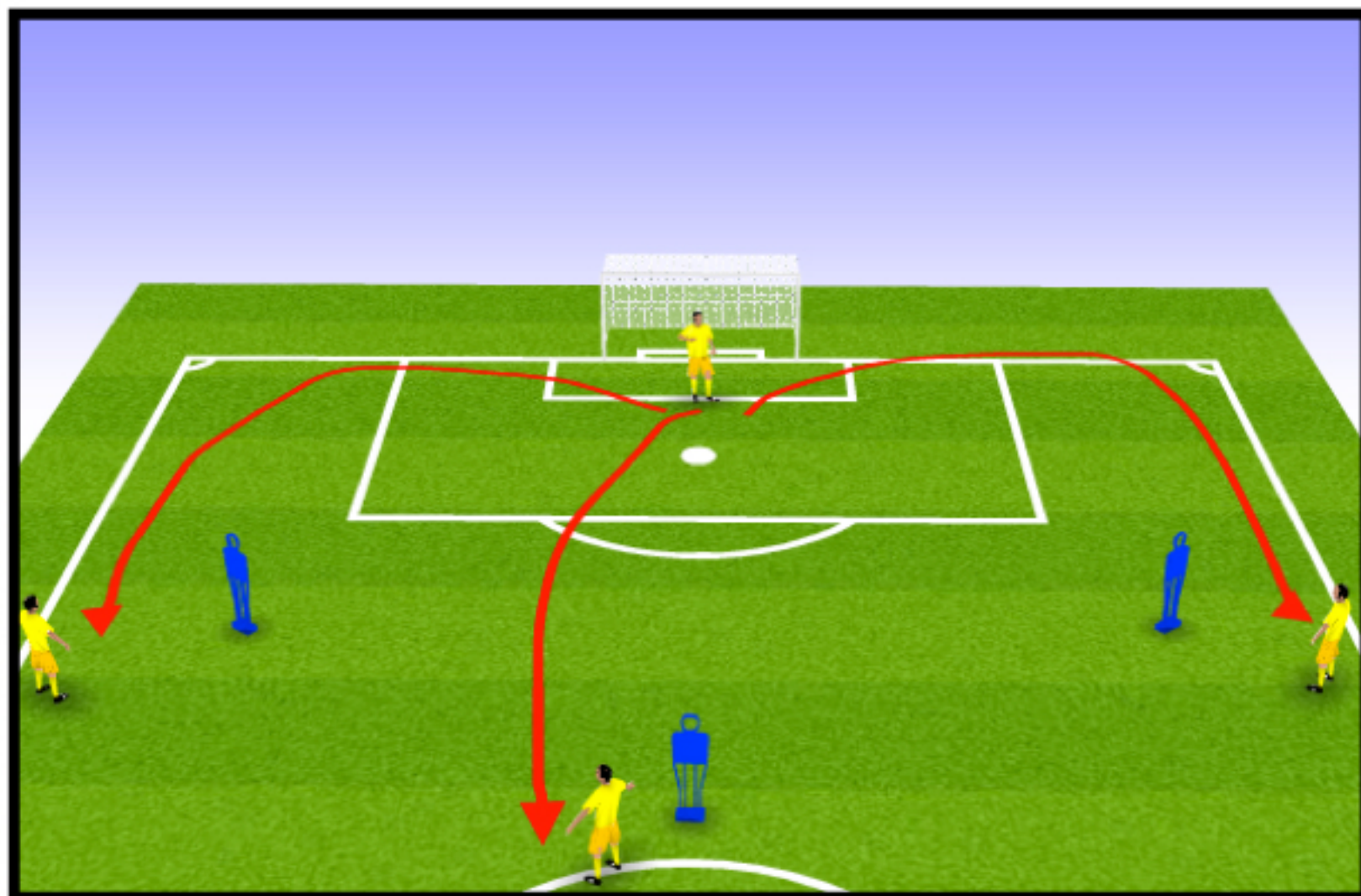


www.andrewsparkesgoalkeeping.com

Distribution - Lofted Passing

Andrew Sparkes Goalkeeping

- Goalkeeper places the ball as goal kick
- Goalkeeper plays a lofted pass over the mannequins to target player
- Progression: Target players can adjust their positions to receive ball

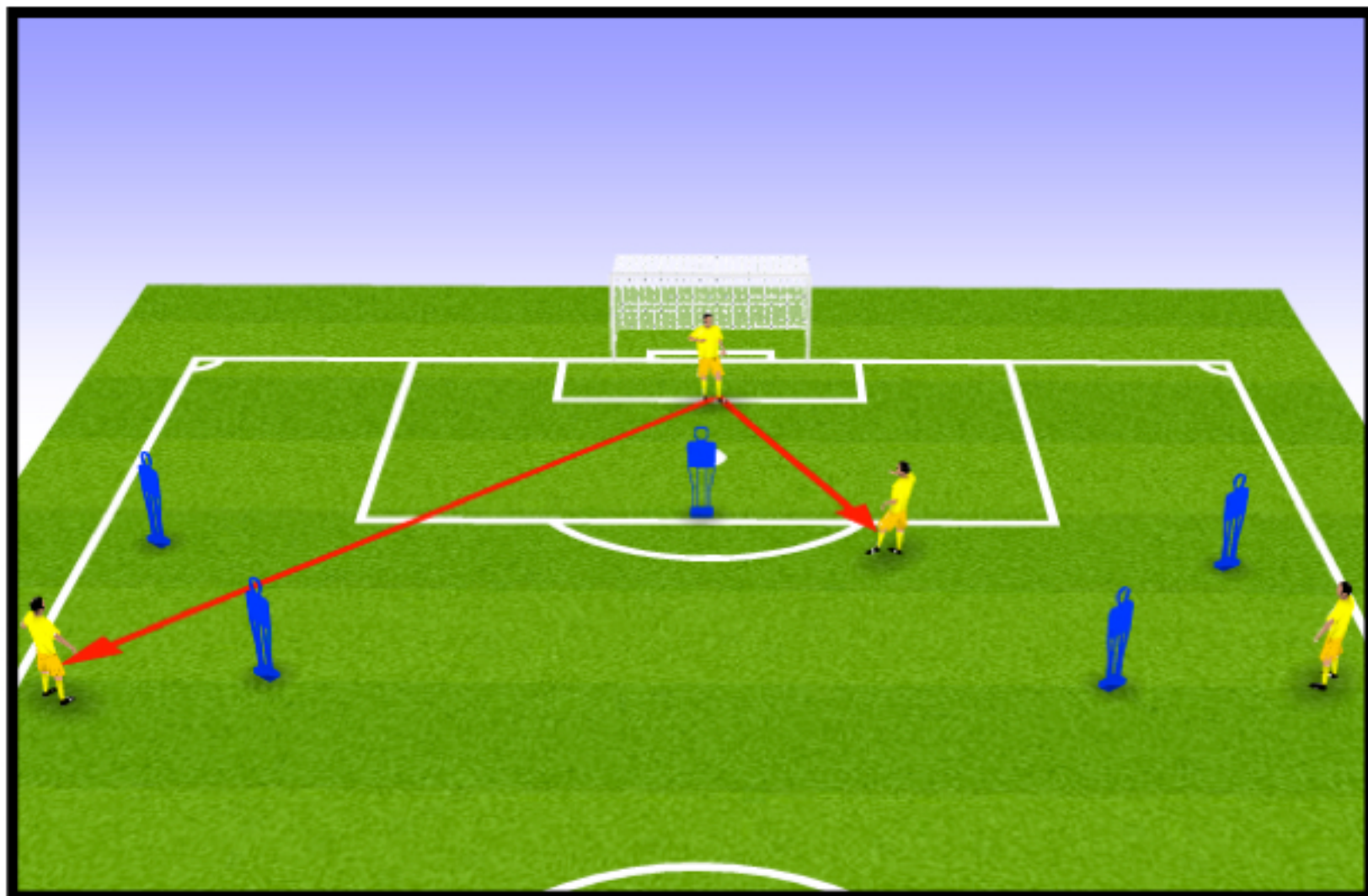


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Distribution - Driven Passing

Andrew Sparkes Goalkeeping

- Goalkeeper receives ball from server on the edge of the box
- Goalkeeper takes touch and switches play using a driven pass
- Progression: Server puts pressure on the goalkeeper after initial pass

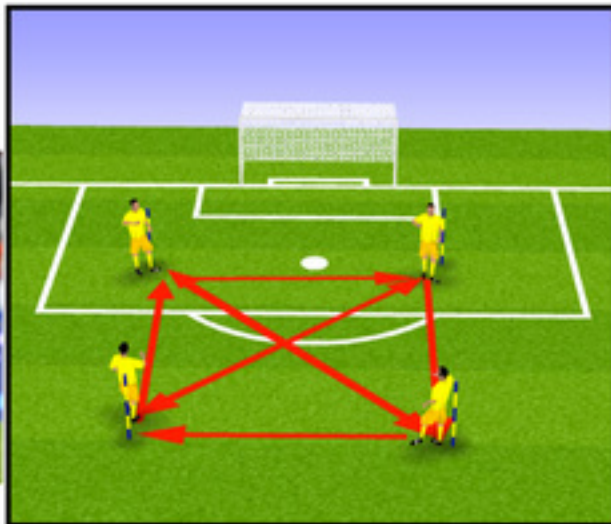


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Distribution - Short Passing

Andrew Sparkes
Goalkeeping

- 4 Goalkeepers in a 15x15 square
- Passing is 2 touch
- Passing pattern - back and across
- Progression: Players use 1 touch



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Through Balls - Smothering

Andrew Sparkes
Goalkeeping

- 3 players play combination passing around mannequins on the edge of the box
- Goalkeeper constantly adjusts position
- Players can play another player in towards goal
- Progression: Players can play another player in towards goal or shoot

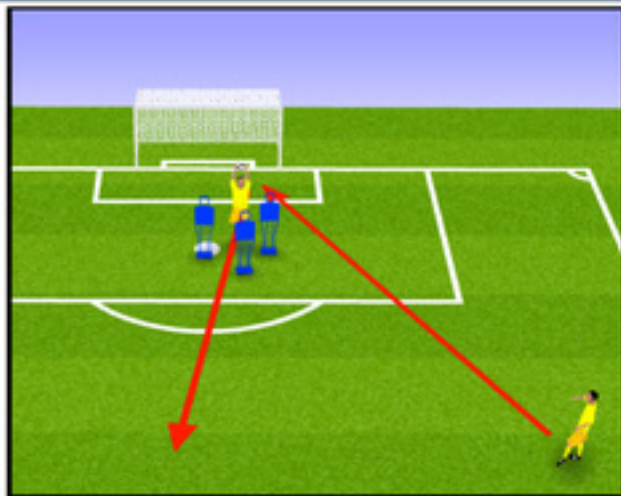


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Crosses - 2 Hand Punching

Andrew Sparkes Goalkeeping

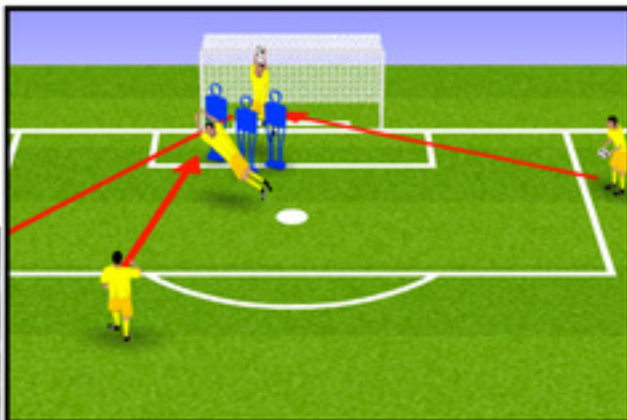
- Server delivers a ball from deep
- Goalkeeper adopts a high starting position
- Goalkeeper performs a 2 hand punch over the mannequins
- Progression: service into goalkeeper can be lofted or driven in



Crosses - 1 Hand Punching

Andrew Sparkes
Goalkeeping

- Goalkeeper starts in the middle of the goal
- Ball is served by hand towards the back post
- Goalkeeper uses opposite hand to punch across body
- Progression: After the punch, Goalkeeper receives a shot on goal

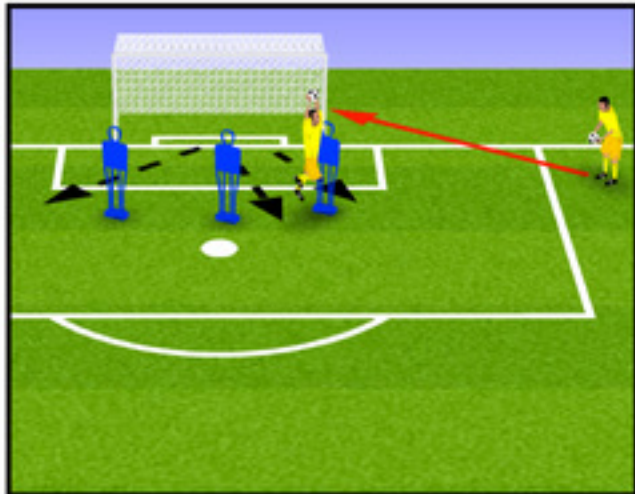
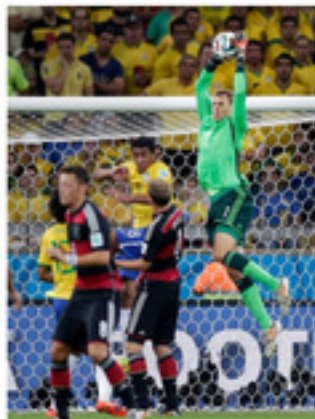


www.andrewsparkesgoalkeeping.com

Crosses - High Ball Technique

Andrew Sparkes
Goalkeeping

- Goalkeeper receives a high ball in front and behind mannequins
- Progression: Service can be random towards any of the 3 mannequins



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Shot Stopping - Block/Spread

Andrew Sparkes
Goalkeeping

- Server on the edge of box players to either striker with back to goal
- Striker has to turn with the ball and look to finish
- Goalkeeper must adjust his position and to perform a blocking action
- Progression: Server on the edge of the box can shoot or received a 1-2 back from strikers with back to goal

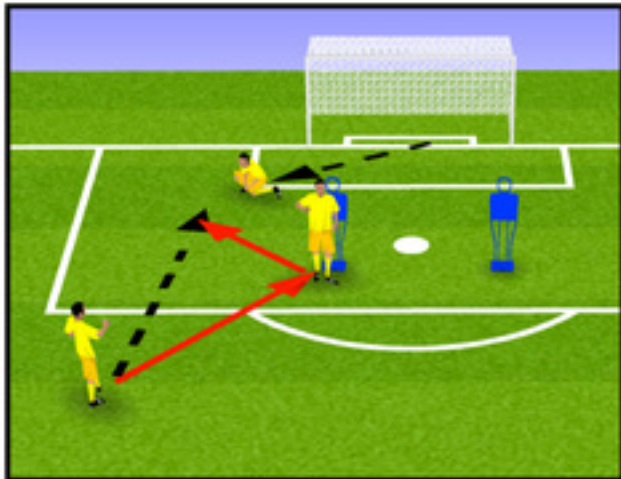


www.andrewsparkesgoalkeeping.com

Shot Stopping - 1v1s

Andrew Sparkes
Goalkeeping

- Server plays a 1-2 with player backing into mannequin.
- The Goalkeeper then closes down the attacker in a 1v1 situation
- Progression: Player backing into mannequin can turn himself and go 1v1 with the goalkeeper

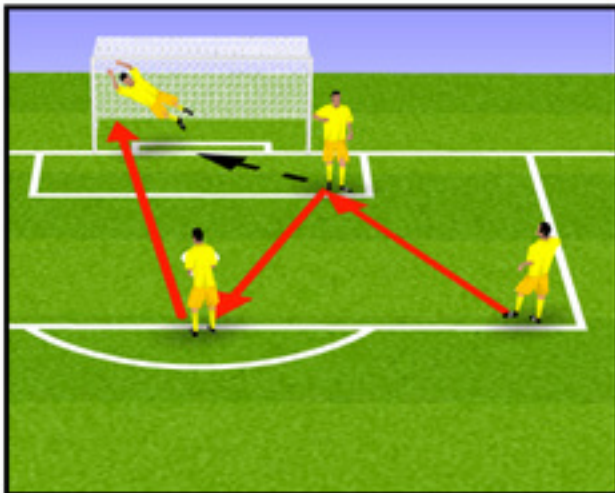


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Shot Stopping - 'Deflecting'

Andrew Sparkes
Goalkeeping

- Goalkeeper receives a pass from server on the edge of the box.
- Goalkeeper then takes a touch and plays the server in the middle of the goal
- The server then plays a low ball to the other side of the goal for the goalkeeper to deflect away
- Progression: the server can adjust the height for the ball to be deflected

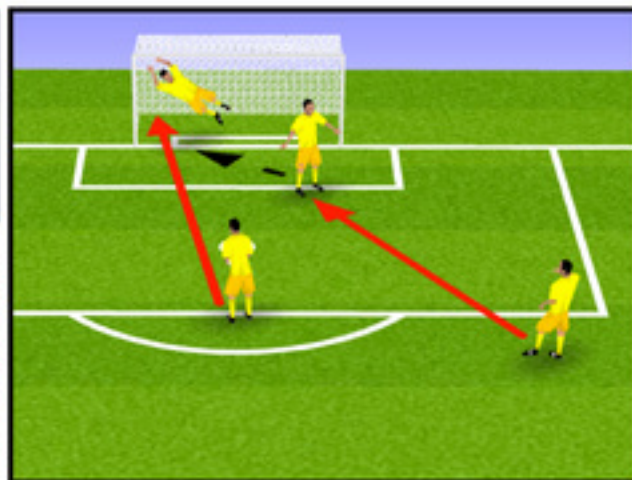


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Shot Stopping - Extension Diving

Andrew Sparkes
Goalkeeping

- Goalkeeper receives a serve in and around his body
- Goalkeeper moves across goal to perform an extension save off the other server
- Progression: The 1st server looks to score before goalkeeper moves to 2nd server to perform an extension

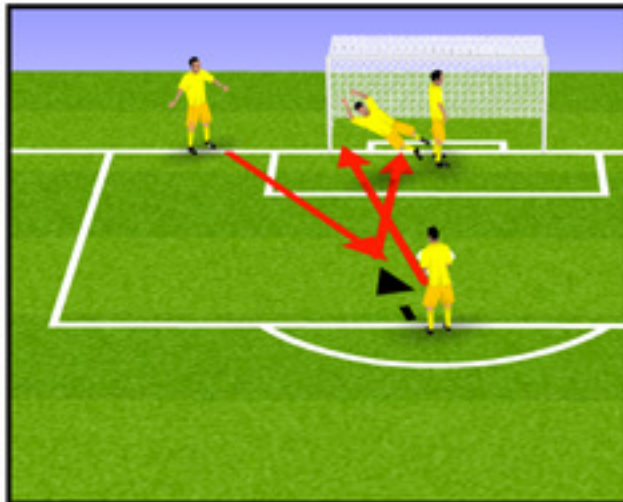


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Shot Stopping - Medium Diving

Andrew Sparkes
Goalkeeping

- Server plays ball to the right of the goalkeeper for a medium dive.
- After the goalkeeper rolls ball to server on the byline who plays a ball back to the server who looks to score
- Progression: type of service changes (volley, half volley, off the floor)

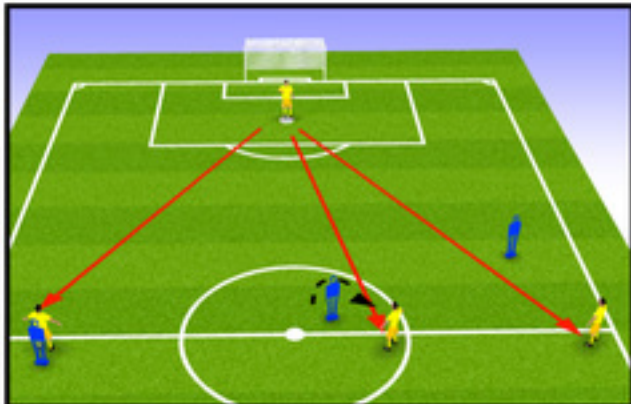


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Distribution - Side Volley

Andrew Sparkes
Goalkeeping

- Goalkeeper distributes the ball with a side volley to target players
- Progression: Target players can adjust their positions in front or behind mannequins

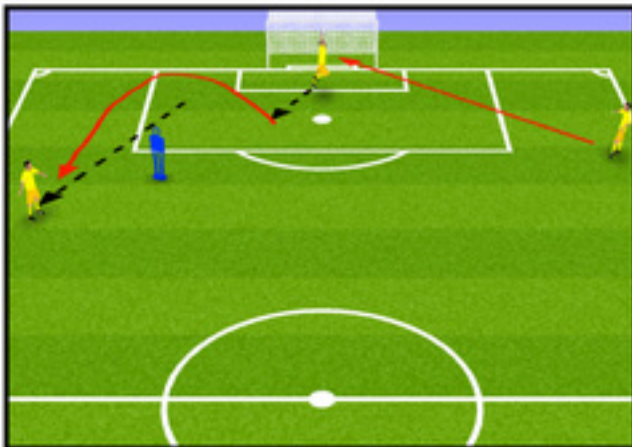


www.andrewsparkesgoalkeeping.com

Distribution - Over arm throw

Andrew Sparkes
Goalkeeping

- Goalkeeper receives a cross from server
- Goalkeeper then runs and distributes the ball over arm throw to runner
- Progression: Runner can adjust his run

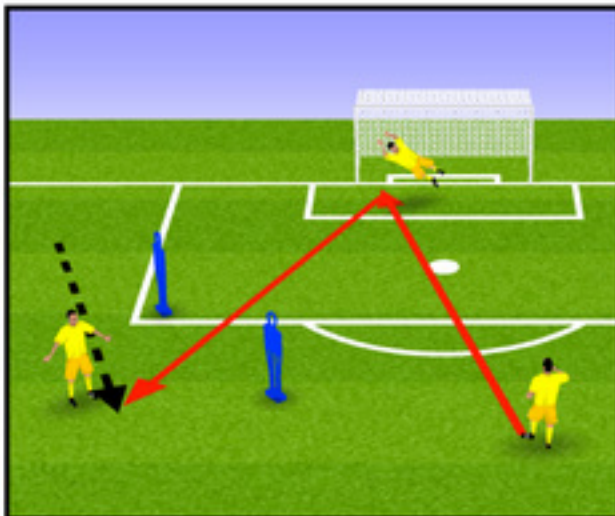


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Distribution - Under arm roll

Andrew Sparkes
Goalkeeping

- Goalkeeper receives ball from server on the edge of the box
- Goalkeeper then distributes the ball under arm to runner
- Progression: runner adjusts his run inside or outside

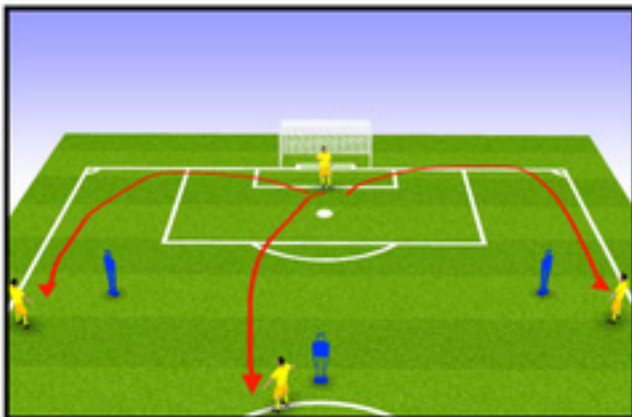


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Distribution - Lofted Passing

Andrew Sparkes
Goalkeeping

- Goalkeeper places the ball as goal kick
- Goalkeeper plays a lofted pass over the mannequins to target player
- Progression: Target players can adjust their positions to receive ball

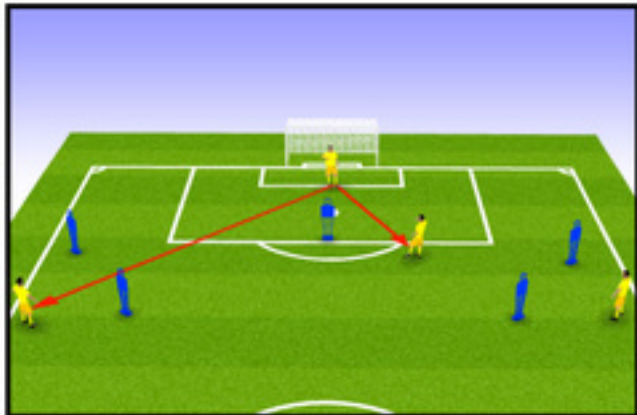


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Distribution - Driven Passing

Andrew Sparkes
Goalkeeping

- Goalkeeper receives ball from server on the edge of the box
- Goalkeeper takes touch and switches play using a driven pass
- Progression: Server puts pressure on the goalkeeper after initial pass

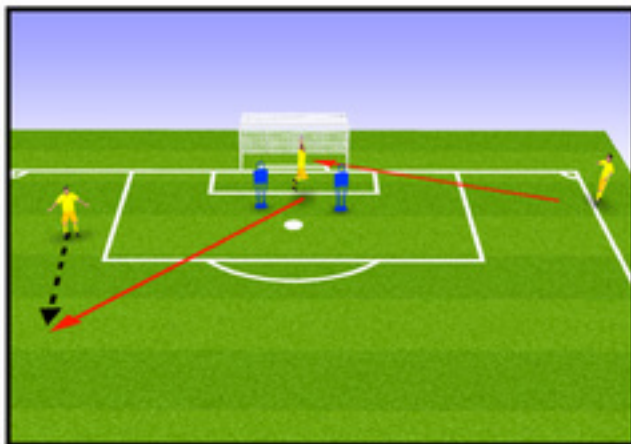


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Distribution - Over arm throw

Andrew Sparkes
Goalkeeping

- Goalkeeper receives a cross
- Goalkeeper then throws the ball in the path of the runner on edge of the box
- Progression: Runner can adjust his running path inside or outside

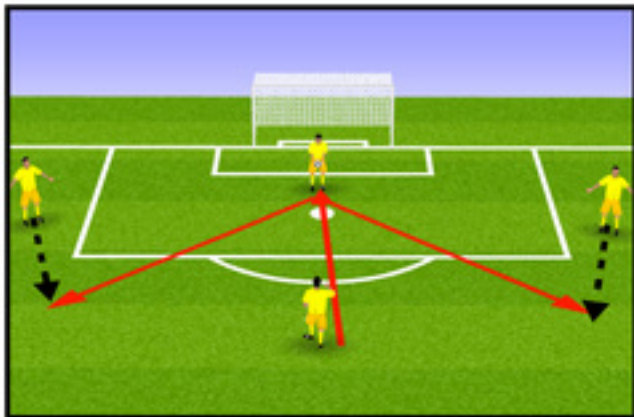


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Distribution - Under arm roll

Andrew Sparkes
Goalkeeping

- Goalkeeper receives a low ball to scoop from the edge of the box
- The Goalkeeper then rolls the ball in front of the runner.
- The goalkeeper rolls the ball alternative sides
- Progression: Goalkeeper must wait for either runners movements before rolling ball in front of them

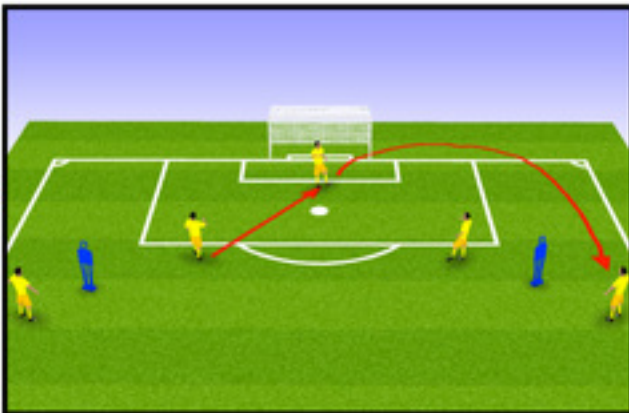


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Distribution - Lofted Passing

Andrew Sparkes
Goalkeeping

- Goalkeeper receives the ball from one side of the box
- The goalkeeper takes a touch and switches the ball to other side using a lofted pass
- Progression: Server closes down the goalkeeper after initial pass

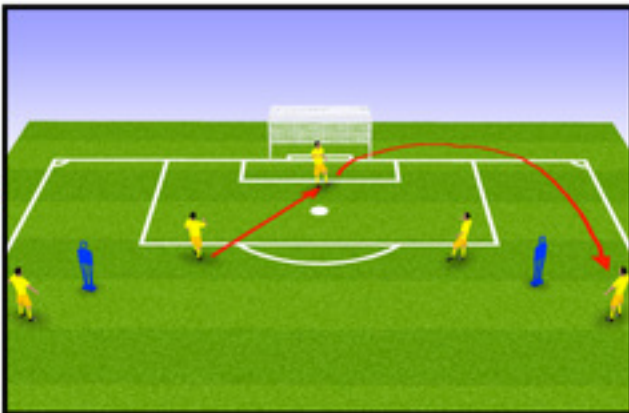


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Distribution - Lofted Passing

Andrew Sparkes
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- Progression: Server closes down the goalkeeper after initial pass

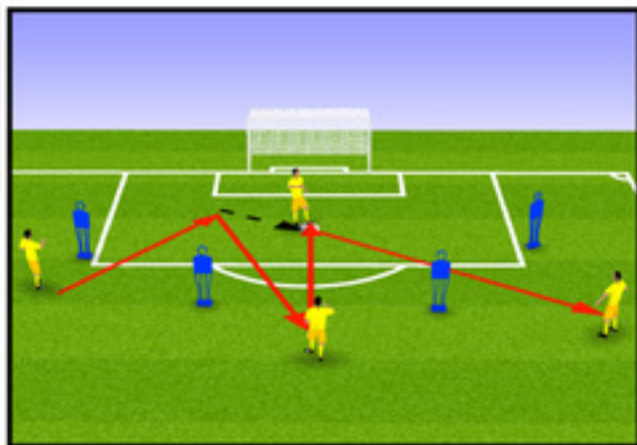


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Distribution - Short Passing

Andrew Sparkes
Goalkeeping

- Goalkeeper looks to shift the ball from one side to another using bounce passes
- Goalkeeper must change his support angle after every pass
- Progression: Severs can close down goalkeeper after each pass

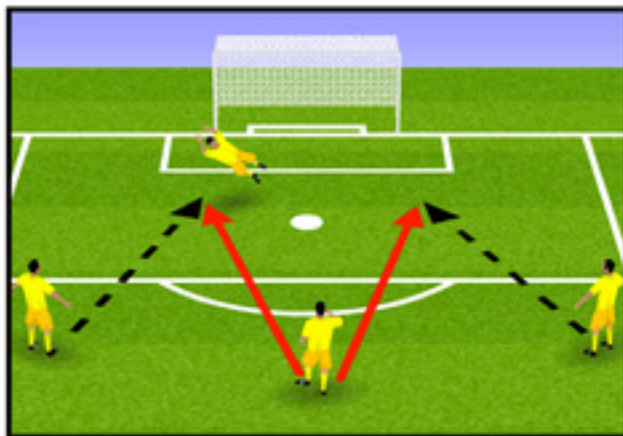


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Through Balls - Smothering

Andrew Sparkes
Goalkeeping

- Goalkeeper set in line with server on the edge of the box
- Server can play in either attackers in a 50/50 situation with the goalkeeper
- Progression: Server can either pass the ball to other attackers or shoot

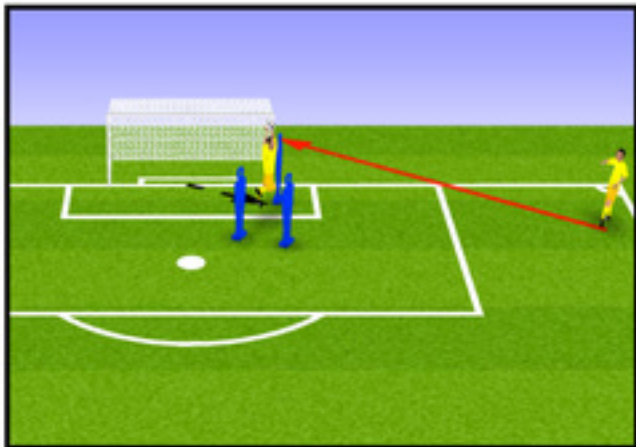


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Crosses - 2 Hand Punching

Andrew Sparkes
Goalkeeping

- Goalkeeper starts in the middle of the goal.
- Server throws the ball to the front post above mannequins
- Goalkeeper uses a 2 hand punch to clear the ball
- Progression: Server crosses instead of throws the ball

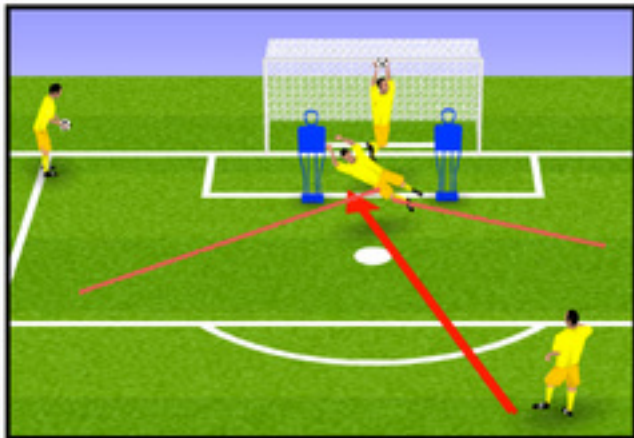


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Crosses - 1 Hand Punching

Andrew Sparkes
Goalkeeping

- Goalkeeper sets in the middle of the goal
- Server throws ball over Goalkeepers head
- Goalkeeper uses punches ball across body
- Progression: After the punch, the goalkeeper receives a shot on goal

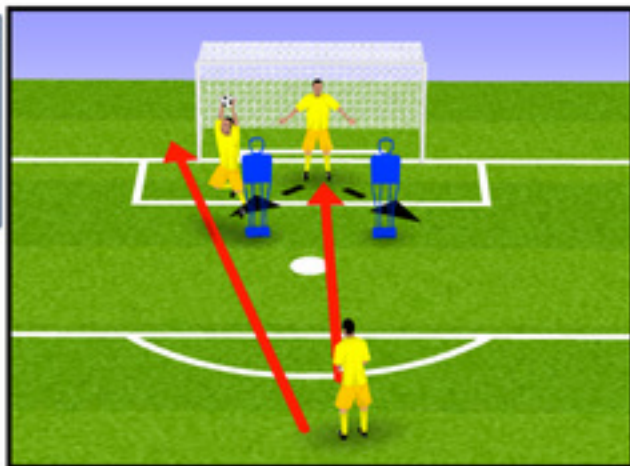
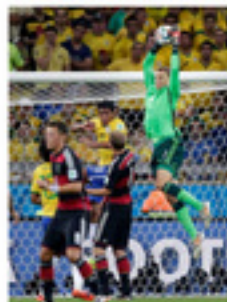


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Crosses - High Ball Technique

Andrew Sparkes
Goalkeeping

- Goalkeeper receives a volley in between the mannequins before throwing the ball back to the server
- The goalkeeper then receives a ball towards one of the mannequins to take a high ball
- Progression: Servers can throw ball to either mannequins

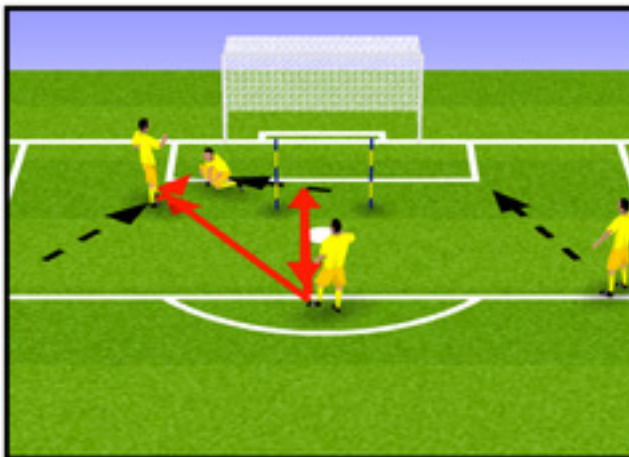


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Shot Stopping - 1v1s

Andrew Sparkes
Goalkeeping

- Goalkeeper plays 1-2 with server
- Server then plays ball in-between goalkeeper and striker
- Goalkeeper must adjust his position and to perform a blocking action
- Progression: Servers can play the ball to either left or right after the goalkeepers pass

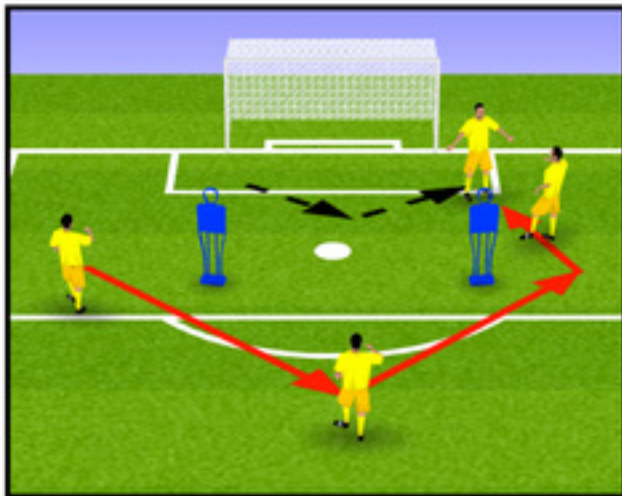


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Shot Stopping - 1v1s

Andrew Sparkes
Goalkeeping

- 3 Servers on the edge of the box passing the ball around.
- At anytime the attacker can drive towards the goalkeeper to create a 1v1 situation
- Progression: Servers can either shot or drive to create a 1v1 situation

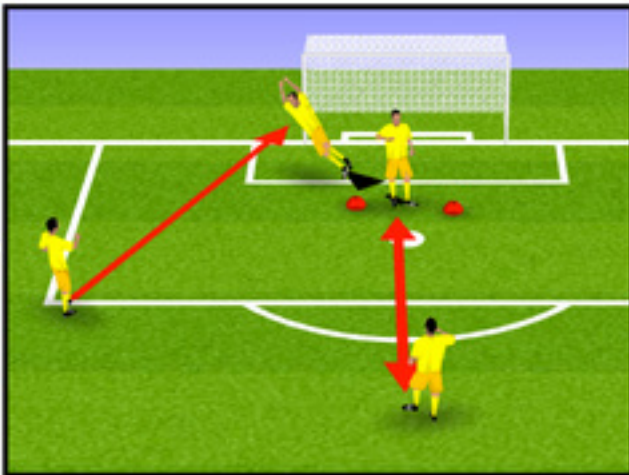


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Shot Stopping - 'Deflecting'

Andrew Sparkes
Goalkeeping

- Goalkeeper plays 1-2 with server on edge of the box
- Goalkeeper moves to server on the angle who plays ball low towards near post
- Goalkeeper deflects ball into safe area
- Progression: Server on the angle can play the ball to either side of the goalkeepers

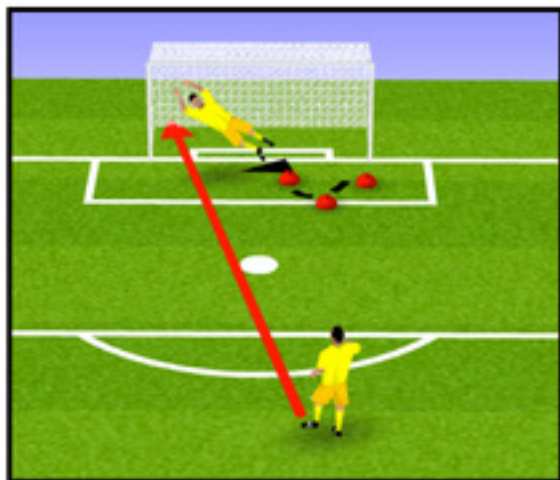


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Shot Stopping - Extension Diving

Andrew Sparkes
Goalkeeping

- Goalkeeper moves forward and back through cones
- Server places ball towards top corner of the goal
- Goalkeeper performs an extension save
- Progression: Different footwork before goalkeeper makes save

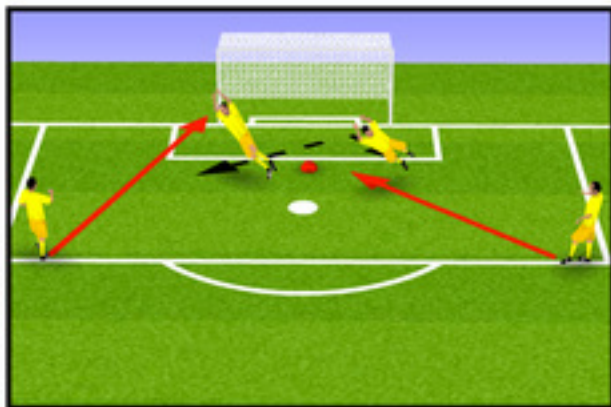


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Shot Stopping - Medium Diving

Andrew Sparkes
Goalkeeping

- Goalkeeper sets inline with server and receives a medium ball to the right.
- Goalkeeper then moves over to other server where he receives another medium ball to the right
- Repeat on left
- Progression: Servers can serve balls to left or right

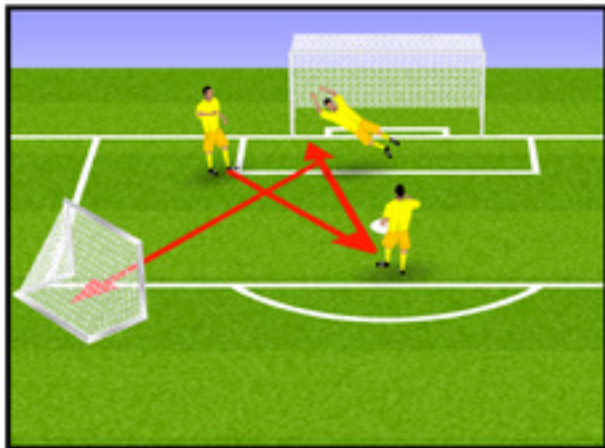


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Shot Stopping - Low Diving

Andrew Sparkes
Goalkeeping

- Server on angles plays ball to server in the middle
- The Goalkeeper sets for shot
- Low ball announced to left or right
- Goalkeeper rolls ball into goal
- Progression: Random service left or right to low dive

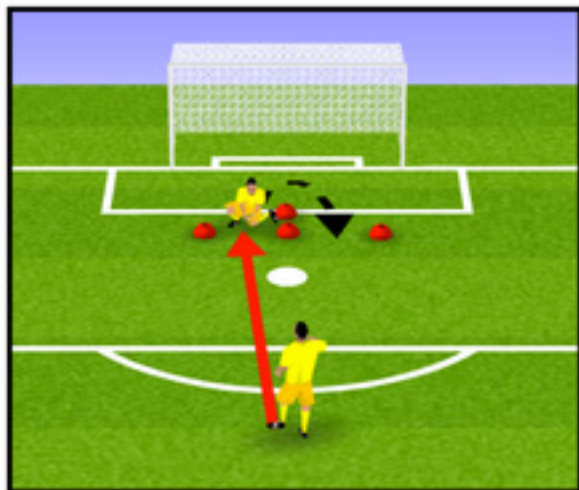


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Shot Stopping - 'Scoop'

Andrew Sparkes
Goalkeeping

- Goalkeepers moves around cone and sets
- Goalkeeper receives low ball to the right
- Goalkeeper moves back around cone and receives low ball to left
- Progression: Take middle cone away and GK receives a random ball to left or right

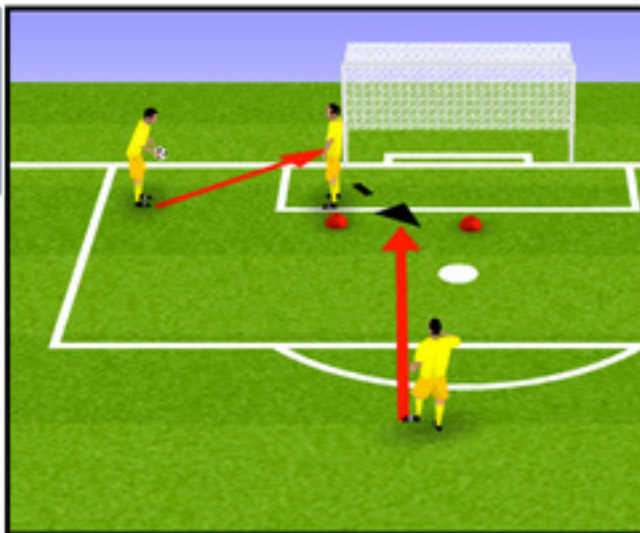


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Shot Stopping - 'Basket'

Andrew Sparkes
Goalkeeping

- Goalkeeper sets on near post for serve
- Goalkeeper turns off post and sets in for other server
- Goalkeeper Uses 'Basket' Technique to catch the ball
- Progression: Servers can vary service volley/half volley/ off floor etc



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Keeper warm-ups and cool down

Overview

I have worked closely with the Head of Sports Science, Dan Rothwell, to create a specific warm-up and cool-down structure for the keepers at Swansea City. The warm-ups we use at the club are based around three different areas - reaction speed, strength and a mixed warm-up that incorporates elements of strength, speed and reactions in one. As a result, we use these three different warm-ups at different times during a periodised training week, as follows:

- Game day minus 5: Mixed warm-up
- Game day minus 4: Mixed warm-up
- Game day minus 3: Strength warm-up
- Game day minus 2: Strength warm-up
- Game day minus 1: Reaction speed

For cool downs, I have included a standard outline of stretches. These are all we would require the keepers to do.

Every warm-up will last 20 minutes in total:

5 minutes: Jog and dynamic stretches

5 minutes: 3v1 keep-away

10 minutes: Mixed strength, reaction speed and warm-ups

Key thinking

Understanding what type of warm-up to use during the different parts of the week is essential. For example, we'd never perform a strength warm-up the day before a game, as the keepers would carry fatigue through into the following day.

We also need to consider if the keepers have had a gym session before their training session on the pitch, whether they've played two games in a short period of time, and whether they are carrying any injuries or niggles? Beyond that, do they need extra work on a specific physical element?

Each warm-up can be adapted to suit the physical and technical needs of the main session that is to follow. For example, when preparing for a session that deals with crosses, we would similarly incorporate some high balls for the keepers to take, whilst also promoting relevant footwork also.

Equipment required

As you will see, each warm-up differs in terms of equipment used, but in general we would require balls, different coloured cones, poles, flat markers, hurdles, ladders and hoops.

WARM-UPS: JOGGING AND DYNAMIC STRETCHES (5mins)

Keepers jog across the width of the penalty box at a sedate pace, stretching out limbs, squatting to the floor and jumping up as they go in this simple initial warm-up that gets limbs moving and the lungs working.

STRENGTH (10-20mins)

Football strength is a player's ability to compete and succeed in tight areas with rapid acceleration/deceleration bursts over short distances, changes of direction and explosive jumping exercises. So in the context of keepers, it's important for 1v1 situations, plus moving in line and down the line of the ball for shot-stopping.

Strength-based goalkeeping conditioning practices are designed to provide opportunities to maximally accelerate and decelerate. Practices can be employed in one of two ways:

- with ample recovery between bouts to focus on maximal explosive performance and concentrate the adaptations to the peripheral leg muscles alone
- with limited recovery to develop the central cardiovascular system and develop the keeper's ability to perform and recover from multiple explosive bouts.

If looking for a general rule of thumb, strength-based practices should be designed around a 1:3% work to rest ratio.

The catch chicane

Setting up as shown, we use one keeper, four servers and four balls. The will set and take a volley from server 1, turn and set for server 2, then 3 and 4. At the end of the move the working keeper becomes a server and server 1 moves to become the working keeper. In stepping up the move we can change the serve, varying pace, velocity and type of delivery.



Left and right forward focus

Next we setup as shown, with five balls in total. The working keeper will set and take a volley from server 1, burst diagonally forwards to set for server 2, diagonally backwards to set for server 3 before working his way back down the line. Again, we rotate after each set, and the type of serve should again change to keep the keepers on their toes.

Keeper keep away

Finally we setup as shown, with three keepers on the outside of an 8x8 yard square keeping the ball away from the man in the middle. Keepers on the outside must pass the ball between each other and try to hit the cone in the middle. The keeper in the middle must try to get a touch on the ball. We rotate keepers when (a) the keeper in the middle gets a touch on the ball, (b) the ball hits the cone, or (c) a pass is misplaced on the outside.



**WARM-UPS:
REACTION SPEED**
(10-20mins)

Reactions to a stimulus is central to goalkeeping performance and stimuli can be audio, visual or kinesthetic. The stimulus can occur with the keeper at a standing start or on the move, so the aim of the following drills is to ensure that the keeper accelerates maximally after the stimulus with the correct mechanics, and covers a specified functional distance as quickly as possible.

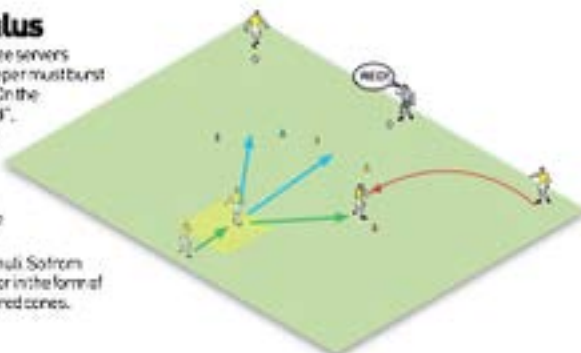
Ample rest should be provided between bouts to ensure that all efforts are maximal and the correct movement patterns are developed – in this case it's a work to rest ratio of 1:8. Acceleration is an important attribute to goalkeeping performance as a significantly greater intensity of acceleration can be found as playing level increases. Activities include bursting from a standing start, or bursting from the floor and accelerating after landing from a jump with various audio, visual and kinesthetic stimuli.

Colour (catching) stimulus

We set up as shown with one keeper and three servers guarding blue, yellow and red gates. The keeper must burst into the central box and quickly set himself. On the coach's command of "blue", "yellow" or "red", the keeper must then react to the stimuli and set for a volley that comes to him from in between the coloured cones.

Keepers rotate after every ball, and as we did in the last set of practices, we will vary the serve by pace, velocity and type of delivery.

In the next progression we'll change the stimuli. So from colours, this may be now names, numbers, or in the form of visual cues, such as the coach holding coloured cones.



Colour (diving) stimulus

In this practice we set up as shown with one keeper and one server. They play one-touch passes back and forth, though at any moment he chooses, the server can call either "blue" or "red", then pass the ball towards the small goal on that side (represented by the flat discus). The keeper must then react to the stimulus and try to attack the ball before the shot can make it past him.

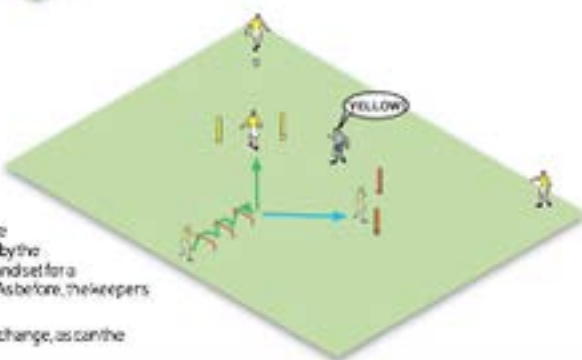
Again, progressions enable us to step up the difficulty. Now, the server can play the ball towards goal at any time without a command. The keeper then must react off the ball.



Hurdle and react

In the final practice we set up as shown. The keeper moves over hurdles (using various footwork patterns), once over the last hurdle, the coach shouts "yellow" or "red", whereby the keeper must then react to the stimuli and set for a volley in between the coloured cones. As before, the keepers change after every ball.

For progressions, the serve can again change, as can the stimuli as in previous practices.

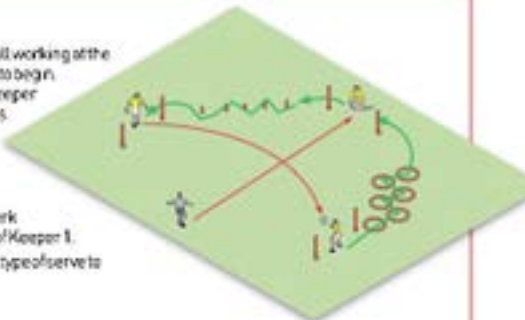


**WARM-UPS:
MOVEMENT**
(10-20mins)

The final set of warm-ups practise movement and direction, with keepers reacting to the physical and instructional directives of others in several active, linked circuits.

Three keeper circuit

We set up as shown with three keepers all working at the same time. Keeper 1 volleys to keeper 2 to begin. The goalkeeping coach then volleys to keeper 3. After catching the ball, keeper 2 moves through the hoops (right hand left foot), while keeper 1 takes the starting position of keeper 2. After catching the ball, keeper 3 moves through the cones (using any fast footwork pattern) and takes the starting position of Keeper 1. Again, the obvious progression is for the type of serve to change for each set.

**Extended three keeper circuit**

In stepping up the warm-up, now keeper 1 moves through the ladders (again using various footwork patterns) and receives a volley from the goalkeeping coach. Once keeper 1 catches the ball, keeper 2 hops one-footed through the hoops and receives a volley from keeper 1.

Once keeper 2 catches the ball, keeper 3 moves over the hurdles (using various footwork patterns) and receives a volley from Keeper 2.

All keepers now rotate to a new starting position with the same progressions as practised previously.

**Full movement circuit**

Is the final warm-up practice the three keepers are working at the same time. Keeper 1 chips the ball into keeper 2, keeper 1 then moves over the cones (using various footwork patterns), while keeper 2 rolls the ball out to keeper 3, who passes the ball back to keeper 2, who takes a touch and switches to the opposite side.

Keeper 3 then slaloms through the poles and takes the place of keeper 2, who jogs to the starting position of keeper 1. Again, we use progressions to enhance each challenge.

The keepers enjoy the structure of the warm-ups. After they have jogged and stretched, we may choose to bring in the 2v1 keep away straight away, but in all practices at Swansea City we try to include as much distribution as possible. This matches with the club's footballing philosophy and all links to building up play from the back (the keeper!). The practices shown require all our keepers to be technically proficient using both feet, and when making quick decisions under pressure. The mixed warm-ups are a great way for keepers to experience a variety of physical elements in a circuit-type warm-up as well as working specific keeper techniques.

I have been using this specific keeper warm-up structure since the start of the season and have seen benefits in all of the keepers - they feel physically and mentally prepared for the session ahead.

COOL DOWNS

We would look for the keepers to perform static stretches for 5-10 mins. Static stretches are more appropriate to the cool down as they help muscles to relax, realign muscle fibres and re-establish their normal range of movement. Examples might include shoulder, chest, back, groin, hip, quadriceps and hamstring stretches. All of these would be relevant for a keeper as they will help to improve flexibility, agility and range of motion.

These stretches should be held for between approximately 10-30 seconds, though must be tailored to the individual, with that player determining what is optimum level is that best suits him. For example, we would only want a player to hold a given stretch only until he feels a slight pulling in the muscle, but no pain. In holding the stretch the muscle will relax. When feeling less tension the player can increase the stretch again until he feels the same

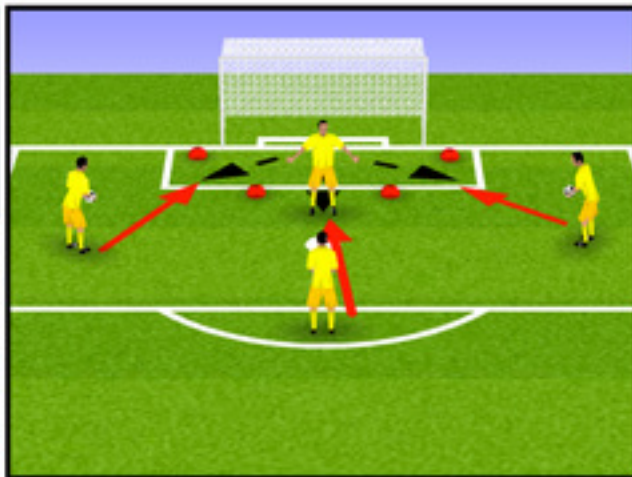
slight pull. He should hold this position until he feels no further increase. Done correctly, the cool down with aid in the dissipation of waste products - including lactic acid (the burning sensation you get in your muscles) - reduce the potential for DOMS (Delayed Onset Muscle Soreness), reduce the chances of dizziness or fainting caused by the pooling of venous blood at the extremities, reduce the level of adrenaline in the blood, and allow the heart

rate to return to its resting rate
rate = heart rate
rate = heart rate

Shot Stopping - 'W'

Andrew Sparkes
Goalkeeping

- Goalkeepers receive 3 balls
- Goalkeepers move and set in-between cones in order
- Goalkeeper Uses 'W' Technique to catch the ball
- Progression: Servers are numbers 1-3 and on coaches command GK moves into set for volley

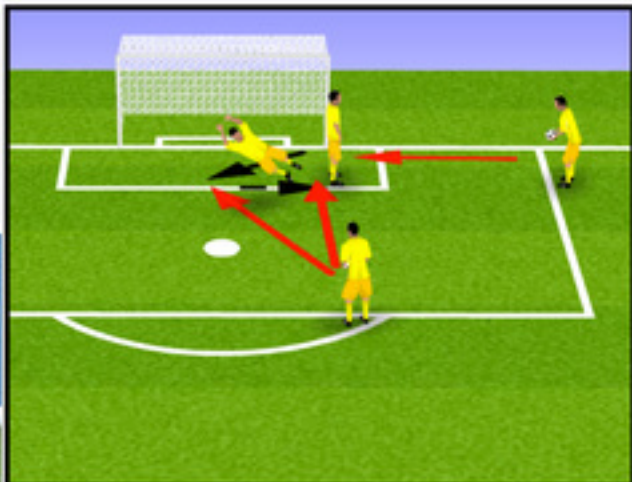


www.andrewsparkesgoalkeeping.com

Shot Stopping - Low Diving

Andrew Sparkes
Goalkeeping

- Goalkeeper sets on near post and receives a volley
- Goalkeeper then turns for a low dive to left and low ball to right
- Exercise is repeated the other side
- Progression: After the goalkeeper turns off the post, service can be to the left or right

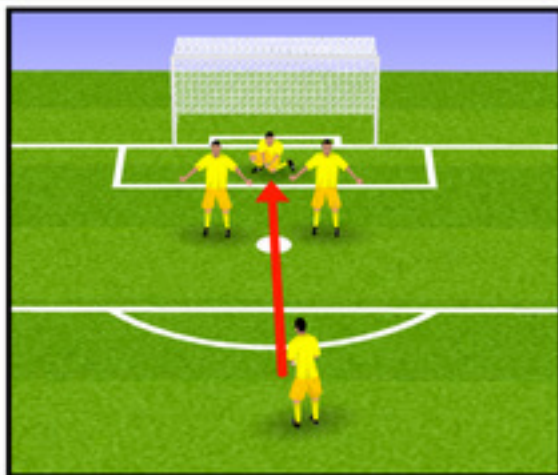


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Shot Stopping - 'Scoop'

Andrew Sparkes
Goalkeeping

- Goalkeeper receives a dipping volley from the edge of the box
- Players are placed in front of goalkeeper to impair vision
- Progression: Server on the edge of the box can move positions

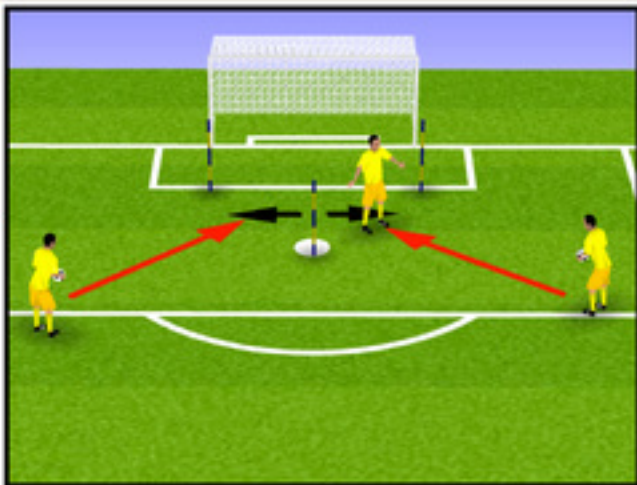
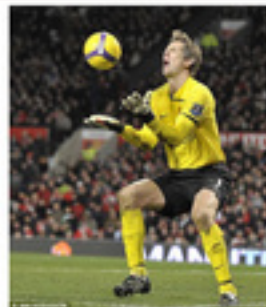


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Shot Stopping - 'Basket'

Andrew Sparkes
Goalkeeping

- Goalkeeper sets in 1 of the small goals and receives a volley, before moving to the next goal for another volley
- Progression: While the goalkeeper is moving from one goal to the next, the server can say change and the goalkeeper must go back to previous server

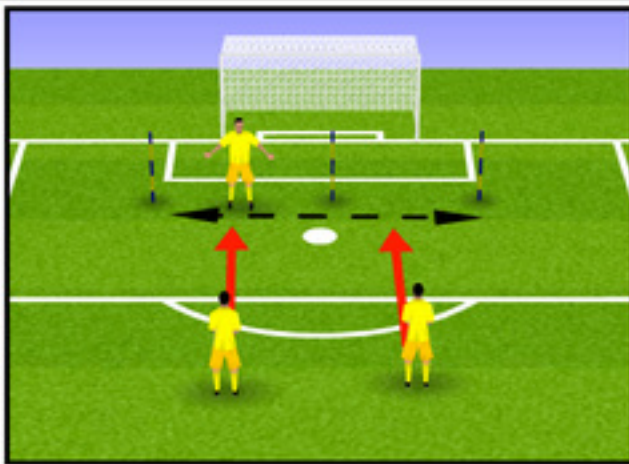


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Shot Stopping - 'W'

Andrew Sparkes
Goalkeeping

- Goalkeeper sets in 1 of the small goals and receives a volley, before moving to the next goal for another volley
- Progression: While the goalkeeper is moving from one goal to the next, the server can say change and the goalkeeper must go back to previous server



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