### Goalkeeping Development Software

## Training Plan

### Passing / first touch after a goal kick

- **Passing / first touch**
  - Duration: 10 min
- **Basic techniques**
  - Duration: 10 min

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

- **Catching / diving**
  - Duration: 10 min

### Catching / scooping / diving with footwork around posts

- **Catching / scooping / diving**
  - Duration: 10 min

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### Training Plan - One versus one situation

<table>
<thead>
<tr>
<th>Distribution</th>
<th>Passing drill</th>
<th>First touch</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drill 1</td>
<td>10 min</td>
<td>10 min</td>
<td></td>
</tr>
</tbody>
</table>

### Material

- **Small goal**, several soccer balls

### Training Structure

- **Warm-up**
- **Methodology**
- **Duration** 8 repetitions on each side

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### Material

- **Goal**, several soccer balls, 2 different colored posts

### Training Structure

- **Introduction**
- **Methodology**
- **Cognitive**
- **Duration** 5 x 2 repetitions on each side

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**Image:**
- Soccer field with goalposts and diagrams illustrating the training exercises.
Training documentation

Training

Training Plans
My Training Plans
Training Level

Goalkeeping

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

Exercises (417)

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 ★
Game documentation

Scoring goals

Development / Finish
Goalkeeping Development Software

Analysis Training/Game

Training

Game

Assessment

Training - Focal points

Date: 01.07.2021 - 30.06.2023

Max Mustermann

Kevin Trop