GK SAMPLE SESSION

with Evan Prybutok
& the LaSalle Explorers

EMPHASES
Footwork, Explosiveness, Attacking the ball (diving at a forward angle), Shot Stopping, Raising Fitness
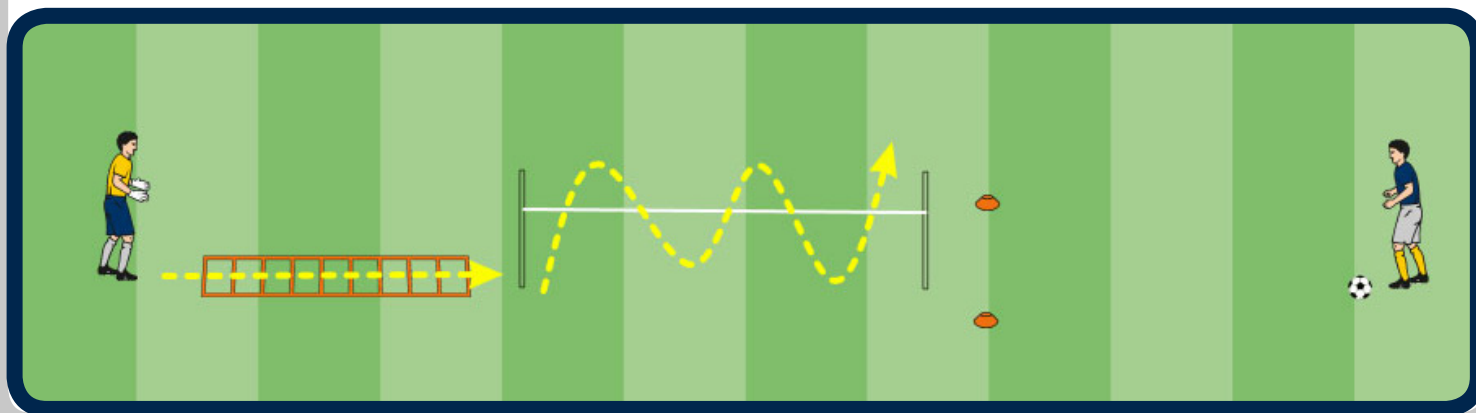

PHASE 1

[20 minutes]

Ladder Footwork (Bounce Shuffle, 1-2 Forward, 1-2 Side, In-Out, Double Ickey Shuffle)

to Rope Agility (Step Over, Slide Under, Power Jump Over 1 Foot, Dive Under with Ball)

to Shot

Coaching Points
- Balanced, smooth, controlled and coordinated movement
- Quick, explosive movement
- Quick but soft feet
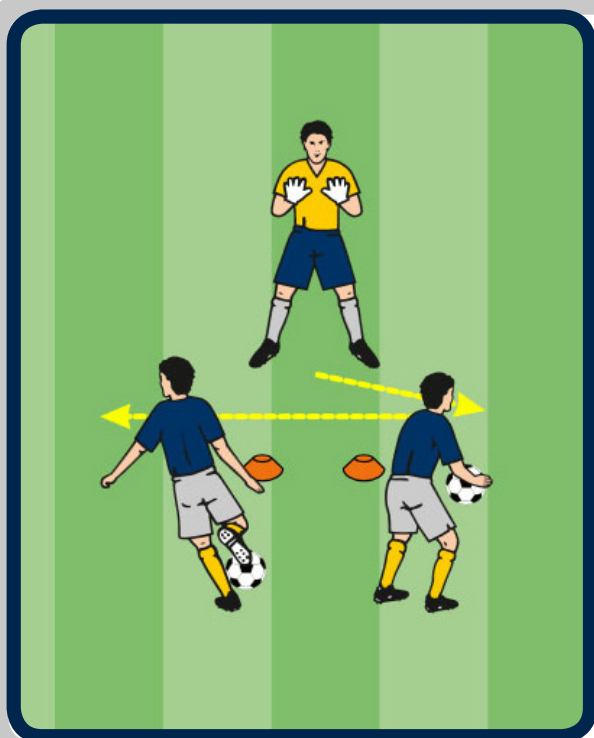- Body getting low & diving out at forward angle

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PHASE 2

[15 minutes; 35-second sets]

Two-Cone Drill
(Touch right, catch left and switch sides; Volley right, basket catch left and switch sides; Quick, explosive step across cones

& Sit-Catches

Coaching Points
- Single, explosive step across with inside foot, getting entire body across to other side
- Rapid pace and finding rhythm
- Seeing ball the way into hands (head + eyes)
- Locking ankle on pass and volley (good technique)
- Getting body behind ball

PHASE 3

[16 minutes; 2x1-minute sets each side]

Post-Cone Rapid Fire Reaction Drill

Shuffle off post to cone, touch cone, get back across to post, make save

Coaching Points

- Quick change of direction
- Quick, explosive movement across for save
- Hip & whole body getting to ground quickly
- Attacking the ball; diving forward at an angle
- Keeping large body position; taking up space
- Exploding out and through ball
- Getting up quickly and going into next dive
- Quick reps raising fitness
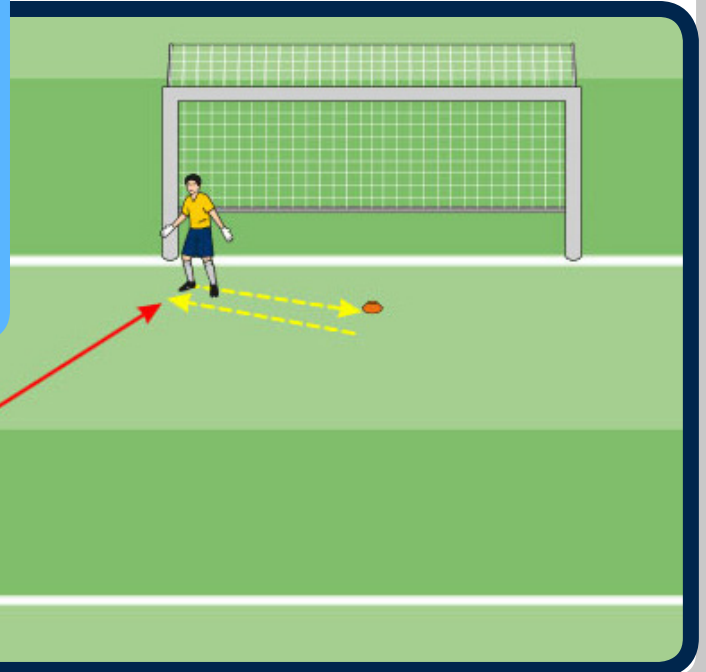
Post-Cone Reaction Save to Forward-Angle Shot on Goal

PHASE 3

[16 minutes; 1x2-minute sets each side]

Quick reaction save off turn at near post; get across for shot from top of penalty area

Coaching Points

- Hips & whole body getting to ground quickly
- Attacking the ball; diving forward at an angle
- Exploding out and through ball
- Holding everything, and parrying out and away from danger zone when needed
- Quick footwork across goal
- Set right before shot
- Proper footwork & technique