



KEEPER TRAINING CHECKLIST

Advanced youth / club level (U16–U19) · Two-keeper session · 90–100 minutes, outdoor 11v11

DATE

PLAYER 1

PLAYER 2

FOCUS OF THE DAY

How to use this: Sections 1–12 are the full teaching curriculum — tick each item as you cover it, and use the coaching cues (grey boxes) as the exact words to say. Section 13 is the timed plan for today. Section 14 is your evaluation grid. You will not cover every box in one session; circle the module numbers you are prioritizing today before you start.

01 Set Position, Stance & Body Shape

FOUNDATION

- ☐ **The set position**— feet slightly wider than shoulder width, weight on the balls of the feet, knees and hips softly loaded, chest slightly forward of the hips
 - Hands out in front of the body, between waist and chest height, palms forward, fingers relaxed and spread — never hanging at the sides or behind the hip line
 - Head still and level, eyes locked on the ball, not on the shooter's body
 - **Small set, not a deep squat**— over-crouching kills the ability to push up and out
- ☐ **Timing of the set**— be fully set as the shooter's plant foot hits the ground; never still be moving forward when the ball is struck
- ☐ Square shoulders and hips to the ball, not to the goal line
- ☐ **Weight distribution**— neutral and balanced; teach the difference between a "heavy" heel-loaded set and a live, springy set
- ☐ **Recovery to set after every action**— the keeper is never finished until the ball is dead or secured

Common faults to correct: hands too low, feet too wide, standing tall, set too late, eyes on the striker's face, weight on heels

Cues: "Set before the strike." · "Hands where you can see them." · "Light feet, still head." · "Small set — stay tall enough to push."

02 Footwork & Movement Mechanics

FOUNDATION

- ☐ **Side shuffle (lateral step)**— short adjustments; feet never cross, hips stay square, stay in a low athletic posture
- ☐ **Crossover / cross step**— covering longer lateral distances quickly, then re-square and set before the shot
- ☐ **Drop step and open hips**— for balls played over the top or behind; never backpedal square
- ☐ **Power step (pre-dive step)**— a small step of the near foot toward the ball to load the dive leg
- ☐ **Forward approach step**— closing distance on a through ball or a breakaway, then braking into a set
- ☐ **Recovery footwork**— getting back to the goal line or the near post after being beaten in the air or on a rebound
- ☐ **Angle running**— arc-shaped movement to stay on the ball–goal line rather than running straight and re-adjusting
- ☐ **Get set on every stoppage of the ball**— move when the ball moves, be still when the ball is struck

Cues: "Move with the ball, be still on the shot." · "Feet don't cross when you're close." · "Open the gate" (drop step) · "Arc, don't straight-line."

03 Handling & Catching Technique

TECHNICAL

- ☐ **Contour / "W" catch (chest height and above)**— thumbs close together behind the ball, fingers spread around the sides, hands form a W; elbows soft to absorb; ball caught in front of the eyeline, never at the face
- ☐ **Scoop / basket catch (below the waist)**— little fingers together, palms up, arms extended, ball gathered and pulled into the chest
- ☐ **Low collapse gather**— for the rolling ball at pace; get behind the line of the ball, hands lead, body forms the second barrier
- ☐ **Chest and body barrier**— when the ball must be blocked rather than caught, always get the body behind the hands
- ☐ **Set the hands early**— hands travel to the ball, the ball is not waited for
- ☐ Two hands whenever possible. One hand only when reach genuinely demands it
- ☐ **Securing the catch**— catch, hug to chest, protect with forearms, then look up
- ☐ Deflection / parry priorities
 - **First choice:** catch clean if the ball is catchable
 - **Second:** push wide of the post, or over the crossbar
 - **Never parry into the central corridor in front of goal**— the "danger zone" from the 6-yard box to the penalty spot
 - **Firm hands on the parry**— a weak deflection is worse than no touch
- ☐ **Wet-weather / slick-ball adjustments**— more punching, more parrying wide, earlier decisions
- ☐ **Rebound control**— after any save, immediately locate the ball, get set, and call the defence to the second ball

Cues: "Hands to the ball." · "Catch it in your eyeline." · "Thumbs behind, fingers around." · "Wide or over — never back into the middle."
· "Two hands, then hug it."

04 Diving & Shot-Stopping Mechanics

TECHNICAL

- ☐ **The five-step dive sequence**— teach it in this order every time:
 - **1. Set**— balanced, loaded, still
 - **2. Power step**— small step of the near foot toward the ball
 - **3. Drive**— push explosively off the leg nearest the ball, hips rotate toward the ball
 - **4. Hands lead**— attack the ball forward and out, do not simply fall sideways
 - **5. Land safe**— foot, knee, hip, shoulder in sequence, on the side; never flat on the stomach, back, or elbow
- ☐ **Hand position on the dive**— top hand and bottom hand both behind the ball; bottom hand on the ground side for low balls
- ☐ **Collapse dive**— low ball near the body; near leg collapses under, hands attack, body arrives behind the hands
- ☐ **Mid-height (extension) dive**— the hardest height; teach the strong push and a forward diagonal path rather than a flat sideways path
- ☐ **High dive**— full extension, drive the lead knee up for height, parry over the bar or wide
- ☐ **Dive forward, not sideways**— the ideal dive path is diagonally forward to meet the ball earlier and narrow the angle
- ☐ **Reaction saves and close-range blocks**— hands and feet both count; big body shape, no flinching away
- ☐ **Deflected and screened shots**— delay the set slightly, weight neutral, expect the change of direction
- ☐ **Both sides trained equally**— identify the weak side and give it extra volume
- ☐ **Get up fast**— hands to the ground, drive up, reset; never lie and admire the save **Safety:** Landing mechanics are the single biggest injury-reduction item in a keeper session. Do not add height, distance, or volume until the landing is clean. Progress low → mid → high, and cut the session short of failure — sloppy late reps are how shoulders and hips get hurt.

Cues: "Step, drive, hands first." · "Push off the near leg." · "Attack the ball — don't fall to it." · "Land on your side, foot to shoulder." · "Up and set."

- ❑ **Starting position for a wide cross**— off the goal line (roughly 1–2 yards), toward the near-post half, body open so both the ball and the box are in view
- ❑ **Adjust for the service point**— deeper for a near-post whip, more central and higher for a deep/far-post ball
- ❑ **The decision:** go or stay — commit fully or hold the line. The one unforgivable error is starting and stopping
- ❑ **Realistic claiming zone**— everything comfortably inside the 6-yard box; extend outward as ability and confidence grow. Define the zone with each keeper explicitly
- ❑ **Approach**— attack the ball on an arc, meet it at the highest point, catch in front of the head, not above or behind it
- ❑ **Take-off**— one-footed jump for maximum height; drive the lead knee up to protect the body and win space in traffic
- ❑ Catch vs. punch decision
 - **Catch when:** clear path, dry ball, balanced take-off, no heavy traffic
 - **Punch when:** crowded, wet ball, off-balance, reaching at full stretch, or under an aggressive challenge
 - Two-fisted punch for a central ball; one-fist for a ball at full stretch
 - **Punch for distance, height and width**— out toward the touchline, never straight back across goal
- ❑ **Tip / redirect**— on a ball that cannot be caught, steer it over the bar or beyond the far post
- ❑ **Call it early and once**— a loud "KEEPER!" before the ball arrives so defenders can clear out; late calls cause collisions
- ❑ **Defending corners**— set the starting position (typically centre of goal or slightly toward the far post), organise post/zone coverage, mark the near-post flick-on, protect the goal line, and reset for the second ball
- ❑ **Second-ball recovery**— after any aerial contest, immediately relocate the ball, reset the set position, and re- command the defence

Cues: "Decide early, then go — no half-steps." · "Highest point, in front of your head." · "Knee up." · "High, far and wide" (punching) · "Call it before it comes."

06 Breakaways, 1v1s & Blocking Shapes

- ❑ **Read the touch**— the attacker's touch dictates everything. Heavy touch = attack the ball. Controlled touch = stop, get set, stay big
- ❑ Close space while the ball is travelling, not while it is at their feet
- ❑ **Stay tall as long as possible**— going to ground early gives the attacker the whole goal
- ❑ **Hands low and wide**— the large majority of 1v1 finishes are low; hands must be below the knees in the block set
- ❑ Blocking shapes
 - **Star / K-block**— near leg extended along the ground, back leg bent, torso upright, arms spread; covers low and mid simultaneously
 - **Spread / collapse block**— for the point-blank shot; body long, arms and legs spread to maximise surface area
 - **Smother**— only when the ball is genuinely away from the attacker's feet; go through the ball, secure with both hands and the body
- ❑ **Angle and steering**— take away the far post, force the attacker onto their weaker side or toward the touchline, and let recovering defenders arrive
- ❑ **Chip awareness**— balance the aggressive starting position against the lofted finish; drop step ready
- ❑ **Do not foul**— if beaten, arms up and back, no trailing leg; a saved shot is worth less than a penalty and a red card
- ❑ **Through-ball decision**— sweep and clear, or stay and set? Rehearse both, including clearing with the feet outside the box
- ❑ **Deal with the 2v1**— hold the shooter, delay, force the extra pass, react to the square ball

Cues: "Their touch is your cue." · "Big and tall, hands low." · "Make them decide." · "Beaten? Arms up, no leg."

- ❑ **The ball-goal line**— the keeper stands on the line bisecting the angle between the ball and the centre of the goal; check the position by glancing at both posts
- ❑ **Depth (how far off the line)**— further out narrows the shooter's angle but opens the chip and the far-post cross. Teach the trade-off consciously
- ❑ **Reference points**— the posts, the 6-yard box corners, the penalty spot, the D, and worn patches on the grass; use them, don't guess
- ❑ **Position by ball location**— wide areas (near-post heavy, body open), half-spaces, central (bisector, balanced), and behind the line of the ball
- ❑ **Near-post principle**— never be beaten at the near post from a wide angle; the near post is yours, the far post is a dive
- ❑ **Position relative to the defensive line**— the keeper's depth rises and falls with the back line. High line = high starting position
- ❑ Sweeper-keeper responsibilities
 - Default starting position at the top of the box (or beyond) when the team presses high
 - **Constant scanning**: ball → last defender → space behind → ball
 - **Decide early on balls in behind**: come and clear, or hold and set
 - **Clearing technique outside the box**: first touch away from pressure, then release; know the offside line and the touchline
 - The keeper as the spare player in build-up (see Module 8)
- ❑ **Recover to the line for set service**— free kicks in shooting range, corners, penalties
- ❑ **Constant micro-adjustment**— small steps as the ball moves, always ending in a set position

Cues: "Check your posts." · "Line of the ball." · "Move with the line." · "Scan — ball, line, space."

THROWING

- ❑ **Roll / bowl (up to ~20 yds)**— low, fast, flat along the ground, delivered to the receiver's back foot and away from pressure
- ❑ **Sidearm / javelin (20–35 yds)**— flat and fast, arm through the ball, released early; the best counter-attacking throw
- ❑ **Overarm (longest throw)**— over a press, straight arm, high release point, backspin to hold the ball up Lead the runner; throw into space ahead, not at the body, when the receiver is moving

KICKING

- ❑ **Side volley**— flat, fast, low-trajectory ball into a wide channel
- ❑ **Drop kick / half volley**— distance with a driving, running trajectory; best for a striker running in behind
- ❑ **Punt**— maximum territory and hang time; used to relieve pressure or to compete for a second ball
- ❑ **Goal kick from the ground**— both the short build-up pass and the long switch; plant foot, clean strike, consistent contact point
- ❑ Both feet. Non-dominant foot needs its own dedicated volume every session

BUILDING OUT AND RECEIVING UNDER PRESSURE

- ❑ **Body shape to receive**— open hips, half-turned, so the whole field is in view before the ball arrives
- ❑ First touch out of the feet, across the body and away from pressure — never a touch that traps you
- ❑ **The build-up shape**— centre backs split wide, full backs high, holding midfielder in the pocket, keeper as the spare "+1" at the base
- ❑ **Reading the press**— identify the trigger and the free man; know the bounce pass back to the keeper, the switch to the far side, and the long release valve
- ❑ **The golden rule inside your own 18:** never play square across your own face. Forward, wide, or long — never across goal
- ❑ **Risk scale**— risk tolerance increases with distance from your own goal; the keeper is the last line, not the playmaker of first resort
- ❑ **Speed of release**— the counter-attack window is the first three seconds after regaining possession. Look forward first, then wide, then safe
- ❑ **Decision hierarchy:** Can we hurt them? → Can we keep it? → Can we relieve it safely?
- ❑ **Restart management**— know when to slow the game down and when to go fast; both are tactical choices, not habits

Cues: "Look forward first." · "Open your hips before it arrives." · "Out of your feet." · "Never across your own face." · "To the back foot."

- ☐ **The six rules of keeper communication:** Early · Loud · Clear · Specific (use the player's name) · Positive · Continuous
- ☐ **Command before the ball arrives, not as it arrives**— information after the fact is criticism, not coaching
- ☐ **Use names first, then the command:** "Marcus — man on!"
- ☐ **One voice on a contested ball**— the keeper's call overrides everyone; if the keeper calls, the defender clears out
- ☐ **Left/right are called from the keeper's point of view**— agree this with the back line before kickoff so a wall never gets it backwards
- ☐ **Talk between phases, not only in crisis**— set the line, reset marks, re-organise after every clearance
- ☐ **Tone management**— demanding, never demeaning; the keeper's body language sets the back line's confidence

COMMAND MEANING WHEN TO USE IT

- ☐ **"Keeper!" I am coming for this ball**— everyone get out of Crosses, corners, through balls. Loud, early, the way once.
- ☐ **"Away!" Clear it**— no risk, first-time Ball into the box with pressure; no time to play out.
- ☐ **"Time!" You have space**— take a touch and pick a Defender receiving with no immediate pressure. pass
- ☐ **"Man on!" Pressure is on you right now**— play one touch Opponent closing within a couple of yards.
- ☐ **"Turn!"** You are free to turn and face forward Midfielder or defender receiving with back to goal, unmarked.
- ☐ **"Back to me!" Play it back**— I am the free option Build-up, trapped defender, resetting possession.
- ☐ **"Step!" / "Push up!"** Back line moves up together After a clearance, or to compress after the ball is played backwards.
- ☐ **"Drop!"** Back line retreats toward goal Ball is about to be played in behind; opponent has time and vision.
- ☐ **"Hold!"** Freeze the line where it is Setting an offside line; preventing one defender from dropping alone.
- ☐ **"Squeeze!"** Compress the space between the lines When the opponent plays backwards or sideways.
- ☐ **"Slide!" / "Shift left/right"** Whole unit moves laterally with the ball Ball switched or moved across the field.
- ☐ **"Runner!" Late run coming from deep**— someone pick it Midfielder arriving behind the marked line, up especially on crosses.
- ☐ **"Mark up!" / "Pick up!"** Find your assigned player now Before every set piece and after every scramble.
- ☐ **"Switch!" They are changing the point of attack**— shift Long diagonal in play or about to be played. and adjust
- ☐ **"Behind you!"** Immediate danger you cannot see Blind-side runner or a ball played into the space at their back.
- ☐ **"Body!" / "Block!"** Get in the line of the shot Shot developing on the edge of the box.
- ☐ **"Show him outside!"** Force the attacker toward the touchline 1v1 defending in wide areas.
- ☐ **"No foul!"** Stay on your feet, do not dive in Attacker on the ball near the edge of the box.
- ☐ **"Leave it!" / "Let it run!" Do not touch it**— it is going out, or I am taking Ball rolling toward the goal line or into the it keeper's hands.
- ☐ **"Second ball!" React**— the ball is loose in a dangerous area Immediately after a save, block, header, or punch.
- ☐ **"Wall**— one more / that's it" Building and locking the free-kick wall Direct free kicks in shooting range.
- ☐ **"Set!"** Everyone in position, we are ready to restart Goal kicks, free kicks, before the keeper releases the ball.
- ☐ **"Get out!"** Push out fast and together after clearing After a corner or a cleared cross — step out to catch attackers offside.
Coaching method: Do not just hand them the list. Run a phase of play or a shooting drill where every repetition must include a verbal command before the ball is struck, and stop the drill when a call is missing or late. Commands become useful only when they are automatic under fatigue.

DEFENDING CORNERS

Set the system before the kicker is ready: zonal, man-marking, or hybrid — and who covers the near post, the far post, the goal line, and the edge of the box for the cutback Starting position: generally central to slightly toward the far post, off the line, feet open, body angled so both the ball and the box are visible Identify and call out the danger: near-post flick, the biggest target, the late runner, the short corner Take command of the space you can genuinely reach; anything else, organise it and stay set Reset instantly for the second phase — the recycled cross and the shot from the edge

FREE KICKS IN SHOOTING RANGE

Decide wall size by distance and angle (typically 2–5) and set it quickly — the wall goes up before the referee has finished Line the wall from the goal line, using the near post as the reference; direct one player to anchor it, then adjust with clear left/right calls from your point of view Keeper stands on the open side of the goal with a clear sight line to the ball — never blind behind the wall Cover the runner around or through the wall, the low ball under a jumping wall, and the ball rolled square for a second strike Mark the far post; assign someone to the edge of the box for the rebound Wide free kicks: treat them as crosses, not shots — adjust the starting position accordingly, and watch for the near-post whip

PENALTY KICKS

Know the law (Module 11)— at least part of one foot touching, in line with, or behind the goal line when the ball is struck Read the run-up: approach angle, plant-foot direction, hip and shoulder orientation, last glance Choose a strategy in advance — wait as long as possible, pick a side, or pattern-read the taker; commit to it, don't improvise mid-run Legal presence: stay big, take your time getting set, be a distraction without touching the frame or delaying the kick Rebound awareness — the ball is live if it comes back off the frame or the keeper

ATTACKING SET PIECES

Know your responsibility when the team attacks a corner— starting position for the counter, usually around the halfway line or the top of the centre circle Communicate the counter-attack threat and organise whoever is left back

- **The eight-second rule (this is the current law—** the old six-second rule is gone). A keeper who controls the ball with the hands or arms for more than eight seconds is penalised with a corner kick to the opposing team. The referee raises a hand and visually counts down the last five seconds
 - **"Control" includes:** the ball between the hands, between a hand and any surface, held in an outstretched open hand, and bouncing it on the ground or throwing it in the air
 - **Bouncing the ball does not reset the count—** a habit worth breaking in training
 - **Train a release habit well under the limit:** gather, scan, release
- **The back-pass law.** The keeper may not handle the ball after it has been deliberately kicked to them by a teammate, or received directly from a teammate's throw-in → indirect free kick to the opponents from where the handling occurred
 - **A ball headed, chested, or kneed back is legal to handle—** unless the referee judges it a deliberate trick to circumvent the law, which is also a caution
 - **Teach the safe alternatives:** play it with the feet, clear it first-time, or open the body and pass wide
- **Releasing and re-handling.** Once the keeper releases the ball into play, it cannot be handled again until another player has touched it → indirect free kick
- **Handling outside the penalty area.** The keeper has no handling privileges outside the box — it is a handball like any other player, and it is a red card if it denies an obvious goal-scoring opportunity
- **Penalty kicks.** At least part of one foot must be touching, in line with, or behind the goal line when the ball is kicked; the keeper must face the kicker and stay between the posts until the ball is struck
 - The keeper may move their body and arms, but must not unfairly distract the kicker, delay the kick, or touch the goalposts, crossbar, or net
 - If a goal is scored, it stands regardless of a keeper offence. If the kick is saved or missed and the keeper's offence clearly impacted the kicker, it is retaken
 - **Sanction escalates:** warning for the first offence, caution for any after that
- **Goal kicks.** The ball is in play as soon as it is kicked and clearly moves — it no longer has to leave the penalty area. Teammates may receive it inside the box; opponents must be outside the box until it is in play
 - If an opponent inside the area touches or challenges for the ball before it is in play, the goal kick is retaken
 - Unfairly delaying a goal kick is now subject to a five-second referee countdown, with a corner kick to the opponents as the sanction
- **Fouls and misconduct in the box—** a foul by the keeper inside the area is a penalty; understand denying an obvious goal-scoring opportunity, and when it is a caution versus a send-off
- **Kit and equipment—** the keeper's jersey must be distinguishable from both teams and the officials; check gloves, studs, and any permitted protective equipment before kickoff
- **Kicks from the penalty mark (shootouts)—** the same goal-line requirement applies; know the procedure and the substituted-keeper rules for your competition Check your competition before you coach the rule. The above reflects the current IFAB Laws of the Game, which govern club, ECNL, USYS, and college play in most cases. US high school soccer is played under NFHS rules, which differ on several of these points (including timing, substitutions, and restart procedures). Confirm which rule book today's keepers are actually playing under, and coach that one.

GAME MANAGEMENT

- ☐ **Pre-match routine**— inspect the goalmouth and surface, check the wind and sun direction, test the ball pressure, walk the box, note the run-off space behind the goal
- ☐ **Managing tempo**— know when to slow the restart and when to go fast; make it a decision based on the scoreline and momentum, never a nervous habit
- ☐ **Protecting a lead legally**— smart restart choices, clear communication, keeping the line compact — without inviting a card
- ☐ **Dealing with the referee**— short, respectful, one voice; the keeper is often the calmest available leader on the field
- ☐ **Weather and conditions**— wet ball (more punching, more parrying), wind (adjust starting depth and distribution), sun and floodlights (adjust angle of approach on high balls), hard or soft ground (adjust dive commitment)

MENTALITY

- ☐ **The reset routine after conceding**— a fixed, rehearsed sequence: one breath, one physical trigger, one word, refocus. Practise it in training, not just in games
- ☐ **Concentration through inactivity**— staying switched on for the 89th-minute save after touching the ball four times; use the "talk to stay alive" habit
- ☐ **Own the mistake, then release it**— acknowledge, correct, move on; no sulking, no blaming the back line
- ☐ **Presence and body language**— the back line reads the keeper constantly; calm, loud, upright
- ☐ **Process over outcome**— judge the decision and the technique, not just whether it went in
- ☐ Pre-match focus routine and a simple performance goal for each half

PHYSICAL PREPARATION & INJURY PREVENTION

- ☐ **Warm-up progression**— raise heart rate → mobilise hips, thoracic spine, shoulders → activate glutes and core → handling → footwork → low dives → extension → game speed. Never open a session with high dives
- ☐ **Landing mechanics**— the highest-value injury-prevention skill for a keeper
- ☐ **Prehab priorities**— hip mobility, adductor/groin strength, hamstrings, glute and core stability, shoulder and rotator cuff, wrists and fingers, ankle stability
- ☐ Grip and hand conditioning; glove care and having a dry pair available
- ☐ Hydration, fuelling, and sleep as performance variables, not afterthoughts
- ☐ Cool-down and mobility at the end of every session
- ☐ **Stop before failure. Quality of repetition beats volume**— end the technical work while the technique is still clean

TODAY'S SESSION PLAN — 90–100 MINUTES, TWO KEEPERS

With two keepers, work a 1:1 work-to-rest rotation: one keeper works, the other serves or recovers. Serving is coaching — make the resting keeper watch the working keeper's technique and name one thing they saw. If you run short on time, protect these four in order: set position and timing (M1), diving mechanics and landings (M4), the catch-vs-punch decision on crosses (M5), and communication commands under live pressure (M9). Distribution and rules can be moved to a classroom or a shorter session.

TIME	BLOCK	CONTENT & COACHING FOCUS
0:00–0:10	Warm-up & mobility	Raise, mobilise (hips, thoracic, shoulders), activate glutes/core. Ball-familiarity handling in pairs. No dives yet.
0:10–0:20	Handling ladder Module 3	Progression: low scoop → chest → contour/W above head → moving to the ball. Then footwork patterns: shuffle, crossover, drop step, into a set.
0:20–0:30	Set position & angles Modules 1, 7	Walk-throughs with no ball first — check the posts, find the bisector. Then low- intensity serves from three positions (wide left, central, wide right). Correct timing of the set.
0:30–0:45	Diving mechanics Module 4	Static → stepping → moving. Collapse dive → mid-height → extension, both sides, weak side extra. Enforce landing sequence and hands-first before adding pace.
0:45–0:55	Reaction & rebound control Modules 3, 4	Deflected/screened shots, close-range blocks, parry direction (wide or over — never central), recover-and-reset for the second ball.
0:55–1:05	Crosses & aerals Module 5	Starting position, arc approach, highest-point catch, knee up. Then catch-vs- punch decision serves with a passive, then active, attacker. Mandatory "KEEPER!" call on every rep.
1:05–1:15	Breakaways & 1v1 Module 6	Read-the-touch progression: pass-and-close, then live 1v1 from 30 yards. Teach the K-block and the spread block. Add a second attacker for the 2v1.
1:15–1:25	Distribution & building out Module 8	Throwing technique (roll, javelin, overarm) to targets. Both feet from the ground. Then receive-under-pressure: open hips, first touch out of feet, forward-first decision.
1:25–1:35	Live game situations Modules 5, 9, 10	Shots through traffic, a defended corner, a free kick with a wall. Every repetition requires a verbal command before the ball is struck. Stop the drill on missing or late calls.
1:35–1:45	Rules & debrief Modules 11, 12	Cool-down and mobility. Walk through the eight-second rule, the back-pass, and penalty positioning while stretching. Each keeper names one thing they improved and one focus for the next session.

POST-SESSION EVALUATION — TWO KEEPERS

Rate 1 (needs rebuilding) to 5 (a strength). Write one specific note per keeper — a number without a note is useless next week.

COMPETENCY	RATING	NOTE
Set position & timing	1 2 3 4 5	
Footwork & movement	1 2 3 4 5	
Handling & catch security	1 2 3 4 5	
Diving technique & landings	1 2 3 4 5	
Weak-side ability	1 2 3 4 5	
Crosses & aerial command	1 2 3 4 5	
1v1 / breakaways	1 2 3 4 5	
Positioning & angles	1 2 3 4 5	
Sweeper-keeper decisions	1 2 3 4 5	

COMPETENCY	RATING	NOTE
Distribution — hands	1 2 3 4 5	
Distribution — feet (both)	1 2 3 4 5	
Communication & organising	1 2 3 4 5	
Set-piece management	1 2 3 4 5	
Knowledge of the laws	1 2 3 4 5	
Mentality & reset after errors	1 2 3 4 5	
Priority for next session	1 2 3 4 5	
Laws of the Game content reflects the current IFAB laws (theifab.com). Confirm the rule set used by your competition — US high school play follows	1 2 3 4 5	
NFHS rules, which differ on several points. Prepared for a U16–U19 two-keeper session.	1 2 3 4 5	