

VOLUME 1

BUILD CONFIDENCE SET POSITION LOTS OF BALLS
TEA TRAY DIVING HANDS THE FOOT CLOCK

GK

THE ARMS CLOCK
STOPPING HAND



PROVIDE
FEEDBACK

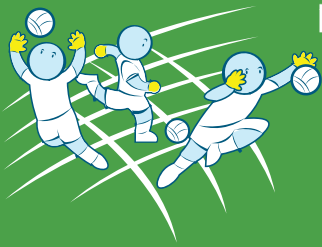


GUNSLINGER GENUFLECTION BENCH PRESS
PUNCHING OVERHEAD CATCH CONTROLLING HAND

GOALKEEPING
FOR COACHES



LEINSTER



TURAS

GOALKEEPING



INTRODUCTION

“As part of our Turas Coach Development Programme, Leinster GAA are delighted to share this Goalkeeping resource with all Gaelic football coaches. One of the key principals of Turas is to involve all our players, all the time and we felt that coaches should strive to include goalkeeper development as part of all sessions.

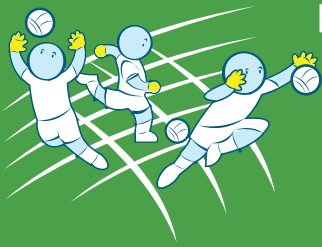
The role of the coach within a session is a demanding one and finding time to cater for goalkeepers can be a challenge. We hope that this resource will allow coaches to plan better and perhaps share the role of coaching goalkeepers amongst mentors through the use of this resource. Another factor may be the lack of expertise or experience within a specific area. Thankfully 6 current and former Goalkeepers who are members of our staff have come together to devised this resource and we trust that you will see its benefits.

This resource will assist coaches at all levels along the Gaelic Games pathway, as it encourages coaches to coach by ability, not age.

Along with the production of this resource we will also be offering an extensive programme of Goalkeeping workshops that will be available in all Leinster counties. These workshops will complement the resource and will delve further into the detail of coaching Goalkeepers.

If you have any queries or feedback on any matters coaching related, please get in touch via info.leinster@gaa.ie

To view more coaching resources like this, please explore the full suite available at www.leinstergaa.ie/turas



TUAS GOALKEEPING



ACTIVITIES DESIGNED BY



Damien Sheridan

Longford Games Development

Longford Goalkeeper:
2000 – 2014



Robert Sansom

Carlow Games Development

Louth Goalkeeper: 2015-2016
Carlow Goalkeeper: 2019 – 2020



Anthony Masterson

Wexford Games Development

Wexford Goalkeeper:
2004 – 2016



Declan Campbell

Westmeath Games Development

Kildare Minor/u20
Goalkeeper 2014-2018



Craig Lynch

Louth Games Development

Louth Goalkeeper:
2014 – 2021

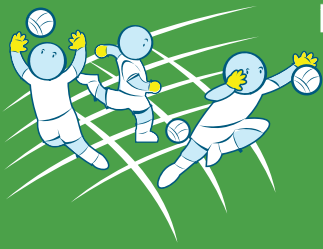


Alan Mulhall

Leinster GAA.

Offaly Senior Football
2002-2018

Graphic Design: Ian O'Shea



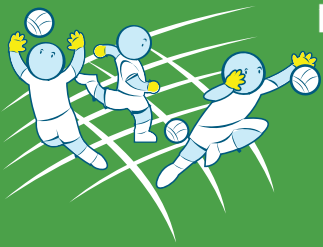
TU RAS

GOALKEEPING



RESOURCE GUIDE

- USING THIS RESOURCE
- S.T.E.P.R
- ACTIVITIES 1-6
- COACH BY ABILITY NOT AGE
- ACTIVITIES 7-12
- SCORING SYSTEM FOR FEEDBACK
- ACTIVITIES 13-18
- HOW TO DEVELOP
- ACTIVITIES 19-26
- GK RESOUC E MENU



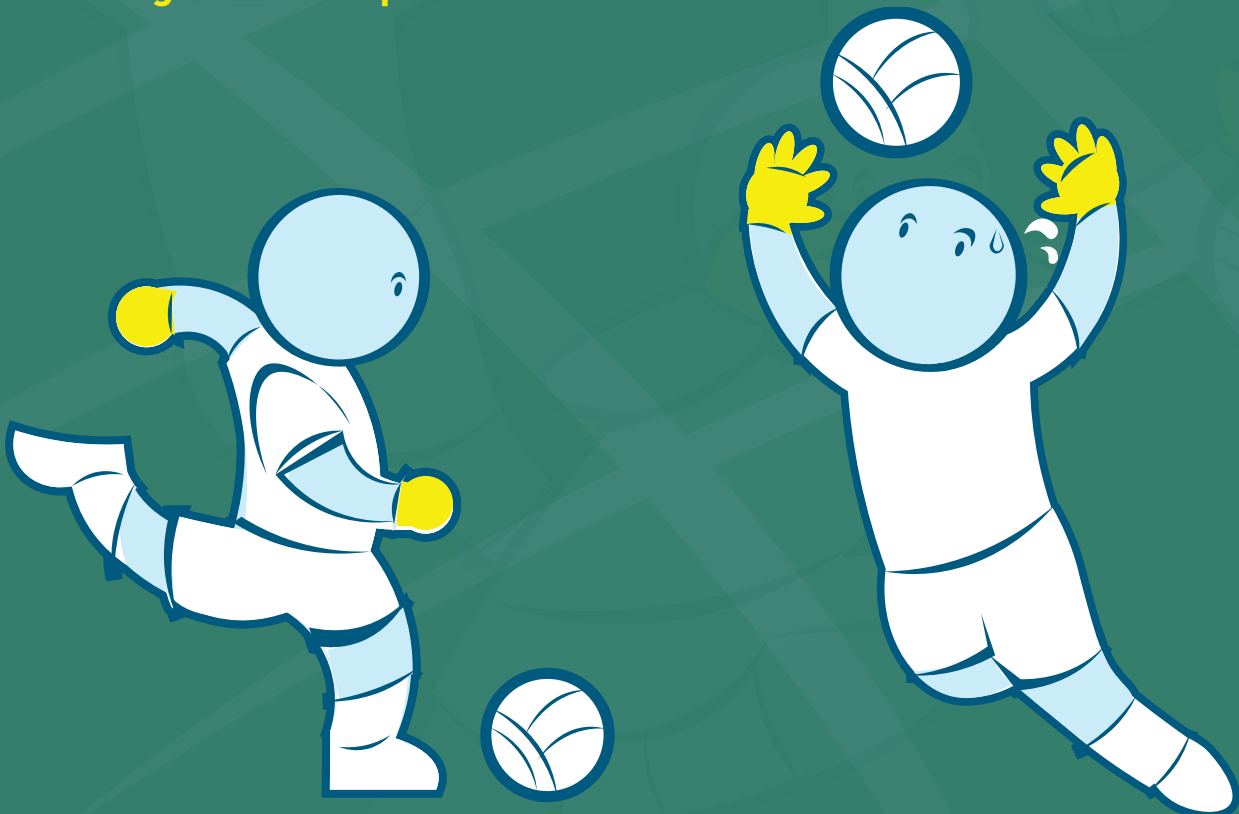
TUAS

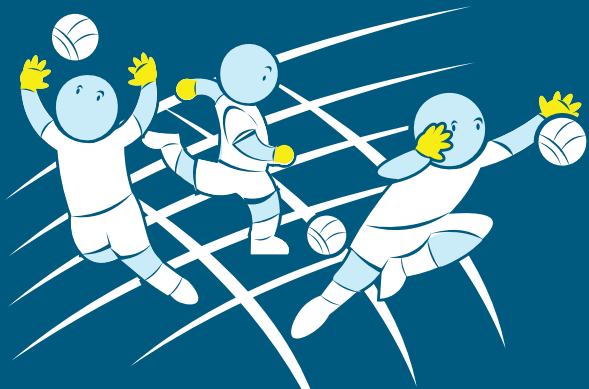
GOALKEEPING



All GKs should be involved in outfield activities including games as this greatly aids with:

- a. Reading the game better
- b. Improving communication
- c. Builds confidence to attack the ball
- d. Experiencing mistakes that don't have major consequences
- e. Dealing with physical contact
- f. Making them feel part of the team





TURAS

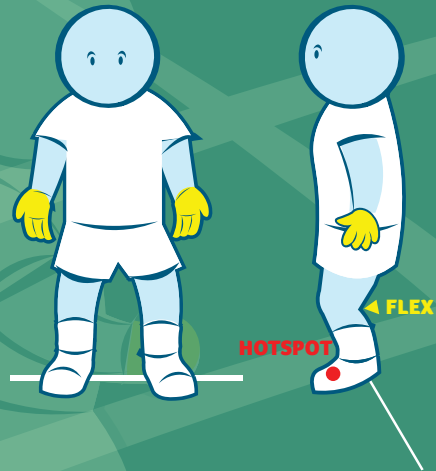
GOALKEEPING



USING THIS RESOURCE – TERMINOLOGY

SET POSITION

- Feet just outside shoulder width apart
- Toes pointed forward but to a slight angle (11 & 1 on a clock)
- Weight through the front of the feet (heels touching the ground but no weight through them) just below the 1st row of laces
- Knees flexed (minimal bend/lock broken)
- Hips & chest square to the ball
- Hands in “Gunslinger” or “Bench press” with wide fingers
- Head over the feet with eyes on the ball



GUNSLINGER

- Like a cowboy ready to draw his guns
- Hands hip high, wide fingers with palms facing the legs and ready to move out to “Tea Tray”, down & out to “Genuflexion” or up & out to “Bench Press”



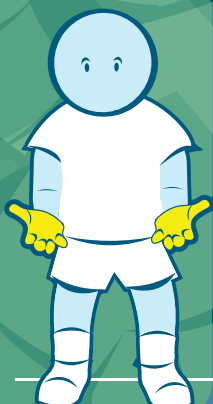
BENCH PRESS

- Hands just in front of chest
- Palms slightly turned in with thumbs just overlapping the point of the shoulder
- Space between elbows & ribs the size of a big orange

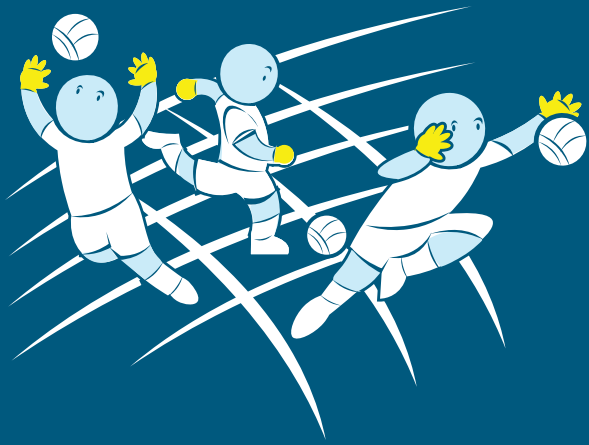


TEA TRAY

- Hands just in front of hips
- Palms faced up & turned slightly in
- Elbows tucked into ribs
- If the ball is knee high to hip high bend the knees
- If ball is higher than hips but lower than chest make a little jump



Hand position will change depending on the type of ball coming in but the feet should always be in the **'Set Position'**



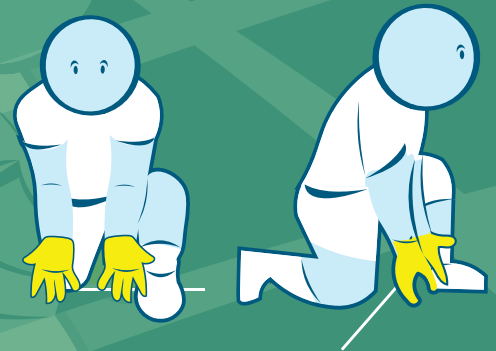
TURAS

GOALKEEPING



GENUFLECTION – TO THE FRONT (LOW SHOTS STRAIGHT AT GK)

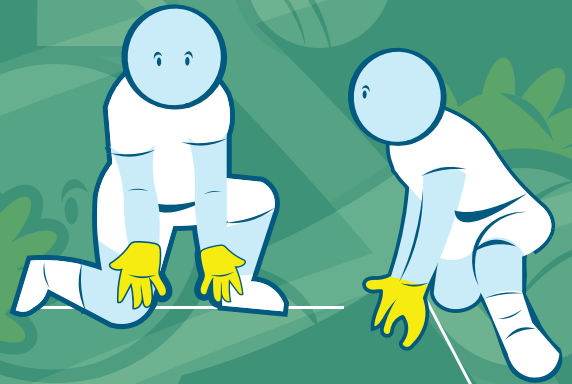
- Facing the ball
- 1 foot in front with the opposite knee on the ground behind like a lunge (legs parallel)
- Palms faced out & turned slightly in with baby fingers touching
- Palms fill the space between both legs
- Fingers wide & touching the grass
- Elbows locked out
- Come out of this position by moving forwards (not straight up or backwards)

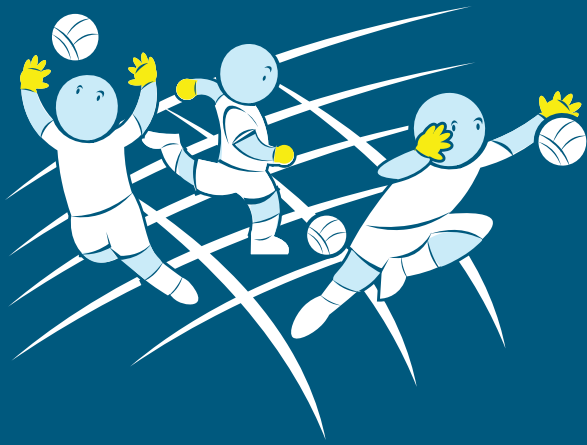


GENUFLECTION – TO THE SIDE (LOW SHOTS APPROX 1M LEFT/RIGHT OF GKS CENTER.

BEST TO PRACTICE THIS ON A LINE ON THE PITCH TO AID UNDERSTANDING

- 1 foot to the side with the opposite knee on the ground behind like a lunge but with a twist so the chest remains facing the ball (legs parallel)
- Palms faced out & turned slightly in with baby fingers touching
- Palms fill the space between knee & heel
- Fingers wide & touching the grass
- Elbows locked out
- Come out of this position by moving forwards in the direction of the front foot (not straight up or backwards)





TURAS

GOALKEEPING



OVERHEAD CATCH

- Arms straight up with a tiny flexion in the elbows to allow them flex when the ball hits them
- Hands just in front of the head
- Palms faced out & turned slightly in
- Fingers spread & thumbs act as stoppers
- If the GK can step into the ball they should raise 1 knee for protection. The knee raised is the leg coming forward after the last step (non-jumping leg)
- If GK is jumping on the line it should be a 2-legged vertical jump with straight legs.
- If a ball is landing above the line & a GK steps forward to generate power they will get into a position of catching the ball behind their head which leads to them arching back, being off balance with less protection of the ball or strength to resist a hit



PUNCHING

- Single hand – GK can reach higher but might not have as much power as Double hand
- When punching by either means GKs should aim to move the ball on at an angle & not back where it came from
- GK should think of it as flicking the ball on as opposed to trying to make it travel far (Gaelic balls are heavy & not springy like soccer balls)
- Coaches to talk with GKs (particularly youth keepers) that giving away a 45 or a point is not a bad outcome from a dangerous ball coming into the box particularly with the current square ball rule from open play



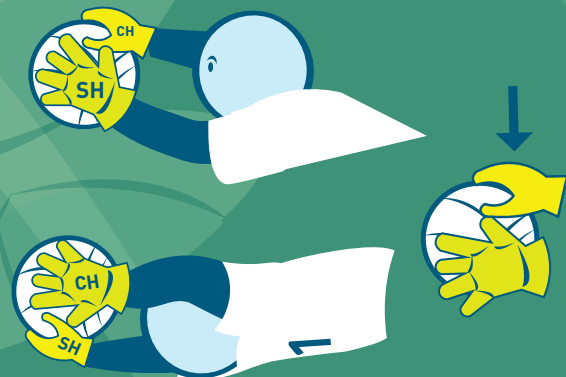
DIVING HANDS

Stopping Hand

- This is the bottom hand which the GK tries to get to the center of the ball
- Wide fingers

Controlling Hand

- This is the top hand which the GK tries to get to the center of the ball & pushes the ball into the ground to kill it
- Wide fingers





TURAS

GOALKEEPING



USING THIS RESOURCE – TYPES OF BALL

- Obviously the ball that is the official ball of the playing grade
- Smaller balls can make kicking & saving more difficult
- Go Games balls
- Size 3 are slightly smaller (Sondico ball from sports direct great value)
- Size 2 are the mini soccer balls like an Olympic handball size 0
- Heavy balls are the Green Balls from www.thegreenballcompany.ie & weigh 600 grams where an Official O'Neills ball weighs 450 grams
- Kids plastic/beach balls are great for practicing
 - Blocking
 - Taking shots to the face & belly
 - Reactions as they wobble in the air



USING THIS RESOURCE – UNDERSTANDING KICKOUTS

THE FOOT CLOCK

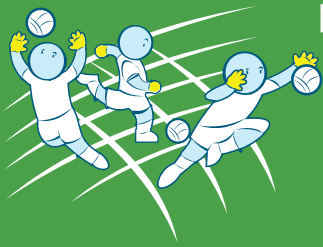
- Right footers almost 5pm
- Left footers Just after 7pm



THE ARMS CLOCK

- Right footers almost 5pm
- Left footers Just after 7pm





TUAS

GOALKEEPING



S.T.E.P.R

STEPR is a useful tool to adapt games or activities to make them easier or harder for GK's. All of the **Progressions & Regressions** in this resource use **STEPR** as a core tool to develop the modifications. Challenge yourself to come up with more modifications for your favourite activities

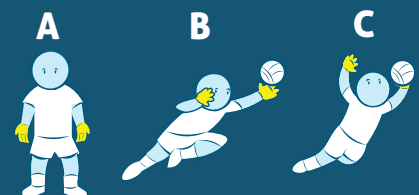
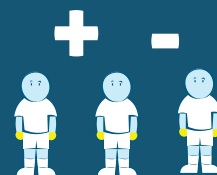
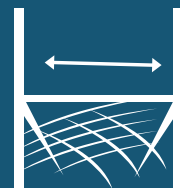
Space – Usually references the size of the area the GK is working in, the size of the goals or the distance the shot is taken from

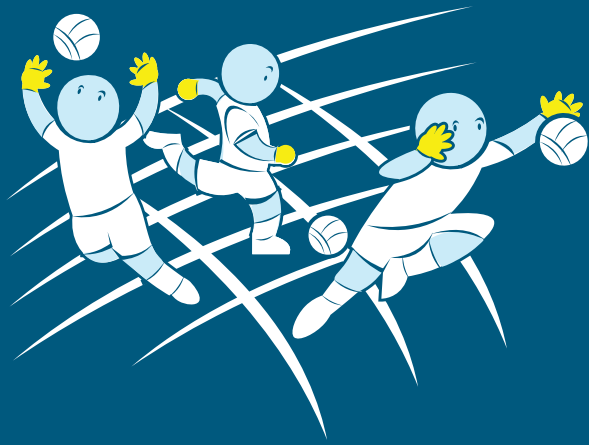
Time – How long the activity runs for. Longer duration works **Conditioning** & concentration, shorter duration works **Speed, Sharpness** & explosiveness

Equipment – Most modifications involve **Different Types of Ball** (see separate section) but can also include cones, ladders, hurdles, poles, rebounders, etc to make the activities specific & appropriate for your GK

Players – Might be other GK's but more than likely will be outfielders or coaches acting as **Feeders/Servers/**shooters, distractors or challengers. When using players always question yourself is the GK getting a high percentage of success so as to help them improve

Rules – In this context it references conditions, which the GK must do as an addition to the GK movement. An example is working their feet through cones before they dive to save a shot





TURAS
GOALKEEPING



ACTIVITIES





SPEED BUMPS

What is this activity trying to improve?

- Reactions
- Bravery – staying big
- Focusing on the ball

KEY COACHING POINTS

Head



Follow the line of the ball & know what it might hit or miss

Hands



Gunslinger (ready to move up or down)

Feet



Moving to get body in line with the ball

HOW TO DEVELOP

Technical

- Do reps without saving the ball
- Work feet to get in line
- Focus on good kneeling positions



Decision Making

- Address the Technical points listed
- Repetition will improve Decision Making



Sharpness

- Focus on sharp/quick movements
- React as late as possible
- Know what the ball is doing (hitting or missing bumps)



COACH BY ABILITY NOT AGE

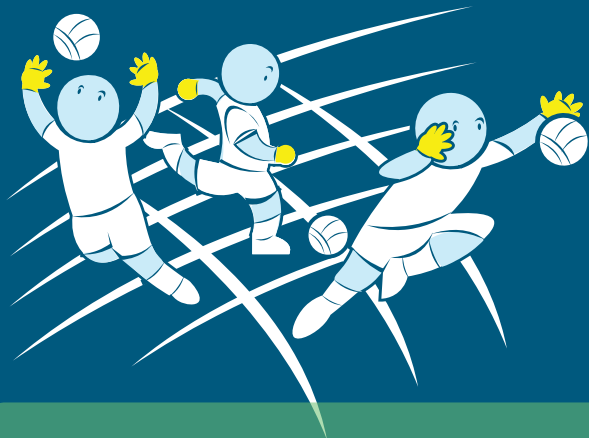


Progress

- Reduce gaps between bumps
- Make goals & area of bumps wider
- Have bumps closer to goals
- Use smaller balls

Regression

- Use softer balls
- Bigger space between bumps
- Bumps further from goals
- Make goals & area of bumps narrower

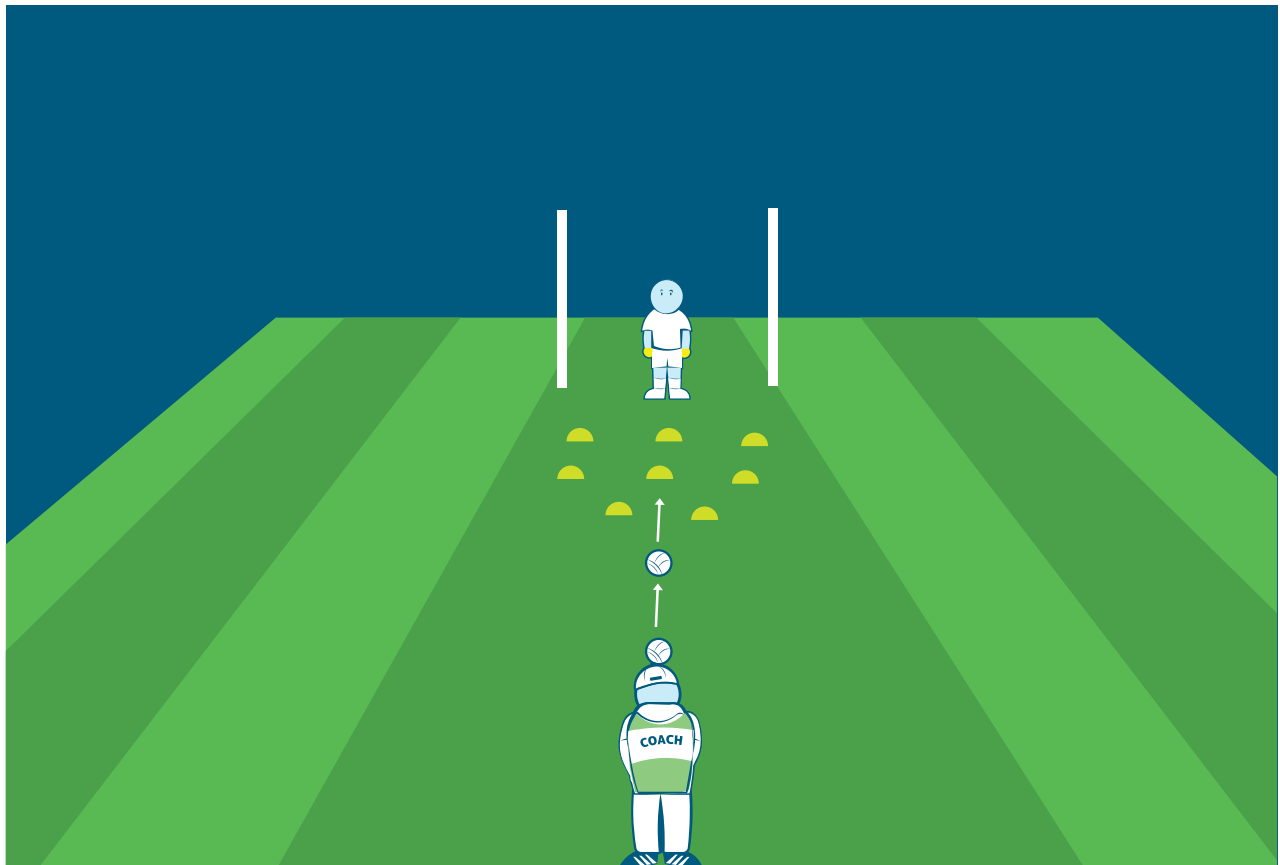


TURAS

GOALKEEPING



SPEED BUMPS



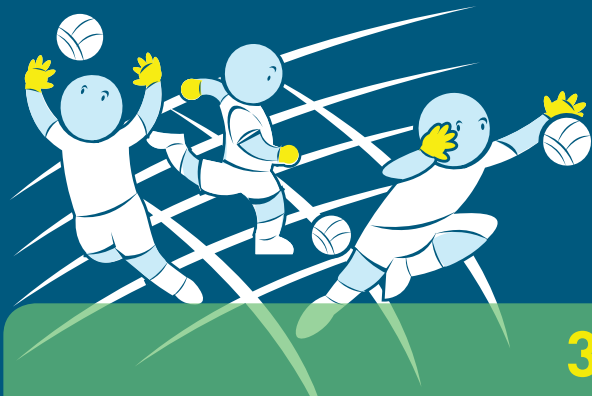
- Set up a goal using 2 poles 3m apart
- In a zone narrower than the goals, 1m from the goal line & 1m deep place 3 rows of speed bumps using hard top dome cones, filled water bottles, 100mm logs of wood, etc
- Shooter has a number of balls at hand (6-10 ideally)
- Shooter starts by underarm rolling the balls at the goals (like bowling)
- Very important the ball rolls along the ground & is not bouncing
- Roll the ball as hard as you like just change your distance from the goals
- Shooter can progress to kicking the ball but again, in the main, the ball must remain in contact with the ground so point the toe & topspin the ball

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

Embrace the fun of the GK taking one in the face & heap praise on them for being so brave.





3 & OUT

What is this activity trying to improve?

- The "Ping" kick out
- Low, flat flight kick out

KEY COACHING POINTS

Head



Over the planted foot

Hands



Almost 5pm for right footers
Just After 7pm left footers

Feet



Almost 5pm for right footers
Just After 7pm left footers

HOW TO DEVELOP

Technical

- Use Go Games balls (light)
- 1 step & kick
- Focus on the HHF to get straight back spinning kicks



Speed

- Set up 3-5 balls & kick one after the other
- Collect ball from a few meters behind tee, carry, place & kick quickly



Decision Making

- Kick out the field instead
- Add team mates & opponents



COACH BY ABILITY NOT AGE

Progress

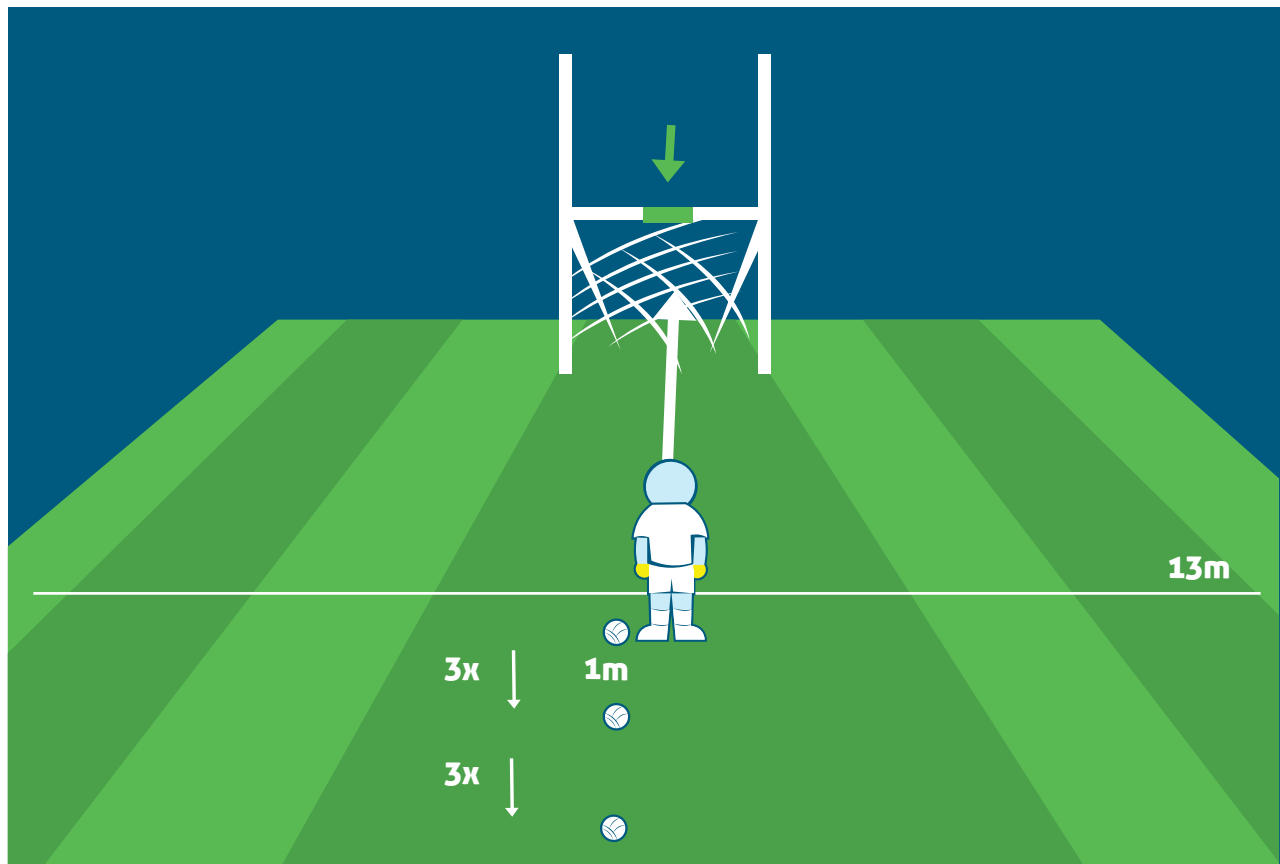
- Only score between post & black spot
- Miss 2 in a row & move back in
- Use smaller balls (size 3)
- Add team mates & opponents (2v1, 3v2, 4v3, etc piggy in the middle) stationary then moving

Regress

- Go back to focusing on the Technical points above
- Move a little closer to the goals
- Draw the "Kicking Hands Clock" on the ball with a marker to help the GK focus on how their foot makes contact with the ball



3 & OUT



- Place the ball on the 13M line & face into the goals
- The aim is to kick the ball straight to hit the goal net under the crossbar & between the posts without the ball hitting the ground
- Once you do this 3 times in a row move out 1 step & repeat for 3 more in a row
- Practice kicking off both feet
- The ball should travel straight & spin back ways

TURAS PRINCIPLES IN ACTION

Understands the player is at the centre of the game and provides individualised development

This is the GK's bread & butter & gives coach many opportunities to provide individualised feedback





KEEPERS CRAWL

What is this activity trying to improve?

- Fitness
- Power in the legs
- Recovery from lying position to standing position

KEY COACHING POINTS

Head



Over the feet so GK can dive forward

Hands



Top hand on top, bottom hand behind the ball

Feet



Top leg bent at save & drives away to help recovery to feet

HOW TO DEVELOP

Conditioning

- High reps



Speed

- 2-6 reps



Technical

- Work each of the 3 components individually
- The Dive
- The Hands Position
- The Top Leg Drive



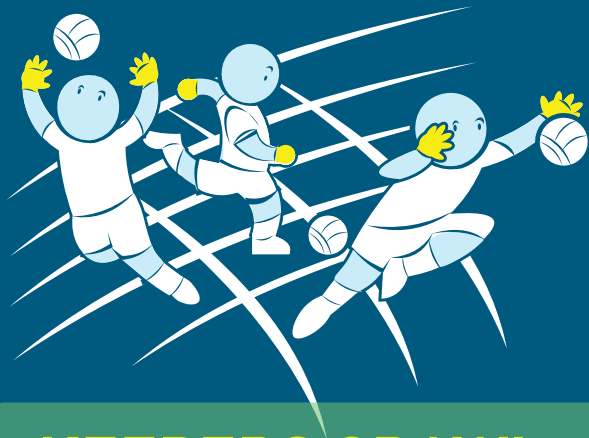
COACH BY ABILITY NOT AGE

Progress

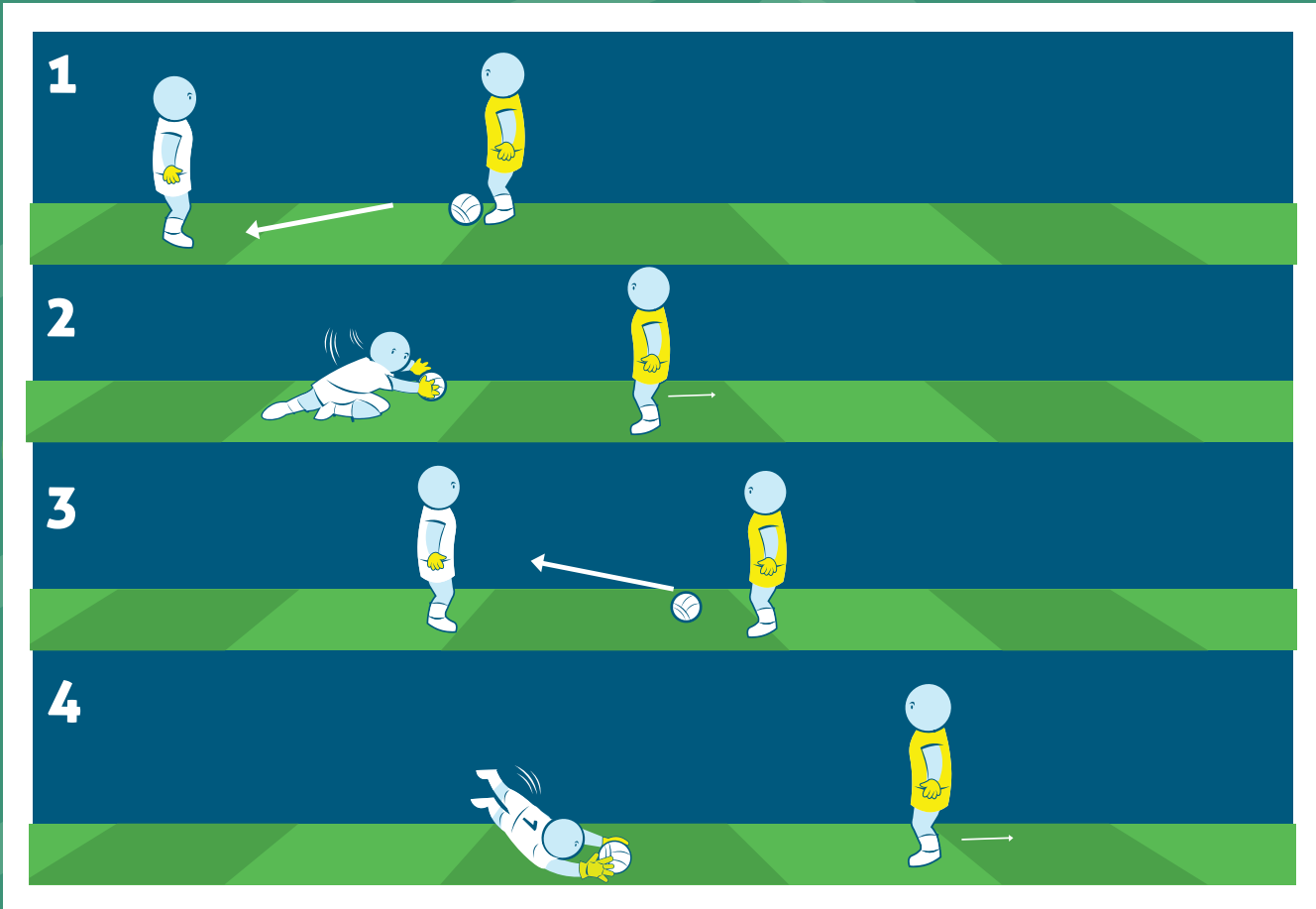
- Cover a longer distance
- Longer dives
- Use heavier balls
- Low bounce the ball on the throws

Regress

- Recover to knees only
- Place ball instead of rolling
- Cover a shorter distance
- Allow a fraction of a pause between reps
- Feed ball closer to the GK



KEEPERS CRAWL



- GK & feeder face each other 3M apart
- Feeder rolls ball to one side of the keeper
- The GK dives forward & to the side to make the save
- The GK throws the ball back to the feeder from the ground & recovers to their feet
- As soon as the feeder has the ball they roll it the opposite side
- The GK motion should be continuous left to right (no stopping or standing upright)
- The feeder should be moving backwards & the GK moving forwards all the time

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

This helps a GK become comfortable being on the ground particularly in muck & wet so embrace that & heap praise for their effort





SAVES GALORE

What is this activity trying to improve?

- Shot Stopping
- Kicking from Hand & Ground
- Reading shooters body language
- Competitiveness between GKs

KEY COACHING POINTS

Head



Eyes on the shooters body language & shape (read where the ball is going)

Hands



Gunslinger

Feet



Set Position

HOW TO DEVELOP

Sharpness

- GKs take alternative shots with a shot every 10/15 seconds



Conditioning

- 1 GK takes 6-10 shots in a row before swapping roles
- Shooter gives just enough time for GK to get back to their feet



Technical

- Coach/other GK reviews after every shot (1 good thing + 1 work on)
- Try to repeat the same shot a number of times to work on specific things



COACH BY ABILITY NOT AGE



Progress

- Larger goals
- Goals closer together
- Smaller balls
- Shooter on the move & different angles
- Allow follow up shots from rebounds

Regress

- Kicks of weaker foot
- Smaller goals
- Goals further apart

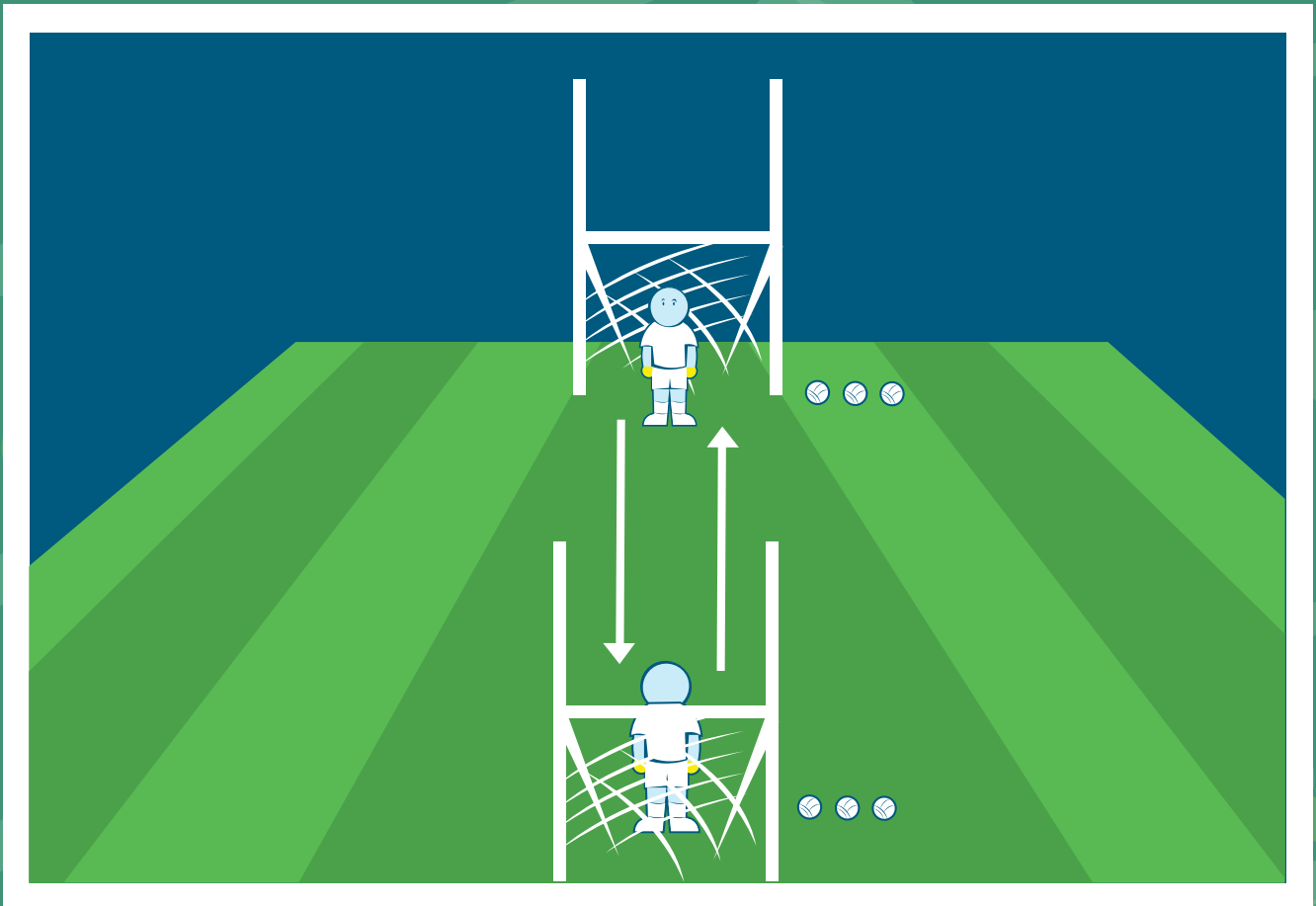


TURAS

GOALKEEPING



SAVES GALORE



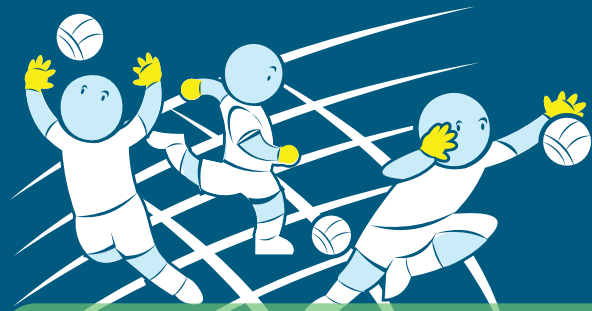
- Set up 2 portable goals or with poles 15M apart
- 1 GK in each goal with a number of balls
- GKs take turns trying to score against each other
- The score is kept as shots saved/missed (not goals scored) more rewarding to the GKs
- If a shot is off target the GK gets a score (incentivise them to hit the target)
- If 1 GK is a good bit better than the other make that GK have a bigger goal & shoot from farther out

TURAS PRINCIPLES IN ACTION

Resembles the game

What does a GK love more than facing shots but making saves. Changing the size of the goals or the distance of the kick to ensure your GK is making lots of saves





4 GOALS GAME

What is this activity trying to improve?

- Communication
- Decision Making
- Team Play
- On the ball open play skills

KEY COACHING POINTS

Head



Scanning the field. Identifying danger when opposition is in possession. Identifying opportunities when own team in possession

Hands



Be animated, pointing and directing

Feet



Always moving between the 2 goals depending on the point of attack

HOW TO DEVELOP

Communication

- Only the GKs can talk during the game
- GK uses opposite side defenders to cover the goal not being attacked at



Decision Making

- Which goal to cover?
- To play as a sweeper so it frees a defender on the other side
- When to be an extra player when in possession



Conditioning

- Only the GK can cover the goals
- Goals wider apart



COACH BY ABILITY NOT AGE



Progress

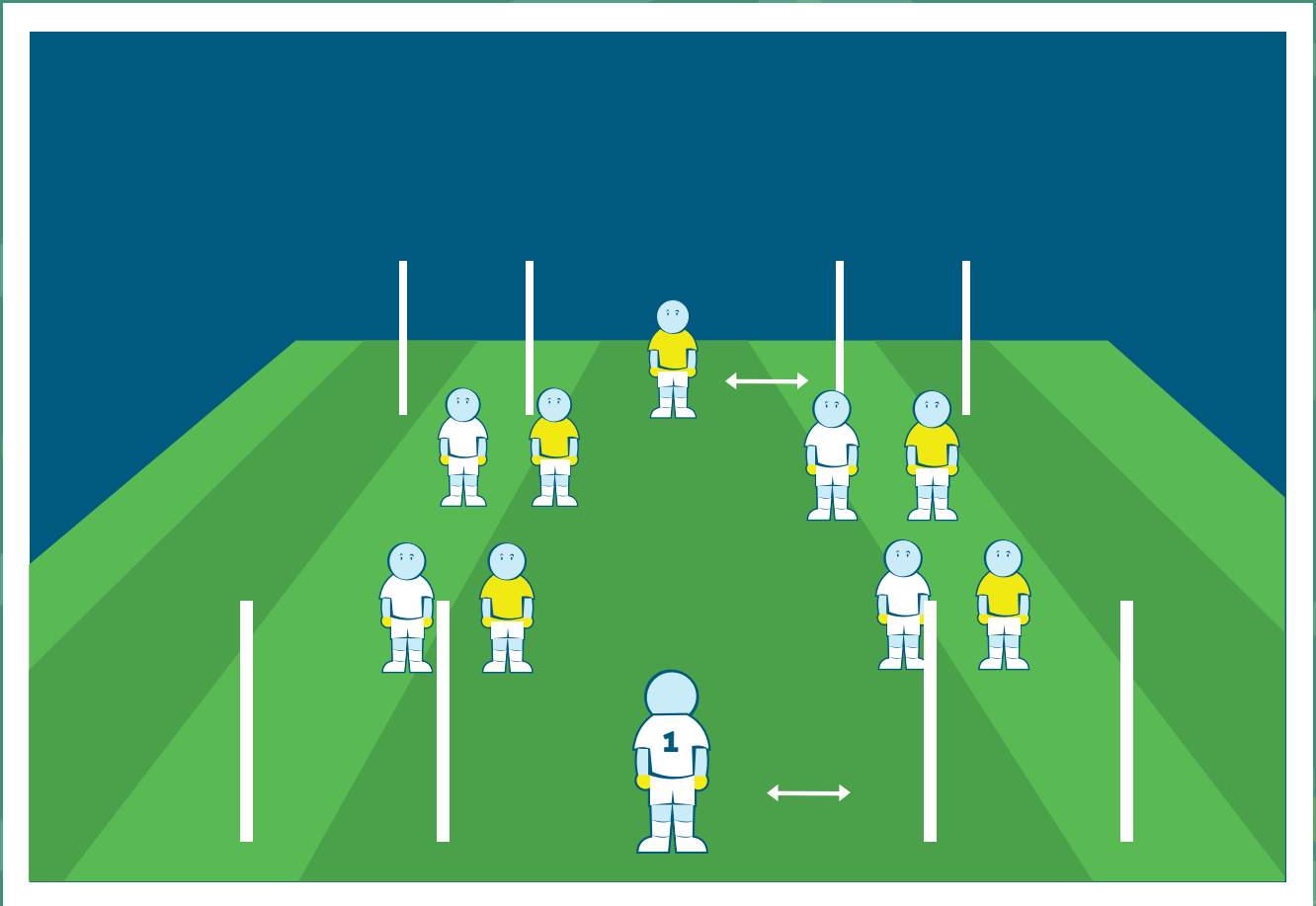
- Less players on a smaller pitch = more shots
- Bigger pitch = more running
- 2 balls in play
- Defenders not allowed to cover a goal

Regress

- Defending team always has an extra player
- Goals closer together
- Only allow close in shots (10m)
- Time limit to get shot off (less likely to be switching play multiple times)



4 GOALS GAME



- Set up your pitch as drawn using poles or portable goals for the 4 goals
- All shots for goals must be below waist height (to stop wild shooting)
- GK's job to work with their team of players to protect both goals
- Communication very important (initially don't let other players communicate as this robs the learning from the GK)
- Encourage GK to get on the ball when their team is in possession to create the extra player advantage
- Use GK to switch play from one side to the other if under pressure
- Encourage the kick pass

TURAS PRINCIPLES IN ACTION

Resembles the game

This activity not only helps your GK communicate with defenders but also helps defenders understand danger is not always in front of them but behind as well





BIG AND BRAVE

What is this activity trying to improve?

- Shot stopping
- Staying big in a 1v1
- Closing down angles

KEY COACHING POINTS

Head



Head up, keeping an eye on the flight of the ball

Hands



Gunslinger position

Feet



Set position, ready to move across or off your line

HOW TO DEVELOP

Technical

- Good footwork to close the angle down.
- Staying upright until the shot.



Speed/Sharpness

- The GK should be off the line quickly
- Work on getting to the ball quickly after the shot.



Conditioning

- A definite decision on when to close down.
- Deciding when to dive for the shot/stand up to it.



COACH BY ABILITY NOT AGE



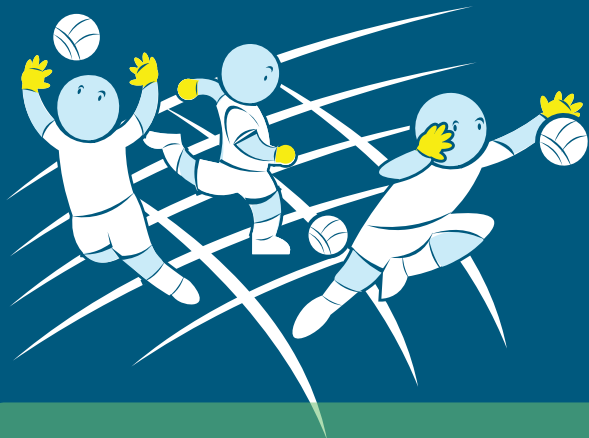
Progress

- Add a 2nd player who can also receive and shoot.
- Allow player B to move laterally or forward to receive the ball.
- The coach kicks a ball to chest rather than a high ball.



Regression

- Use smaller/soft ball to build confidence.
- Take out the high ball and just call when the GK is to turn.
- Move player B back to give the GK more time to react to the shot.

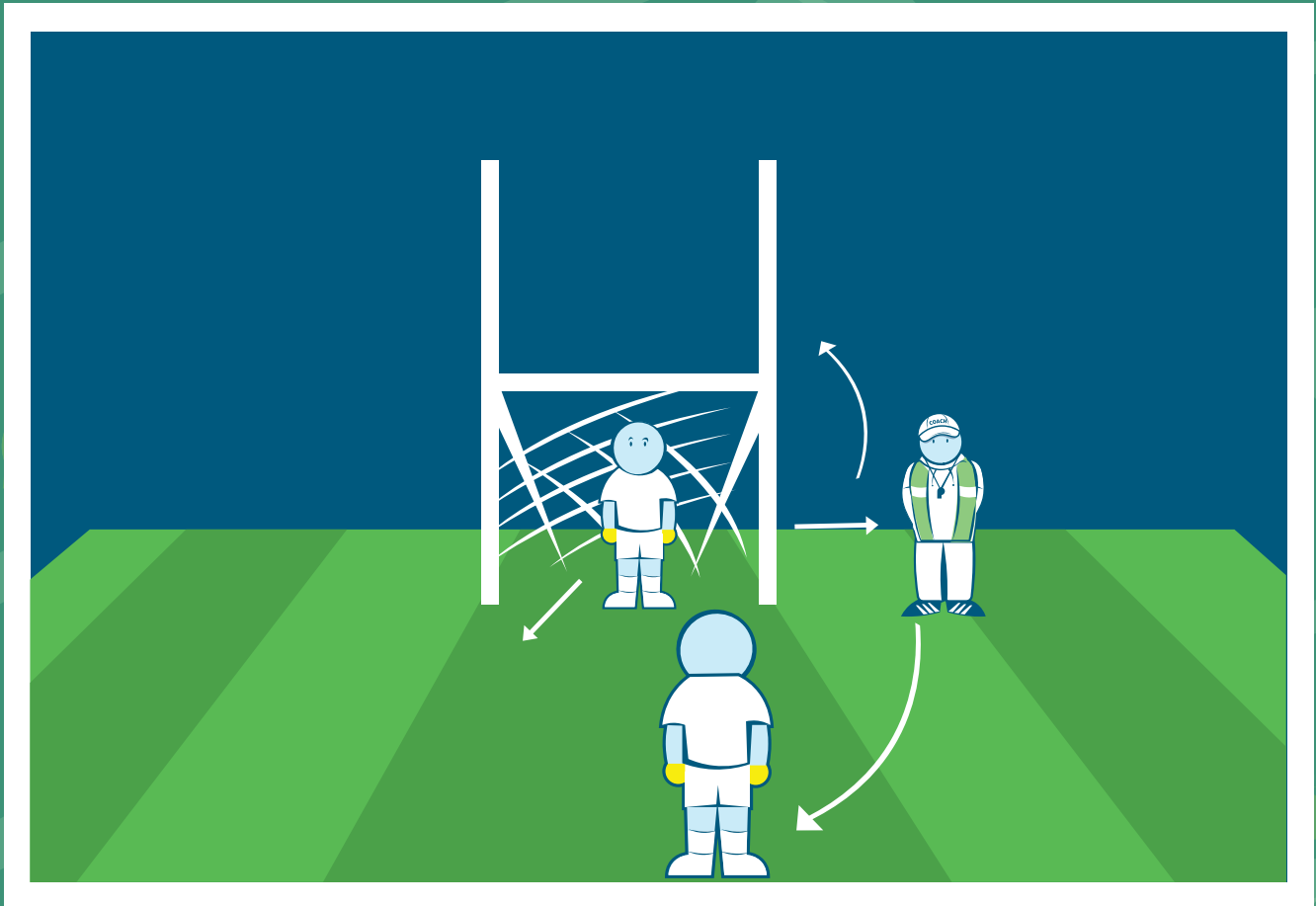


TURAS

GOALKEEPING



BIG AND BRAVE



- The GK faces the sideline, jumps for a thrown high ball, and passes it back to the coach.
- The ball is then handpassed from coach to player B, GK pivots and closes player B down.
- GK attempts to get out quickly and stay big for the shot.
- GK should focus on keeping their body weight forward and on the balls of their feet.
- Ensure the exercise is done from both sides.

TURAS PRINCIPLES IN ACTION

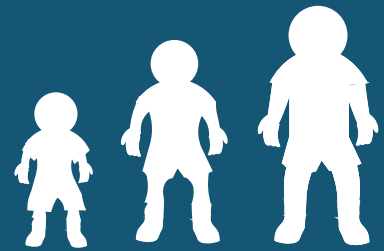
Testing and Challenging; all players should be challenged to improve at their level

GK will be tested and challenged to preform the catch and make a brave save. Vary the level of challenge by throwing first ball higher and reacting to the save quicker.



COACH BY ABILITY NOT AGE

Some GK's are very good at a young age whereby they might love the position, practice a lot, be very brave, or a touch cracked but could be small and light. Other GK's at teenage level might be strong & tall but less mobile or interested in playing in goal. All the activities in this resource can be adapted for every GK using the **Progressions, Regressions & STEPR** once you treat the GK based on their ability. A lot of the activities can be done with GK's of different ages in the same group just be careful with the activities where there is contact between GK's



SPOT & FIX

This is the process of watching your GK to see what mistakes are made & then providing **Feedback** & coaching to help fix the cause of that mistake. All mistakes will come about because of an issue with the **Head, Hands or Feet**



HEAD, HANDS, FEET

Each activity in this resource highlights the key **HHF** points for the coach to look out for. These points can be used to provide the bases of your **Feedback** to the GK



PROVIDING FEEDBACK

None of us like being told what to do by someone else but when someone helps us to figure out something for ourselves we are more likely to work on improving whatever it is. Asking **Questions** of your GK to get them to think about what they are doing & how they could do it better is a very powerful tool for a coach.

Try not to deliver **Feedback** as “telling what to do” and more so as offering information that is Positive, Accurate & Relevant

“I’m very impressed with how you took control of that high ball just before half time it really fills the defence with confidence, great job”



QUESTIONING

The coach should ask **Questions** of the GK to check for understanding (remember the coach must know the correct answer to the **Question** being asked...). **Questions** should be open so as they can't be answered by “yes”, “no”, “OK”, etc

- a. What would you do next time?
- b. What would you do different in that same situation?
- c. What did you do well there?
- d. How do you know when to....?



Prepare your **Questions** in advance, write them down and keep in your pocket. When the time comes ask the **Question** as written. The more you practice this the better your **Questions** will become, the more open your GK will be & the better answers you will get



BODYSHOT

What is this activity trying to improve?

- Being brave when facing shots
- Closing the attacker down
- Using our body to save

KEY COACHING POINTS

Head



Head up, keeping an eye on the flight of the ball

Hands



At your side helping to make yourself big

Feet



Set position ready to move off your line

HOW TO DEVELOP

Technical

- The GK steps of the line closing the angle.
- Their body is not leaning backwards or turning to the side.



Speed/Sharpness

- The GK should look to close the space quickly



Conditioning

- Have little time in between reps, giving the GK a short time to reset.
- Add a second kicker to start their shot just after the first kicker.



COACH BY ABILITY NOT AGE



Progress

- Allow the attacker a play of the ball, making it harder for the GK to judge when to close the angle.
- Attack from a more central position.
- If the ball rebounds into play allow the attacker to shoot again.

Regress

- Start with GK on their knees and a static shot, this will allow the GK to build confidence using their body to save.
- Use light plastic or foam balls so they don't hurt & you can do high reps
- Have the GK close their eyes so they can't flinch & you can build their confidence of taking the hits & knowing it won't hurt

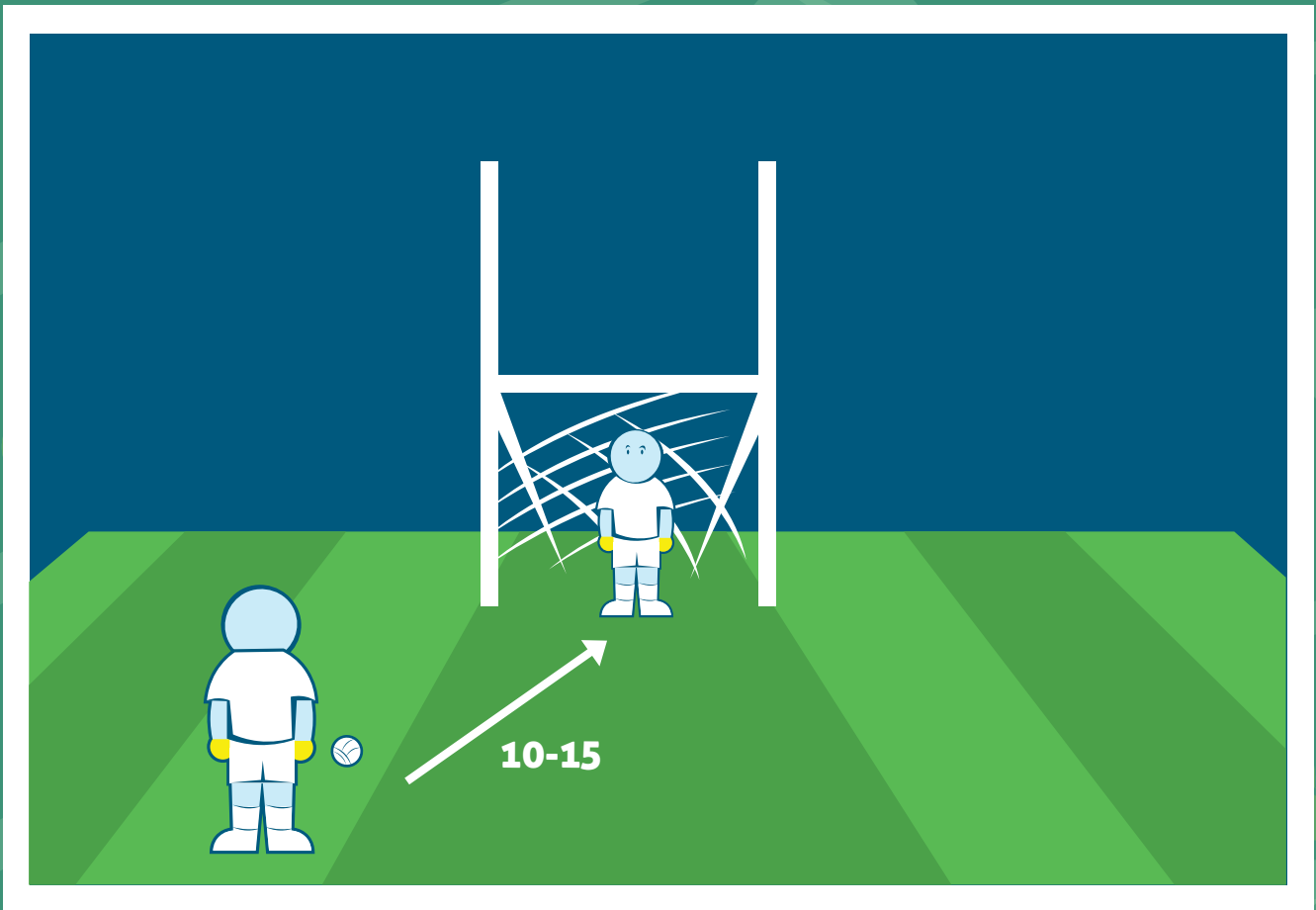


TURAS

GOALKEEPING



BODYSHOT



- GK lines up at their post facing the attacker.
- The attacker takes their 4 steps towards the goals and shoots straight at the GK.
- Once the attacker moves, the GK steps off their line to close the angle.
- GK stays up and facing the attacker looking to make the save with their body.
- GK then resets and goes again, working off both sides of the goal.

TURAS PRINCIPLES IN ACTION

Resembles the game

This is a crucial match like situation that your GK will regularly face. Question them on narrowing the angle on the attacking player and how to stay big.





CUT THE ANGLE

What is this activity trying to improve?

- Angles
- Recovery
- Shot stopping

KEY COACHING POINTS

Head



Head up, facing the direction of the play

Hands



Make the save away at an angle not out in front

Feet



Move quickly between saves & keep under the hips to help reactions

HOW TO DEVELOP

Speed/Sharpness

- Game specific recovery to shots and responding to the play.



Technical

- Good handling and footwork to react to game conditions.
- Ensure there is short quick steps rather than large lunges across.



Positioning

- Being able to position ourselves in a way that covers the shot angle. Ensure shoulders and hips are facing the attacker/play



COACH BY ABILITY NOT AGE



Progress

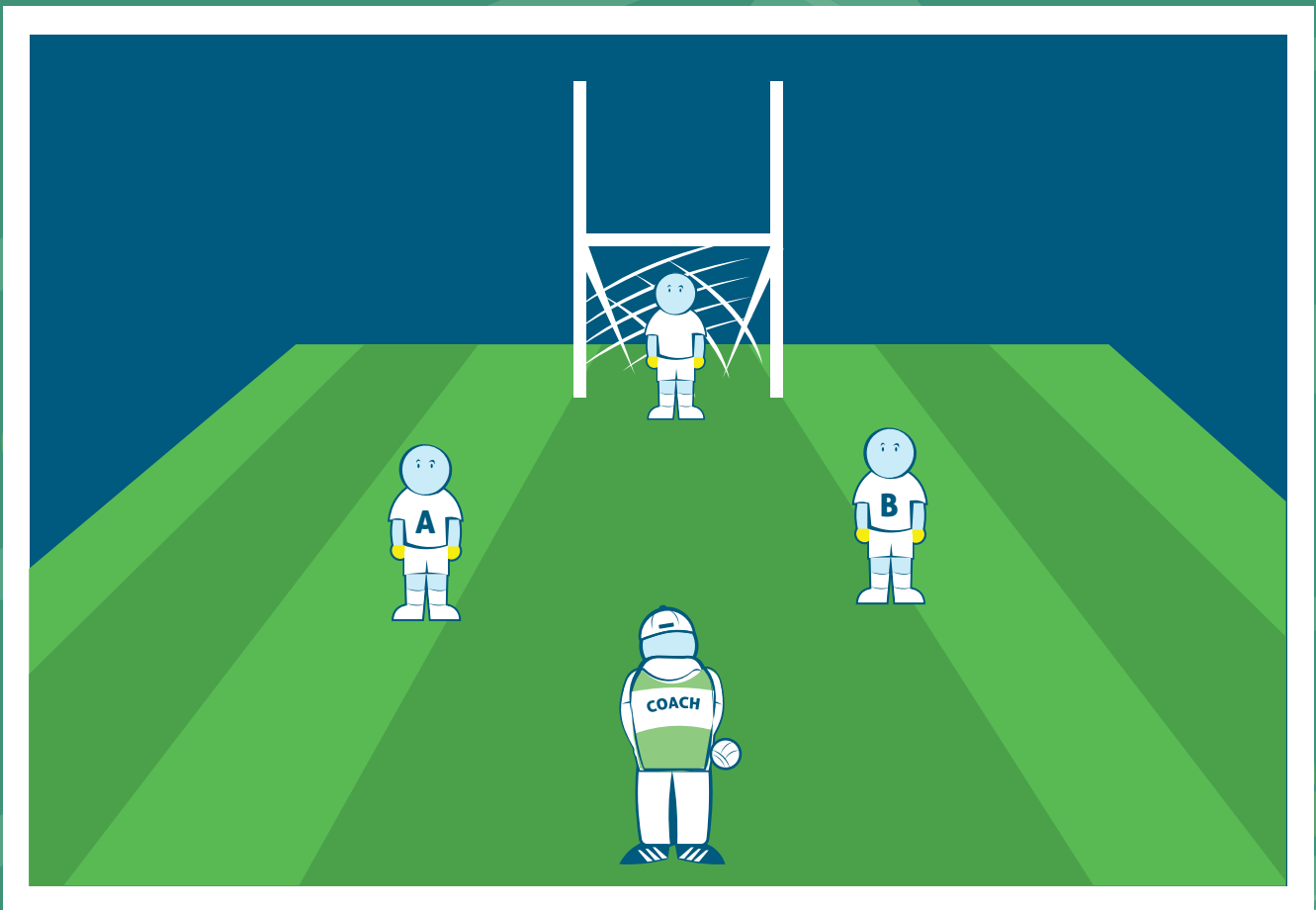
- Change the angle of the shots constantly.
- The first shot is at full pace.
- Add a 3rd attacker.
- Have the first shot from the coach be a save which the GK will need to dive for.

Regress

- Always have the second shot from one side for a set instead of alternating.
- Remove the coaches shot and replace with a call/whistle.
- Have the shooters shoot from further away so that the GK has a better reaction time.



CUT THE ANGLE



- The GK begins lying on their belly.
- On the call of the coach, the GK stands up and receives a shot from the coach.
- The coach then calls A or B.
- The GK goes to the side called, closes the angle, and takes another shot.
- They then reset and go again.
- The coach can evenly alternate the sides or keep it completely random.

TURAS PRINCIPLES IN ACTION

Understands the player is at the centre of the game and provides individualised development

Watch for how the GK closes the angle on each attempted save. Give feedback on whether this is consistency on each save.





DOUBLE TAP

What is this activity trying to improve?

- Conditioning
- Handling
- Match Scenario recovery saves

KEY COACHING POINTS

Head



Head up, keeping an eye on the flight of the ball

Hands



Make the save away at an angle not out in front

Feet



Move quickly between saves & keep under the hips to help reactions

HOW TO DEVELOP

Technical

- Endure the GK stays big and faces the ball.
- On the second save they should stay big and not turn their body.



Speed/Sharpness

- The GK should push themselves to get across the goal as quick as they can



Conditioning

- Have a second kicker to take the rebound shot to give the GK less time to react.
- Place the second ball a good distance away to maximise the GK movements.



COACH BY ABILITY NOT AGE



Progress

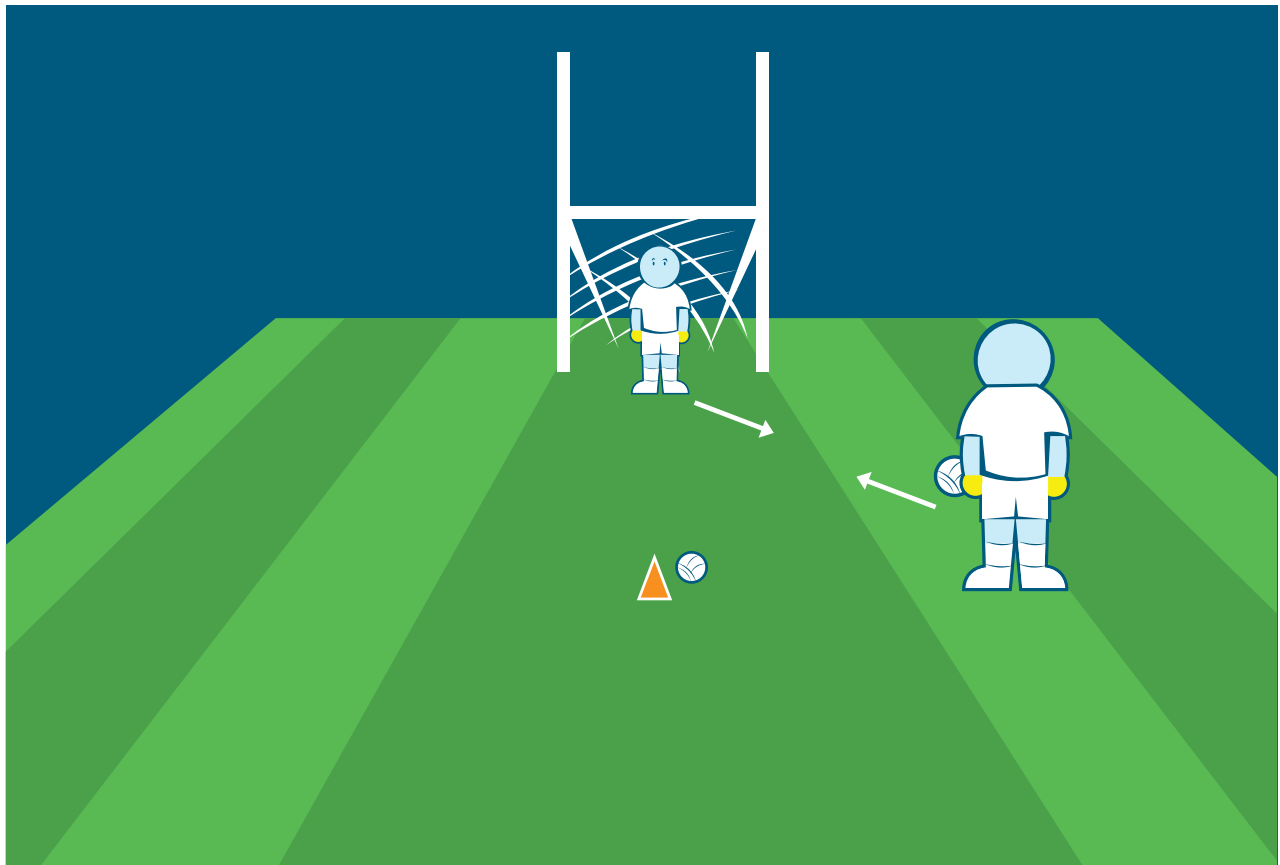
- Run the drill from the middle of the goal.
- Take a shot with less power.
- Alternate the foot the shooter is using to create different angles for the GK to cover.
- Have a second player available to take the rebound shot, creating a new match scenario.

Regress

- Take the second ball out of the drill and only take a second shot if the GK spills.
- Take a shot with less power.
- Have the shooter shoot from further away to increase GK's reaction time.



DOUBLE TAP



- The GK starts in the middle of the goals.
- On the call they turn to the coach and close the angle.
- The coach will run and take a high paced shot at the GK.
- If the GK spills the ball back into play the coach follows it up with a second shot.
- If the ball does not return to play the coach plays the ball at cone, which the GK dives to save.
- Play the exercise from both sides of the goal.

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Set players individual tasks to not have any spills over a number of shots. Try to beat this score next time around.





REACT AND RESTART

What is this activity trying to improve?

- Reactions
- Kickouts
- Decision making from a restart

KEY COACHING POINTS

Head



Head up first to assess options and then down on the ball while striking.

Hands



Focus on quick, accurate placement of the ball on the tee (not falling off)

Feet



Right footers almost 5pm, left footers just after 7pm

HOW TO DEVELOP

Technical

- Body shape up-right, not leaning back.
- Full swing through the ball when kicking.
- Consistent run up to ball.



Decision Making

- Questioning the GK on the side they choose to kick.
- Questioning the technique of kick used.



Speed/Sharpness

- Work on getting to the kickout in a quick pace while maintaining composure.
- Ensure there is good body shape when touching the cones.



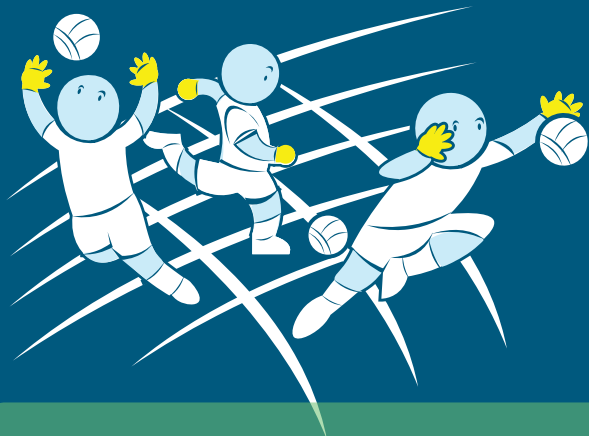
COACH BY ABILITY NOT AGE

Progress

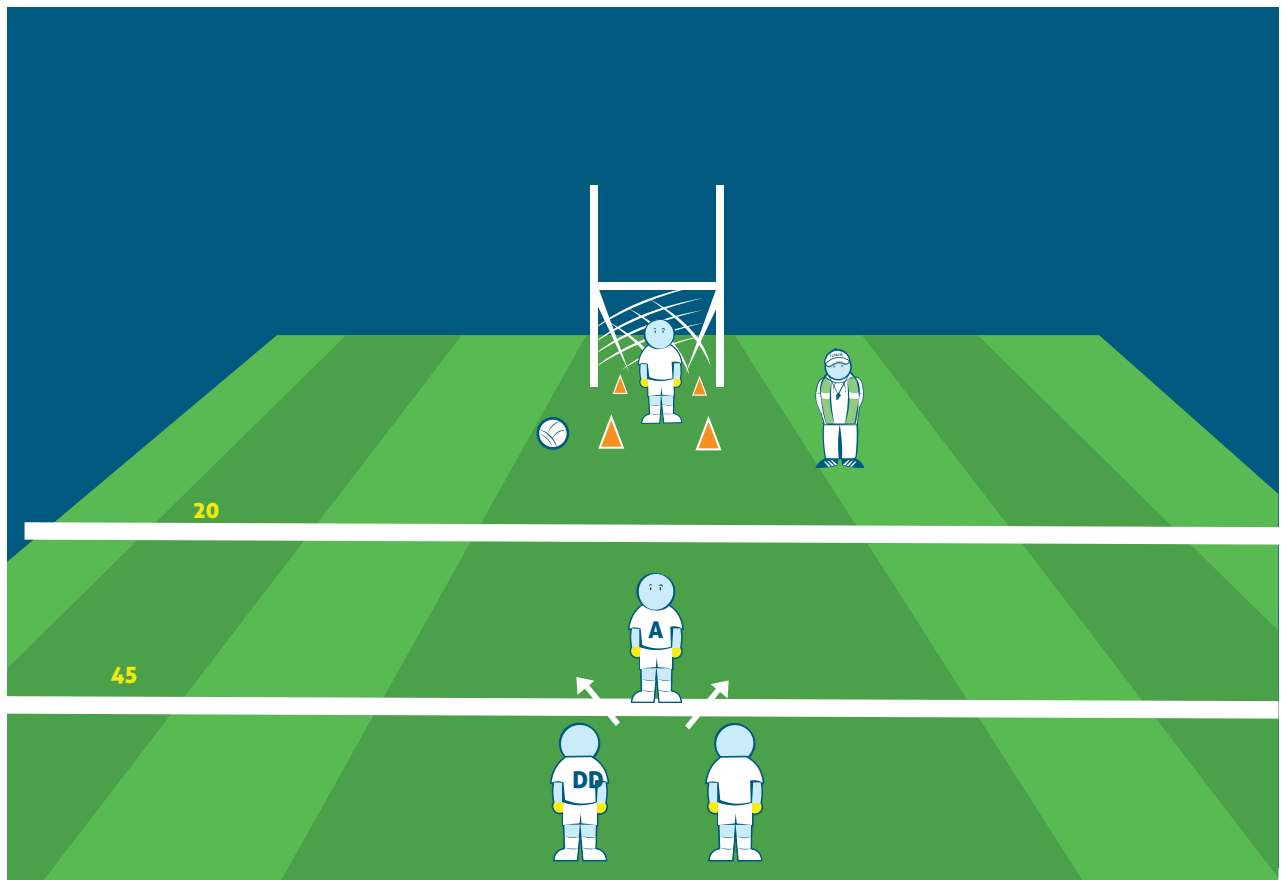
- Progress by adding more players/decisions to choose from.
- Increase the calls made by the coach.
- Have the outfielders start further back for a longer kick.
- Give the GK a time limit to complete the exercise.

Regress

- Reduce the distance between cones and kicking point.
- Take the attacker out so that the GK can choose what side to kick.
- Have the coach call which side the GK should kick.



REACT AND RESTART



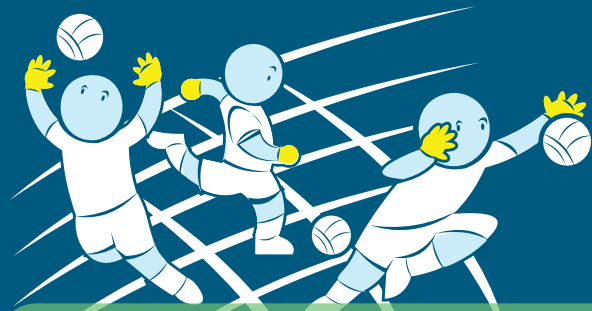
- GK starts at end line in a square of cones, each cone designated a number.
- The coach calls 2 numbers, the GK touches both of these cones and then picks up a ball.
- The GK gets to the 20m line and places the ball on the tee/ground.
- At this stage the 2 outfielders make a run, and the attacker follows one of these players.
- The GK must find the free player with a kick. They then reset and go again.

TURAS PRINCIPLES IN ACTION

All players involved, all the time; lots of touches, lots of decisions

GK will make a huge range of different individual decisions here in trying to find a teammate with a pass.





STOP OR SAVE

What is this activity trying to improve?

- Decision making
- Dealing with a high ball
- Reactions

KEY COACHING POINTS

Head



Head up, keeping an eye on the flight of the ball

Hands



Are you going to catch, punch or save..?

Feet



What is the optimum position based on the angle of the ball & the attackers position

HOW TO DEVELOP

Decision Making

- Making an early decision on whether or not you can contest the high ball.
- If contesting what technique to use? (catch/punch/flick)



Technical

- Attacking the ball at its highest point with your hands.
- If it cannot be caught, ensuring that we clear with a definite flick/punch away.
- Ensuring GK uses quick short steps to get into position.



Reactions

- On our toes ready to respond to the direction the ball is flicked/punched.



COACH BY ABILITY NOT AGE



Progress

- Vary the flight of the ball being kicked in.
- Allow the attacker to catch, turn and shoot.
- Add a defender to increase decisions to make.
- Add different angles to the kick, creating new decisions.

Regress

- Throw the ball instead of kicking it.
- Work on reacting and attacking the ball on separate sets.
- Use a soft ball to help build confidence.

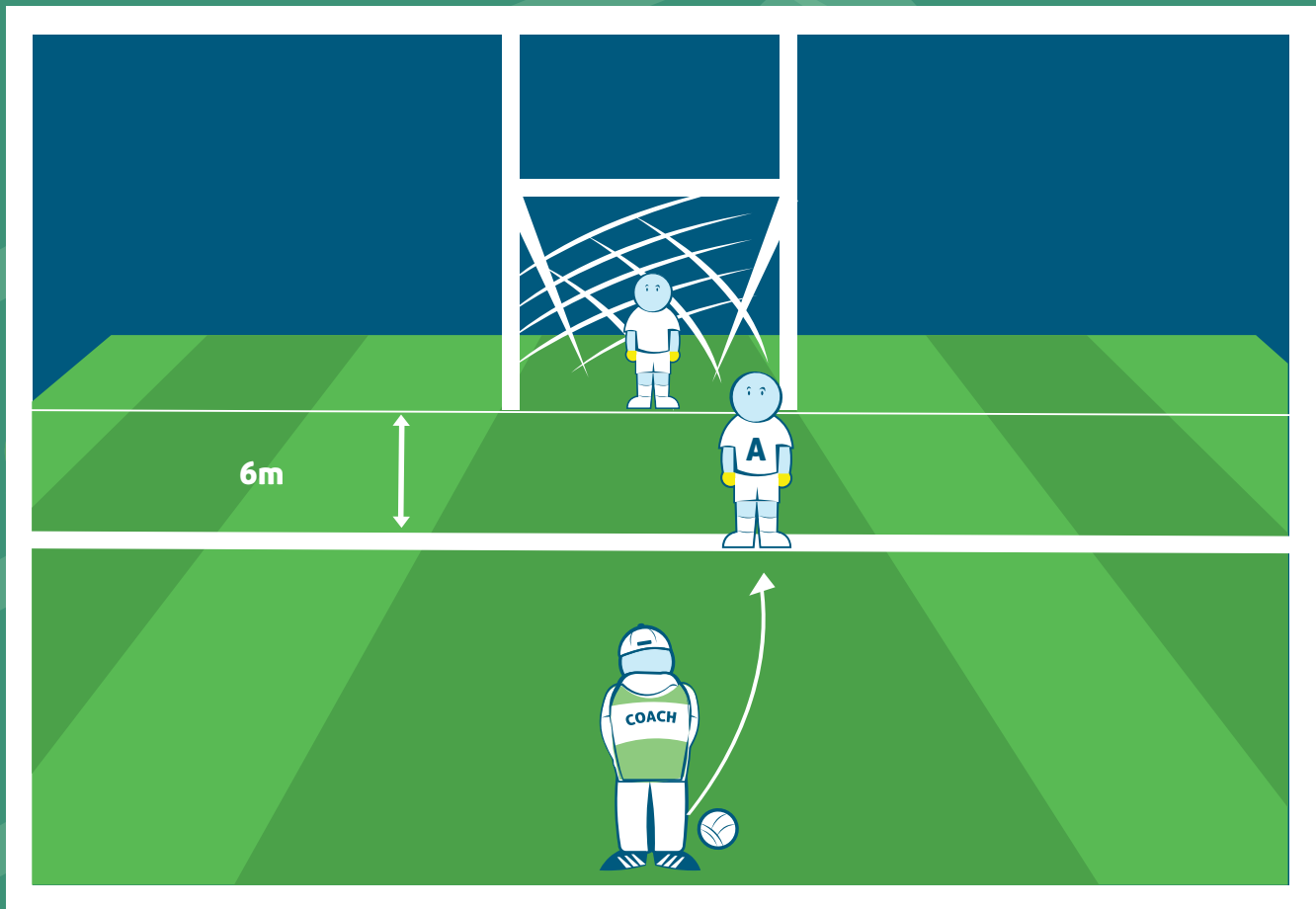


TURAS

GOALKEEPING



STOP OR SAVE



- The GK lines out in goals with an attacker about 6 meters in front.
- The coach kicks in a high ball towards the attacker, who will try to flick/punch for a goal.
- The GK must decide will they be able to contest the high ball.
- If they cannot, they stay on their line and get ready to respond to the flick.
- The kicker varies the angle that they are kicking from.

TURAS PRINCIPLES IN ACTION

All players involved, all the time; lots of touches, lots of decisions

GK will be given the opportunity to make big individual decisions on a regular basis which will assist the decision making process in a game





THE GK TRIANGLE

What is this activity trying to improve?

- Diving
- Footwork
- Speed

KEY COACHING POINTS

Head



Eyes lock on the next ball as soon as save is made

Hands



Bottom hand stops, top hand controls

Feet



Quickly back to feet & power through on the next dive

HOW TO DEVELOP

Technical

- Hands in 'Bench Press' position and good footwork across the goal.
- Using the correct technique diving, always diving forward on our side.



Speed/Sharpness

- Getting up off the ground in a quick, efficient way.
- Moving our feet quickly to cut the space down.



Technical

- When possible we must do our best to safely handle the ball and not let it spill.



COACH BY ABILITY NOT AGE



Progress

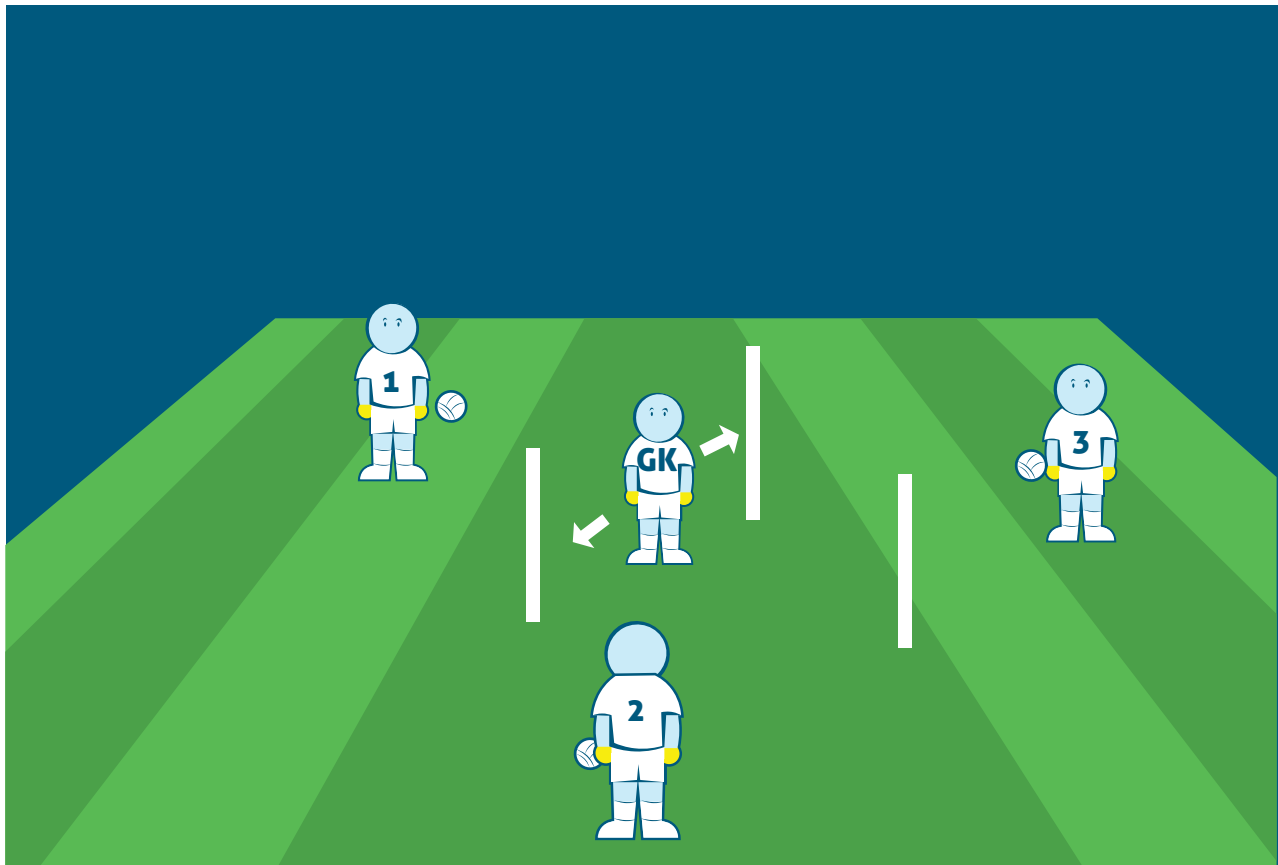
- Progress by changing direction mid-drill.
- Allow the servers to follow up on spilled shots.
- Shot height can be altered/random.
- Make the goals match sized.

Regress

- The server can roll the ball instead of kicking the ball.
- Reduce the size of the goals.
- Don't allow the shooters to shoot until the GK calls set.
- Increase server distance so that there is a better reaction time.



THE GK TRIANGLE



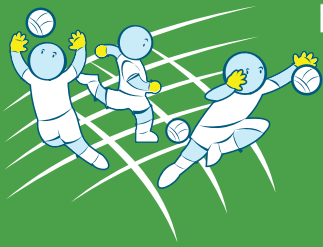
- GK 1 lines up in the middle of one of the goals.
- They step to their right, touch the poll and step back left.
- Once they step left server 1 kicks the ball low towards the corner and the GK dives to save.
- The GK then steps around the post and dives to save a shot in the next goal from server 2.
- They then finish a set by stepping around the final post and again taking a shot from server 3.
- They then repeat the game going in the opposite direction.

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

Encourage fun and laughter between all GK's throughout this activity





SCORING SYSTEM FOR FEEDBACK

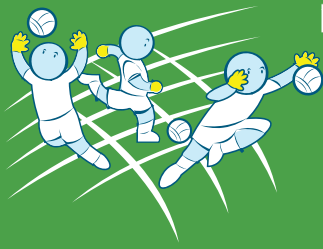
Use a scoring system of 1 – 10 for any activity so as to provide instant & tangible **Feedback** to a GK. This scoring system should be used the opposite way as well where the GK gives themselves a score for the quality of what they did. This helps you the coach understand what the GK is thinking & if they are too hard on themselves or if they award themselves scores higher than you would give you can start the conversation about why they gave that score & probe them to figure out the reason their score is higher than yours – there is learning for the coach here also

1 2 3 4 5 6 7 8 9 10

HIGH BALL – BOXING OUT

One of the common things from the Senior Intercounty game that's easiest to replicate all the way down to U12 level is getting the defenders to 'Box Out' their player when a high ball comes in and around the goalmouth. 'Boxing Out' is whereby the defender prevents the forward from contesting the ball by putting their body in the way of the forward and where the ball is landing. This allows the GK to attack the ball under no pressure, which makes it easier for the GK, and therefore fewer mistakes





TUAS

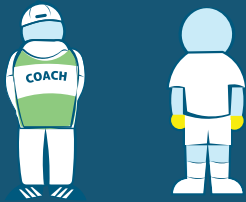
GOALKEEPING



SERVER/FEEDER

These are 2 words that are used throughout the resource so describe the person who plays the ball to the GK. This person or people could be you the coach, another mentor, an outfield player or another GK.

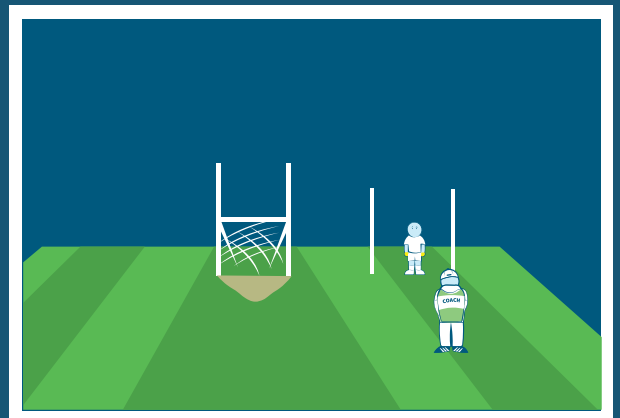
The word Serves can mean a kick, throw, roll, hand pass or any other form of getting the ball to the GK

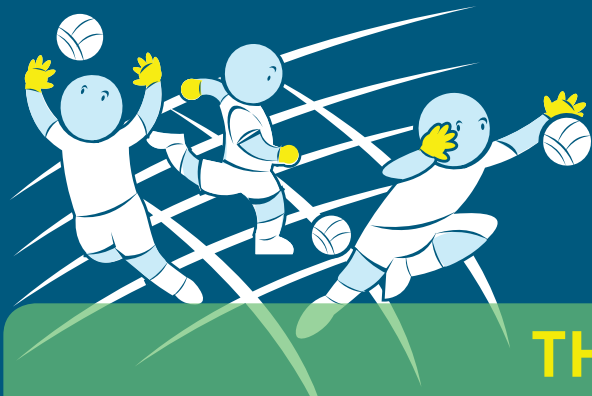


NICE GRASS AWAY FROM THE GOALS

Goalkeeping can be very hard on the body so where possible set up your work zone in an area of nice soft grass using poles or portable goals.

Another benefit of not using the main goalmouth is that when mistakes are made (as they will be) if its off in a corner somewhere it is not in the GK's head that the ball went into the goal that they will be playing games in. This is a very real feeling all GK's have and eliminating the chances of this happening where possible will help your GK's psychologically





THE STINGER

What is this activity trying to improve?

- A driven kickout for a match scenario.
- Accuracy in your kickout.
- A short run up to your kickout.

KEY COACHING POINTS

Head



Head up first to assess options and then down on the ball while striking.

Hands



Focus on quick, accurate placement of the ball on the tee (not falling off)

Feet



Right footers almost 5pm, left footers just after 7pm

HOW TO DEVELOP

Technical

- The toe is pointing towards the ground.
- Body is facing the direction the GK wants to hit.
- The kick should be through the ball, not under it.



Speed/Sharpness

- Set time limits on getting the ball from tee to receiver.
- There must be speed in the kick to prevent it hanging.



Communication

- The GK makes a call on the direction of the kickout.



COACH BY ABILITY NOT AGE



Progress

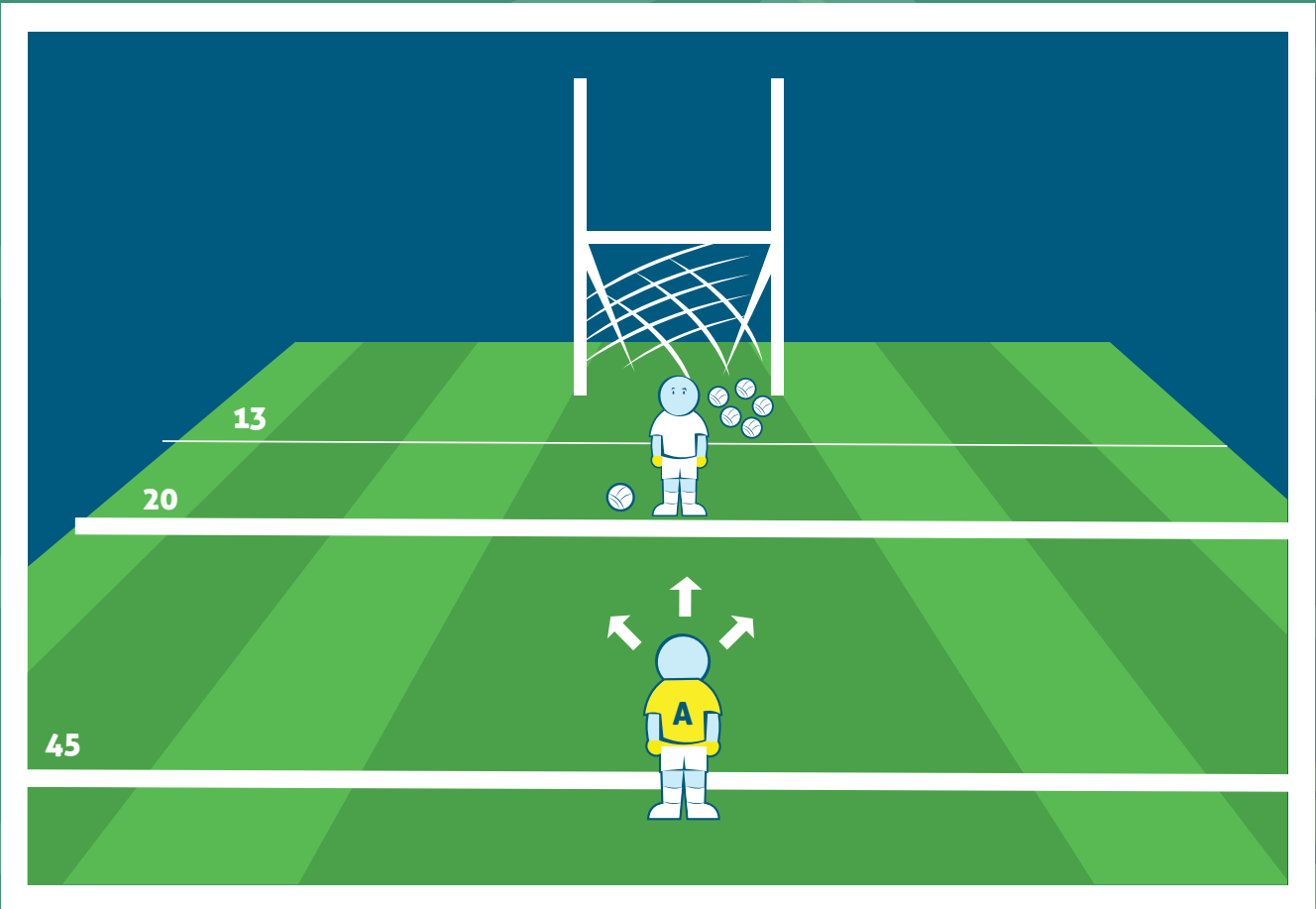
- Progress by adding more players, with and against the GK.
- Use a heavier ball (the green ball company)
- Allow the outfielders to make a cut (change of direction) within their 1st 4 steps so the GK responds to their speed & angle of run with the kick
- Create a point system, rewarding good kicks.

Regress

- Kick into a goal/net, using tape/rope as a height marker to keep kick below.
- Use a marked/coloured ball, highlighting exactly where the GK should kick
- GK kicks to stationary players in different areas just outside their comfort range



THE STINGER



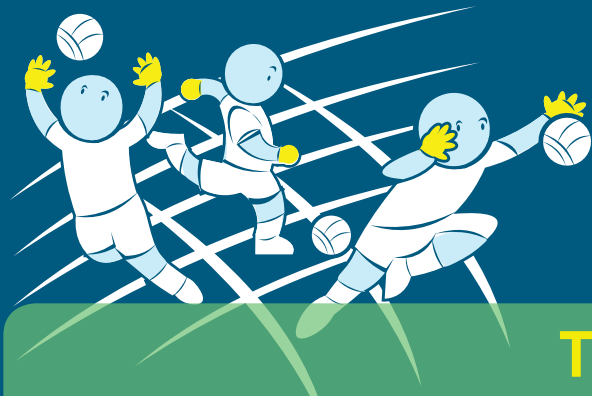
- The GK starts at the 13 meter line with 6 footballs.
- They pick up a football and call the direction of the kick.
- They place the ball on the tee/ground, take two steps back and then take the kick.
- The focus on the kick being driven and not going above chest height.
- The player making the run starts the run once the GK steps back.
- The GK resets at the 13 and begins the process again.

TURAS PRINCIPLES IN ACTION

Resembles the game

Just like in a game, GK is reliant on other players movement and catching ability to complete a successful kickout.





TO THE TOE

What is this activity trying to improve?

- Reactions
- Blocking
- Footwork

KEY COACHING POINTS

Head



Head up, responding to the play, attacking the ball

Hands



Strong & move to meet the ball at the point of kicking

Feet



Set position ready to react

HOW TO DEVELOP

Technical

- Ready for a quick step to cut the distance to the ball.
- Hands out in front, keeping them together



Speed/Sharpness

- Reacting to the movement of the player, and getting down to their toe quickly.



Decision Making

- Keeping our head up, helping decide the timing of the block



COACH BY ABILITY NOT AGE



Progress

- Keeping our head up, helping decide the timing of the block
- Have the attacker run in to take the shot.
- Add the defender as a screen in front of the GK.
- Have the shooter hold 2 balls, taking two shots, creating a double save.

Regress

- Allow the attacker to dummy, keeping the GK awake.
- Have a definite order to which side the shot will be taken.
- Use a softer ball to build confidence.
- Take away the ball and use a call/whistle, focusing on the GK's technique.

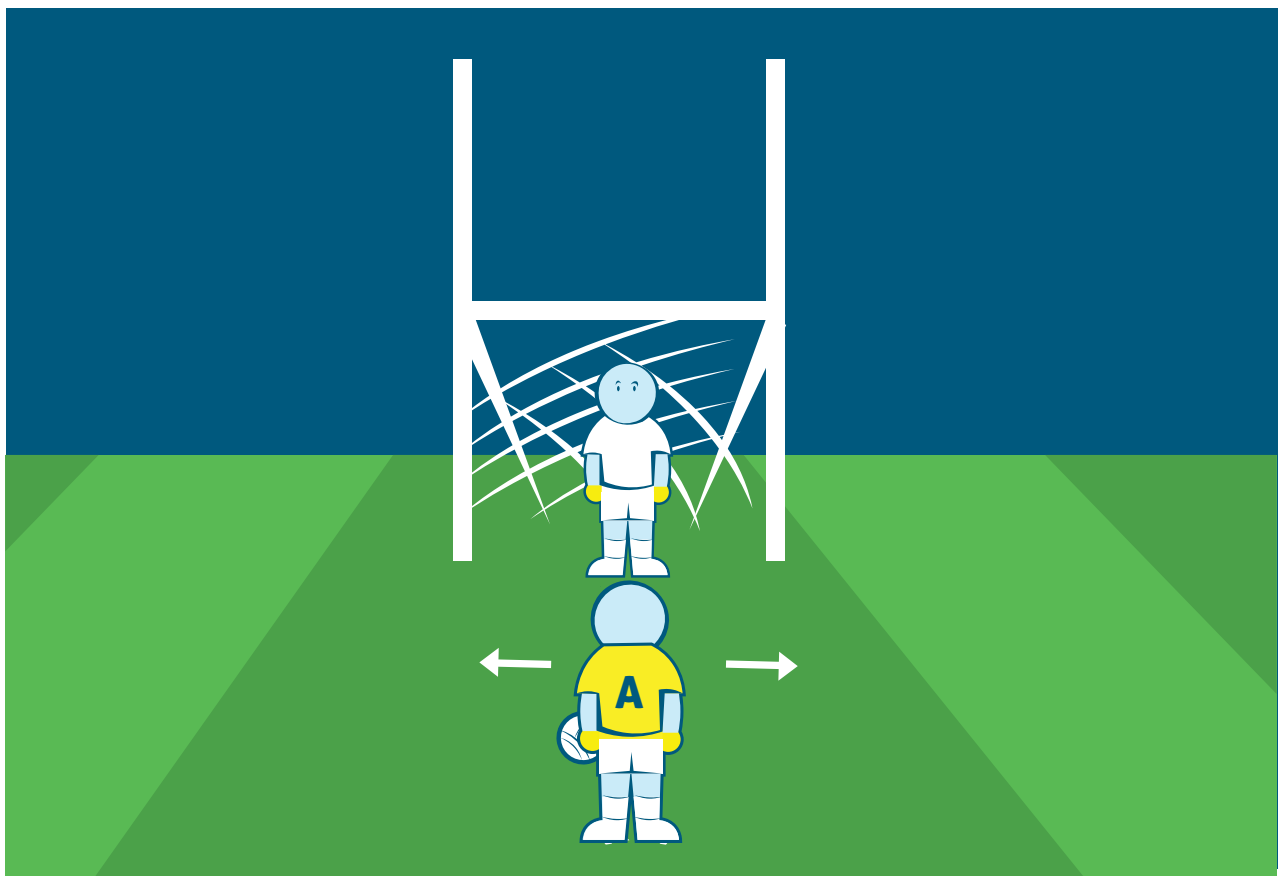


TURAS

GOALKEEPING



TO THE TOE



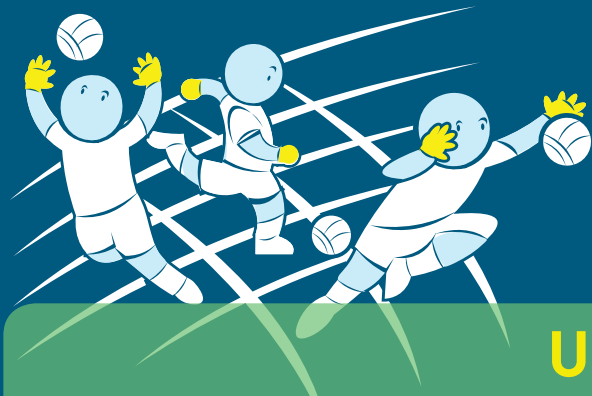
- The GK and attacker face each other, the attacker has a ball in hand
- The attacker takes a step back and then decides to step left or right.
- After choosing which side to step, they then take a shot at the goal.
- The GK must respond to the movement and attempt a block of the shot.
- The attacker resets and attempts to keep the shot pattern random to prevent the GK guessing.

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Alternate the length of time you play the game to test GK's ability to maintain good technique in saves and footwork





UP AND OUT

What is this activity trying to improve?

- Dealing with high balls
- The GK's in-play skills

KEY COACHING POINTS

Head



Head up, keeping an eye on the flight of the ball

Hands



Take the ball as high as possible

Feet



Take the ball moving forward

HOW TO DEVELOP

Technical

- Attacking the ball at highest point.
- Encourage an effective pass to defender, using a suitable technique.
- Have the GK drive their knee to assist their jump and for protection.



Decision Making

- Deciding when to jump.
- Deciding what type of pass to use.



Communication

- Getting a clear call for the ball.



COACH BY ABILITY NOT AGE



Progress

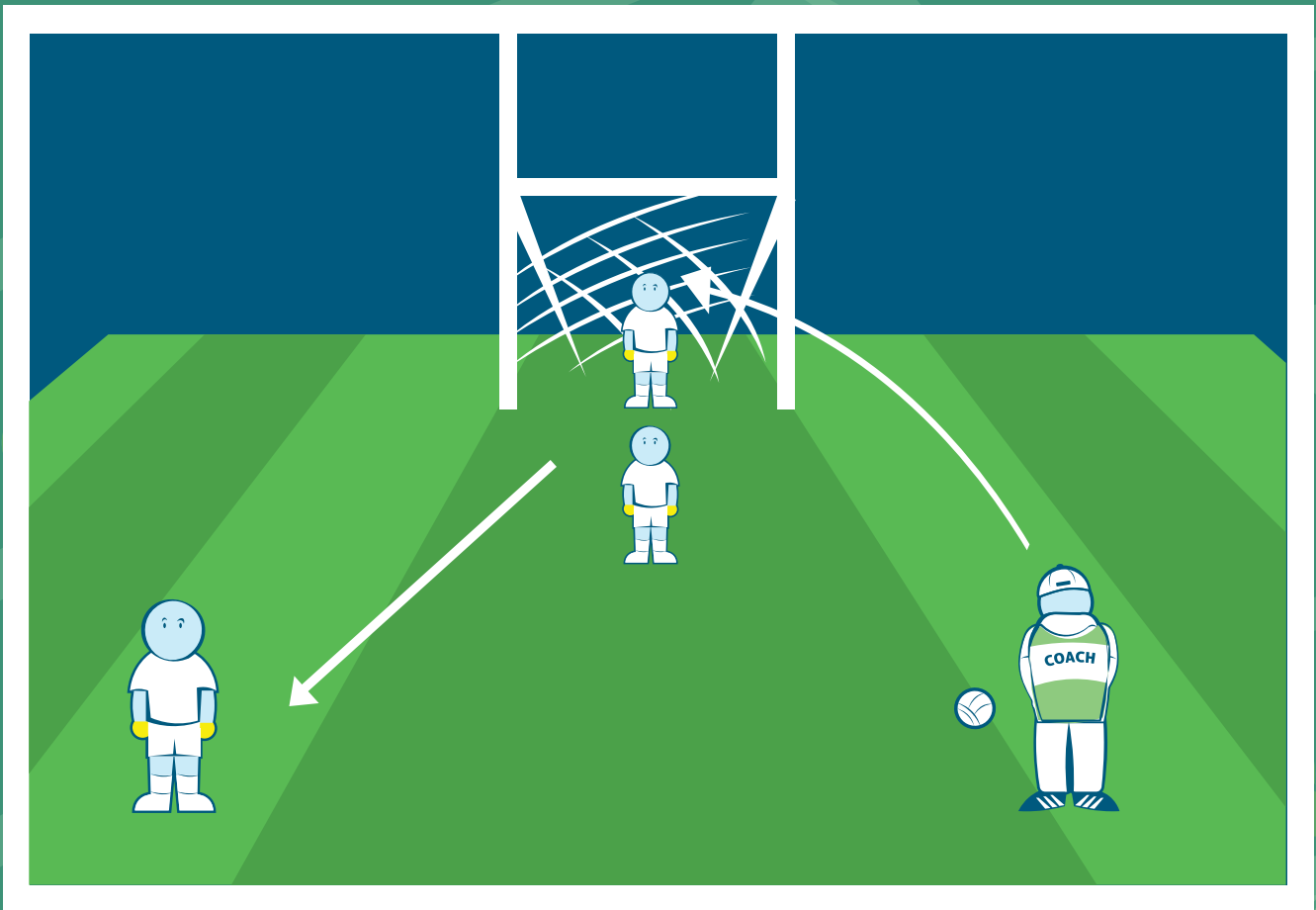
- The player shadowing can contest for the ball.
- Add more players for the GK to challenge/pick out.
- Alter the flight of the ball to create different game scenarios.
- On the coaches call, the GK takes on the attacker before kicking the ball.

Regress

- Throw the ball in.
- No jumping just catches above the GK's head.
- The GK only has to handpass to the defender rather than a kick pass.
- Take the attacker out altogether, removing the shadowing element.



UP AND OUT



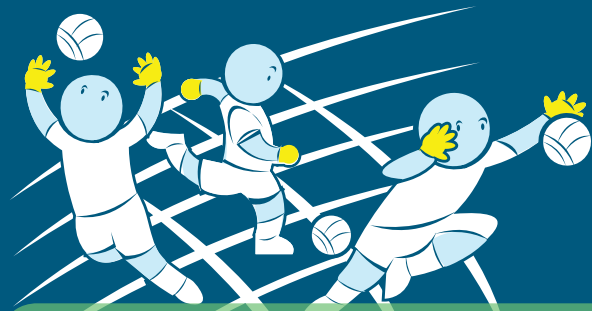
- The coach kicks a high ball into the GK, it should land around the small box.
- The GK attacks the ball to catch it while being shadowed by a player.
- The GK catches the ball, makes it safe and then picks out the player making a run on the opposite side of the pitch.
- Keep an eye on the type of pass they should choose and question the GK on the choice.

TURAS PRINCIPLES IN ACTION

All players involved, all the time; lots of touches, lots of decisions

GK will make a huge range of different individual decisions here in when to attack the ball and in trying to find a teammate with a pass.





TURAS

GOALKEEPING



SHOULD I STAY OR SHOULD I GO?

What is this activity trying to improve?

- Decision making under a high ball
- Timing of the jump
- Communication with the defender

KEY COACHING POINTS

Head



Watching the ball but seeing the other players

Hands



Are you going to catch, punch or save..?

Feet



What is the optimum position based on the angle of the ball & the attackers position

HOW TO DEVELOP

Technical

- Use Head Hands and Feet when debriefing with the GK



Communication

- Use clear calls when communicating with defenders



Decision Making

- GK must make a quick decision in relation to the scenario they see in front of them
- GK must decide to catch, punch or leave the ball to the defender



COACH BY ABILITY NOT AGE



Progress

- Add in extra players
- Faster delivery and lower trajectory of ball flight
- Use resistance ropes/bands
- Have another forward punishing mistakes or spillages

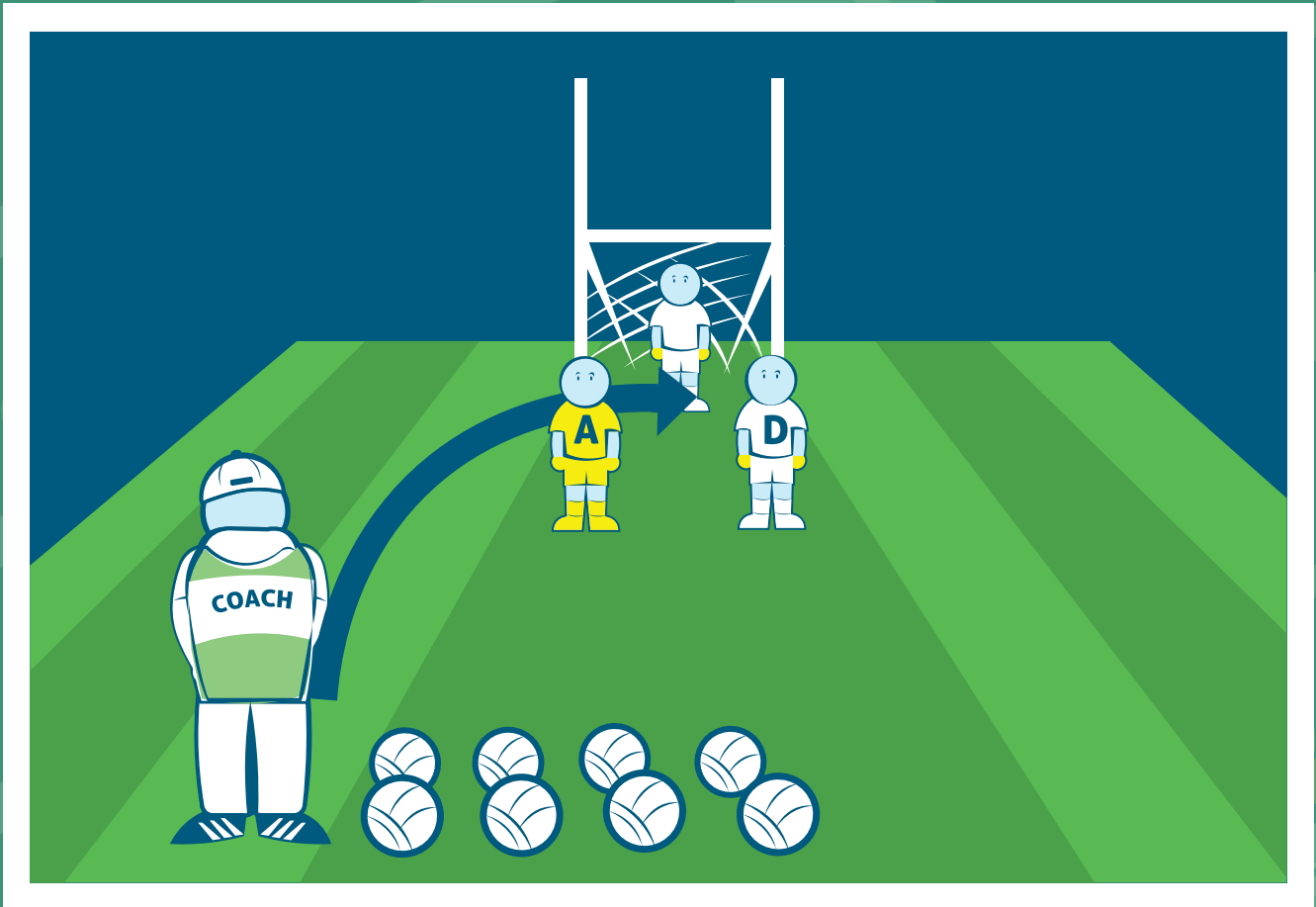


Regress

- Higher trajectory
- Slower delivery of the ball
- Remove attacker



SHOULD I STAY OR SHOULD I GO?



- Coach delivers the ball at different heights
- Forwards must try and flick the ball goalwards
- Defender must try and shield the forward allowing the GK room to command their area
- Make it competitive. A score each success.

TURAS PRINCIPLES IN ACTION

Resembles the game

Lots of high catching skill demands and decision making similar to how GK's move in a game





OVER THE TOP (OTT)

What is this activity trying to improve?

- Decision making-come or stay?
- Ball handling under pressure
- Getting out of trouble

KEY COACHING POINTS

Head



Watching the ball & other players, should be talking

Hands



Gunslinger position

Feet



How far of the line is the GK playing? Understand the different moving parts

HOW TO DEVELOP

Communication

- Question the GK & defender about what should be said so they understand what each other is doing (who's in charge?)



Speed

- Speed of thought very important
- Need to be fast off your line



Decision Making

- GK must decide if its best to stay on the goal line or advance



COACH BY ABILITY NOT AGE



Progress

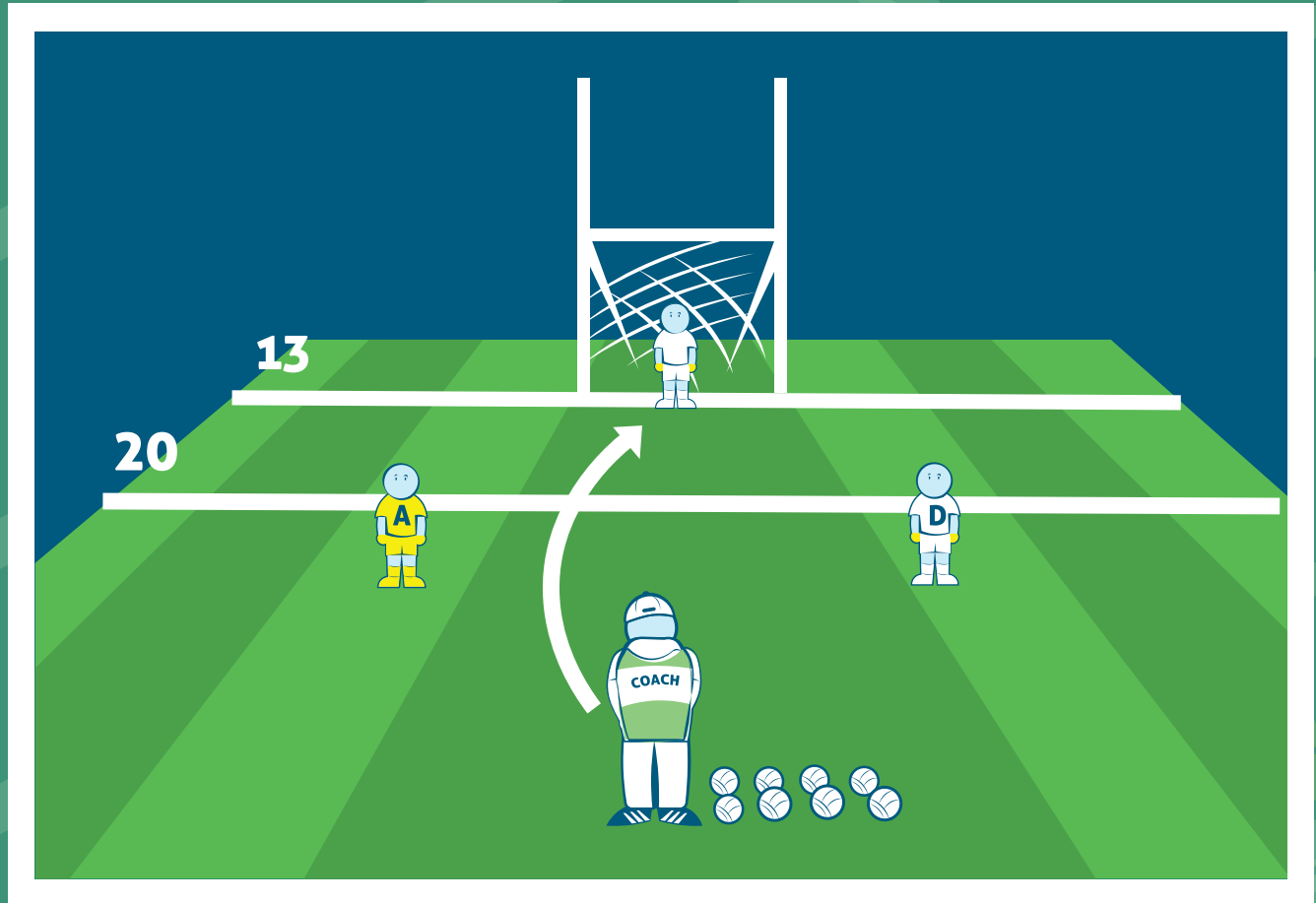
- Server gives advantage to the attacking player
- Deliver the Ball with a lower trajectory
- Kick from an angle so the attacker can come from out of the GK's sight
- Allow the attacker into the small square as soon as the ball has been kicked (can the defender get in to box out the attacker)

Regress

- Use smaller attackers
- Have the defender start with the attacker so they can prevent the attacker getting near the ball so the GK can attack everything
- Increase the distance of the kick so the ball is in the air longer
- Put limits on the attacking player (can only use 1 hand)



OVER THE TOP (OTT)



- 3 way fight for the ball
- Coach delivers the ball into an area that its anybodys to win
- GK has to judge whether its their ball to win or leave to defender
- Clear calls need to be made

TURAS PRINCIPLES IN ACTION

All players involved, all the time; lots of touches, lots of decisions

GK involved all the time with loads of decisions and touches required





TARGET PRACTICE

What is this activity trying to improve?

- Speed of thought & action
- Quick footwork
- KO accuracy
- Short & long KO's

KEY COACHING POINTS

Head



Listening for the call

Hands



For right footers arms almost 5pm, for left footers arms just after 7pm

Feet



Right footers almost 5pm, left footers just after 7pm

HOW TO DEVELOP

Technical

- Work on 1/2 step KO's
- Practice both feet



Decision Making

- Decide which style of kick is most effective



Communication

- Communication is not all about talking, listen to coaches call & process info quickly



COACH BY ABILITY NOT AGE



Progress

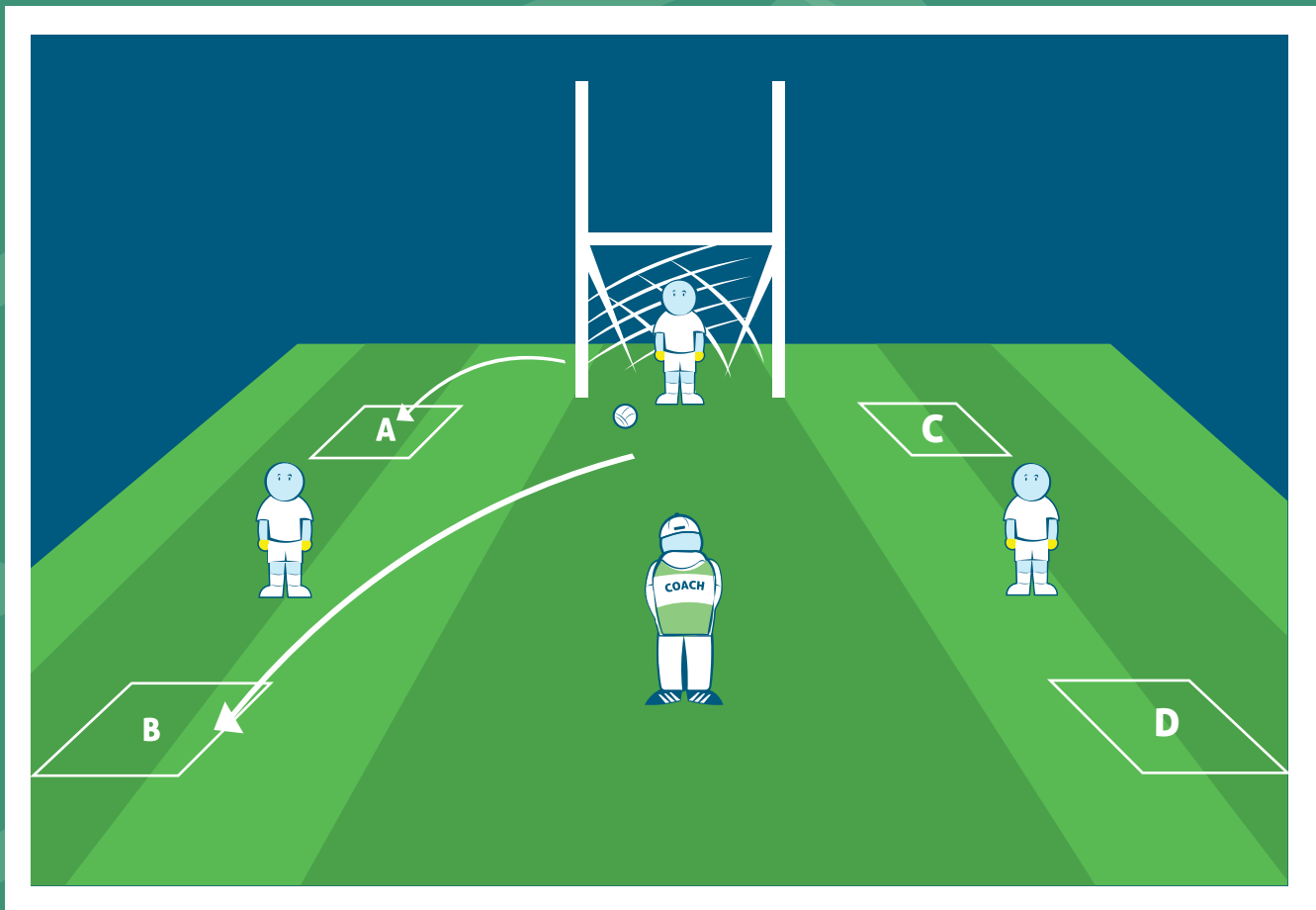
- Shorten distance between boxes
- Have outfielders shouting at the GK to distract & drown out the coaches call
- Make boxes smaller
- Place boxes closer to side-lines
- Use smaller balls
- Kick off weak side

Regress

- Outfielders can only jog
- Bigger boxes
- Boxes closer to the GK
- GK can have ball set up & be stood back before the call comes
- Only 1 outfielder covering all 4 boxes



TARGET PRACTICE



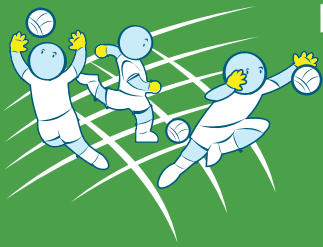
- 4 squares marked A, B, C & D
- 1 outfielder is protecting A & B with another protecting C & D
- Coach calls a letter & GK has to kick the ball to land in that square before the outfielder gets there
- Coach decides the starting point for the outfielders (to give the GK a chance)
- Change the positions of the squares

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

As the coach sets the size of the boxes & can assign where the outfielders start from you can directly influence the success rate of the GK so they can be successful & enjoy the learning of what is a difficult skill particularly for a young GK or player new to the position





HOW TO DEVELOP

As you are aware there are no magic activities to use as a coach and its the coach that brings the magic so to help you find your magic we designed this resource so that each activity could be used in a number of ways to improve on the important areas of the GK's development.

We identified 5 key areas important to a GK's make up and each activity in the resource gives some tips on how 3 of those areas can be developed with that activity

TECHNICAL

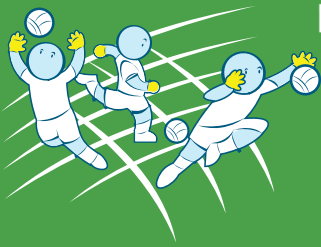
This is usually about breaking the skill down to the component parts, isolating them, doing them slowly, **Spotting & Fixing** through regular **Feedback**

DECISION MAKING

Really good GK's make very few saves in a game and that's because their **Decision Making** is so good. They are proactive rather than reactive, they see danger and **Communicate** to their defenders to cut it out or by seeing it early they have more time to act. **Questioning & Feedback** play a big role for a coach in developing **Decision Making**

SPEED/SHARPNESS

Linked to fitness but more raw pace and explosive power to aid reactions which will mean lower reps, higher sets & adequate rest between reps & sets



COMMUNICATION

You might say a person is either a talker or not but **Communication** is more than talking or shouting. It's about saying the right thing at the right time and being heard. **Communication** is also a 2 way street so the outfield players also need to be coached so they listen for what's being said. Developing **Communication** with a team requires practice, player engagement and time. Again this resource gives practical advice as to how that can be done

CONDITIONING

Does a GK need to be fit? Yes of course they do but it's a very different fitness to that of outfielders. A GK's endurance fitness is more Speed Endurance where they work really hard from the start & tire quicker

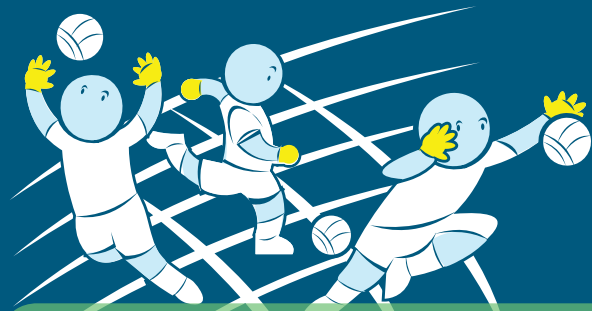
To improve **Conditioning** get your GK to go flat out & work until the pace drops to 30/40% of their max speed

The activities in this resource help you do that through GK specific movements & actions

For **Conditioning** the coach needs to figure out when their GK has done enough & needs a break. This is usually through the GK's body language but also by having that conversation with each GK. Find the zone where fitness improvements can happen.

- Do not treat 2 GKs the same for reps, sets & duration as Club GKs in particular will be very different individuals





POSITIONING UNDER A HIGH BALL

What is this activity trying to improve?

- Positioning
- High Ball
- Decision Making

KEY COACHING POINTS

Head



Watching the ball but seeing the other player

Hands



Are you going to catch, punch or save..?

Feet



What is the optimum position based on the angle of the ball & the attackers position

HOW TO DEVELOP

Technical

- Focus on the timing of the jump
- Could the ball have been caught rather than punched?



Decision Making

- GK needs to decide whether to catch or punch the ball



Conditioning

- Add in an extra server or include exercises or conditioned runs between reps



COACH BY ABILITY NOT AGE

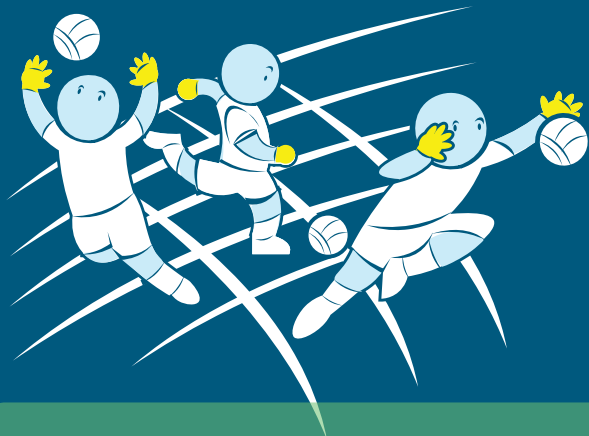


Progress

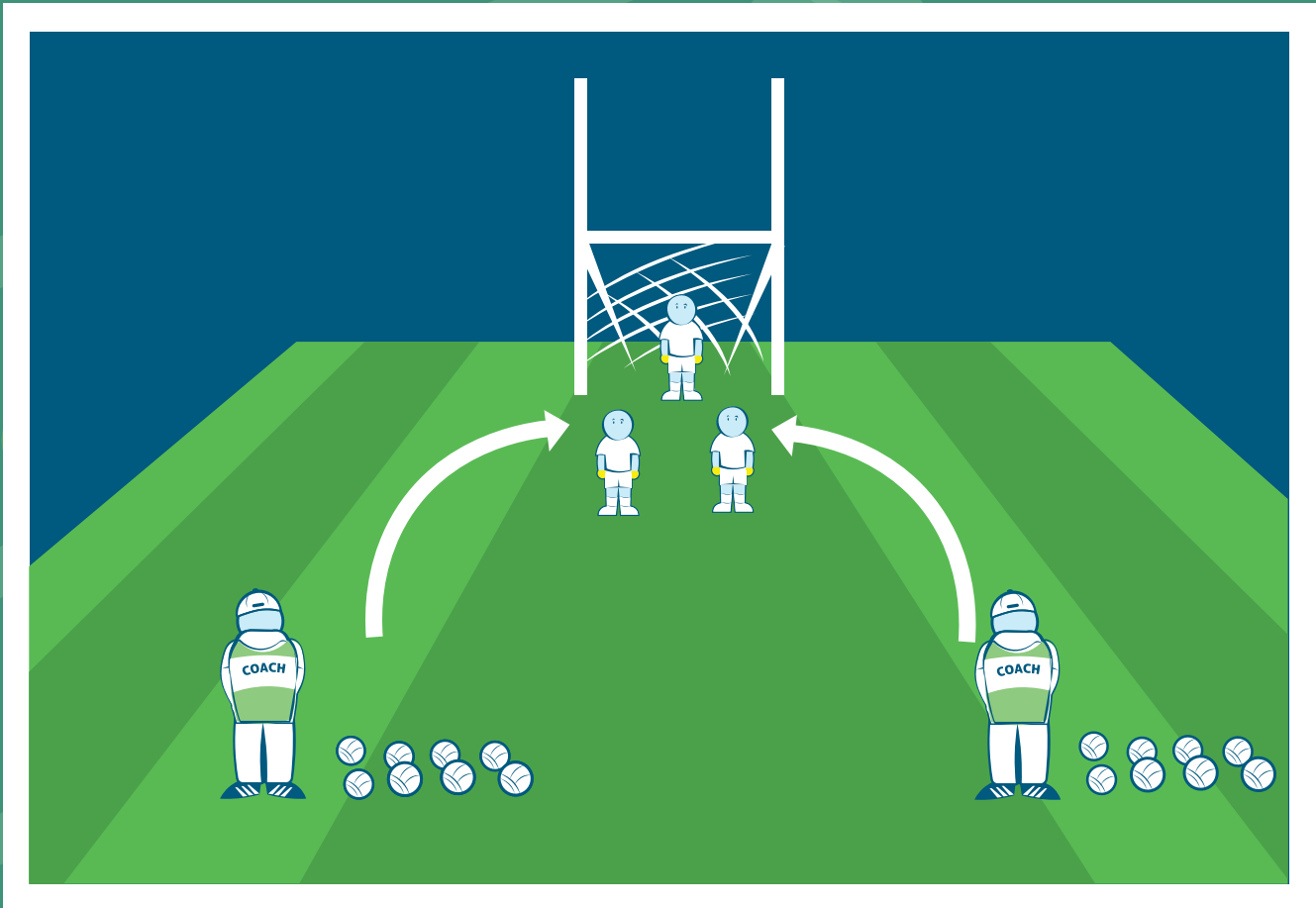
- Add in backs and forwards
- Vary the type of delivery
- Add in a forwards to punish mistakes or spillages

Regress

- Remove all distractions
- Coach can throw the ball instead of kicking
- Attacker only acts as a distraction (does not make a play at the ball)
- Focus on 1 aspect only
 - Catch
 - Single hand punch
 - Double hand punch



POSITIONING UNDER A HIGH BALL



- 1 attacker or 1 attacker & 1 defender positions themselves in front of the GK
- Coach plays high balls into the small box
- GK attempts to catch/punch the balls from danger
- Attacker can build the levels of pressure they put the GK under
- Attacker always goes to flick the ball for a goal
- Defender can prevent attacker from getting to the contest area
- Discuss with the GK the various decisions they have to make & what they see
- “How can you use the defender to your advantage?”

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

Coach to encourage GK to assist in increasing confidence and assisting learning





NEAR POST POSITIONING

What is this activity trying to improve?

- Positioning
- Judgement of angles
- Footwork

KEY COACHING POINTS

Head



Get eyes on the ball as quick as possible

Hands



Attack the ball at point of contact with the foot

Feet



Work on timing of dive or staying big, dive too early can be stepped round, staying on feet & being late goal is open

HOW TO DEVELOP

Technical

- Watch that the GK doesn't cross their feet



Speed

- Fast feet to get across the goal to narrow the angle



Conditioning

- Move the ball side to side multiple times



COACH BY ABILITY NOT AGE



Progress

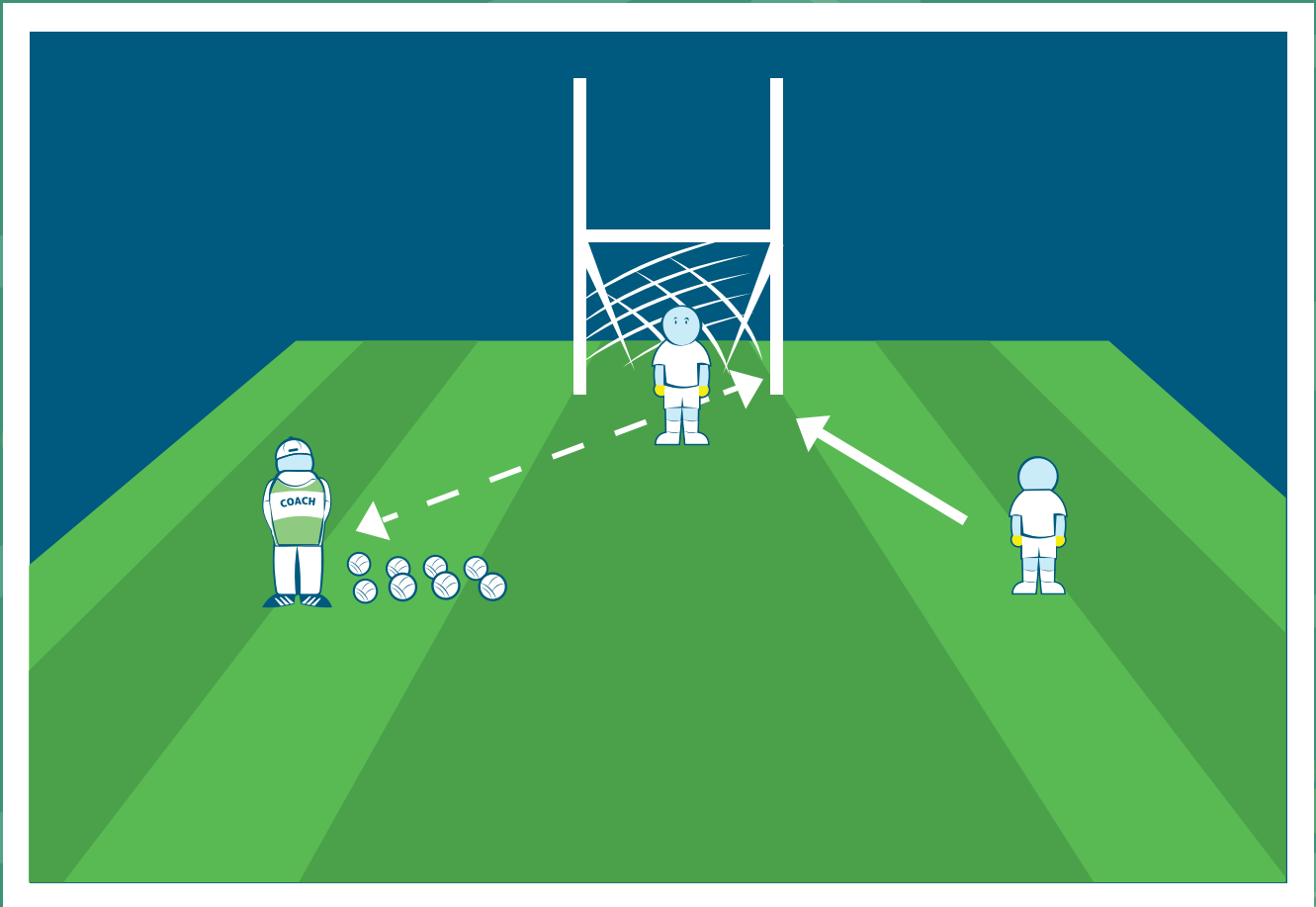
- Server can fist or slap the ball in
- Server can go back across the goal
- Add in an extra attacker

Regression

- No variation on the shots
- Wait until the GK is across the goal mouth before shooting
- Increase the distance of the shot



NEAR POST POSITIONING



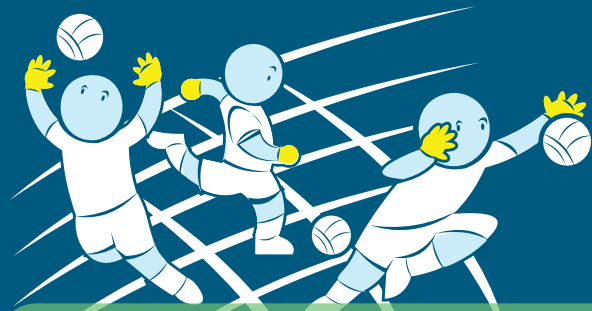
- Coach calls “Start/GO”
- GK must sprint out and touch the cone in front of the coach
- Coach then plays a ball across to the shooter
- GK moves across their goal in order to get ready for a shot at goal
- Repeat

TURAS PRINCIPLES IN ACTION

Understands the player is at the centre of the game and provides individualised development

During activity focus on the individual movement and footwork of GK





TURN & SAVE

What is this activity trying to improve?

- Positioning
- Reactions
- Diving

KEY COACHING POINTS

Head



Spot the ball & shooter as quick as possible

Hands



Gunslinger position

Feet



Set Position

HOW TO DEVELOP

Technical

- Work on the GK getting in line with the shot & being well balanced in the "Set" position before the shot



Speed

- Fire shots quickly after the call to force GK to react as quick as possible



Conditioning

- No breaks
- Higher reps



COACH BY ABILITY NOT AGE



Progress

- Vary the throw or the roll
- Add in extra servers
- Come closer to the goal for the shot

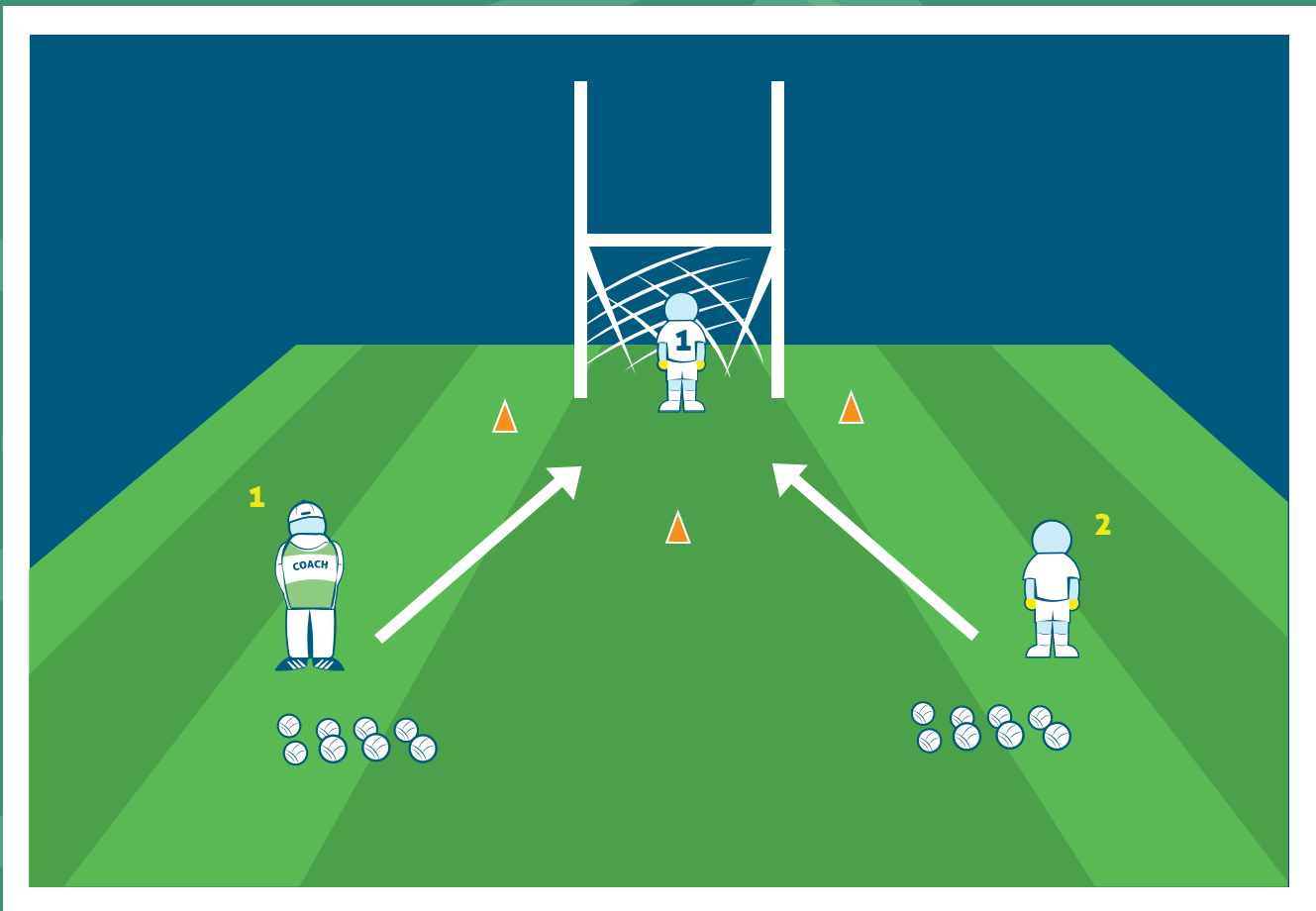


Regress

- Only one server
- Increase distance of the shot
- Use portable goals instead of the main goal as its a narrower target
- Only take shots from the ground
- Roll the ball or overarm bounce the ball instead of kicking



TURN & SAVE



- Set out 3 cones in front of the goal making two angled goals in front of the main goal
- GK starts with back to the coach
- On coaches call the GK turns to face a shot through the small cones into the big goal
- The GK must react to whichever server is taking the shot and try make the save

TURAS PRINCIPLES IN ACTION

Understands the player is at the centre of the game and provides individualised development

Up-skill GK on positioning , reactions and diving





COMMUNICATION UNDER A HIGH BALL

What is this activity trying to improve?

- Communication
- Clear instructions
- Dealing with High Balls

KEY COACHING POINTS

Head



Watching the ball, seeing the other players & communicating throughout

Hands



Are you going to catch, punch or save..?

Feet



What is the optimum position based on the angle of the ball & the attackers position

HOW TO DEVELOP

Technical

- Allow 5 seconds after each rep to allow GK to get into their set position.
- After each set discuss what worked well/didn't work well.



Decision Making

- By adding an attacker or a mannequin the GK must decide whether to catch or punch the ball.
- After claiming possession, the GK must attack and distribute to the opposite wing.



Communication

- Ensure that throughout this activity the GK is vocal and constantly calling before they go for each ball.
- If a forward/defender is being used, GK must be talking to defender.



COACH BY ABILITY NOT AGE

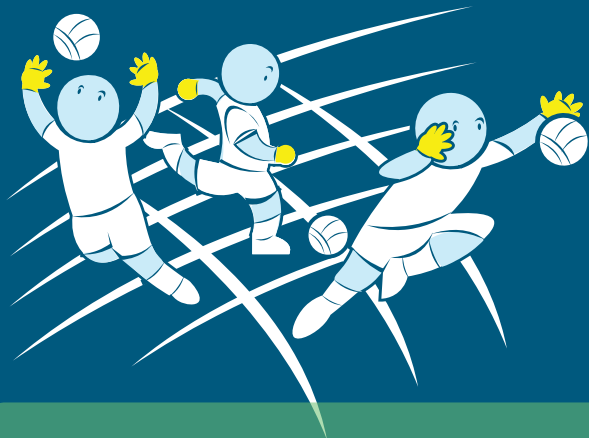


Progress

- Add an attacker(s)/defender(s) to replicate match situations.
- Use extra poles or mannequins as added distractions.
- Have balls coming from multiple directions during each set.

Regress

- Server starts by throwing the ball from a close range.
- Focus on all deliveries coming from the one direction.
- Allow extra time between each delivery to let the GK get reset.

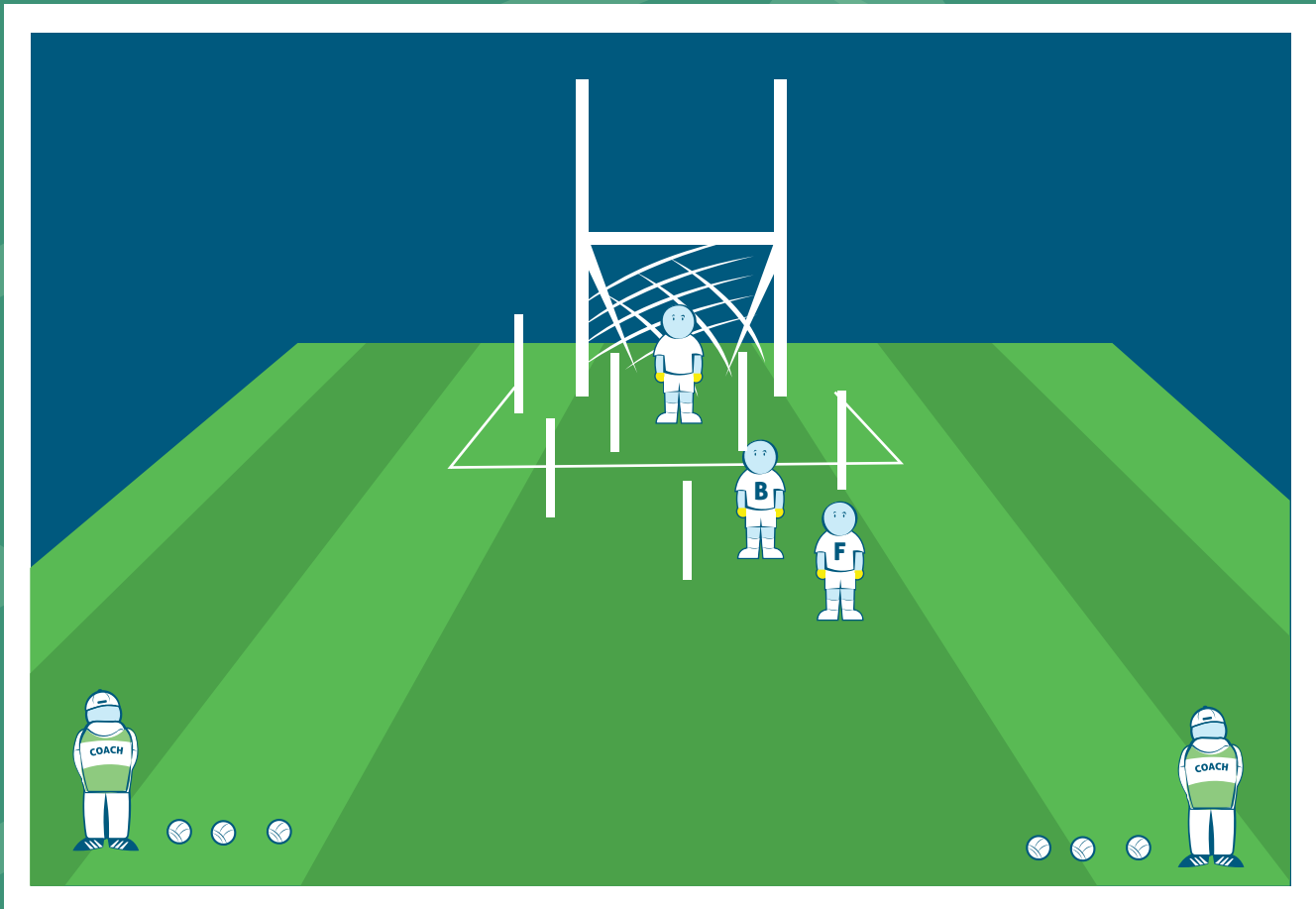


TURAS

GOALKEEPING



COMMUNICATION UNDER A HIGH BALL



- GK starts inside small box
- Defender starts between small box and penalty spot
- Ball is lobbed in by either feeder
- Forwards aim is to try flick the ball goalwards
- GK must communicate with defender

CALLS :

- “”BOX”” = Defender must shield forward from entering small box
- “”DEAL”” = Defender attacks the ball
- “”KEEPER”” = GK attacks the ball

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

Positive and clear communication to be encouraged by coach





HOP JUMP AND SAVE

What is this activity trying to improve?

- Footwork
- Shotstopping
- Handling

KEY COACHING POINTS

Head



Head up looking forward even if that means hitting the ladder until GK gets used to in (start slow)

Hands



Gunlinger position

Feet



Quick feet, hit the middle of the space between rungs, no crossing of feet

HOW TO DEVELOP

Technical

- Reinforce head hands feet.
- Focus on good diving technique (Remember feeder is not trying to score)



Speed

- Allow longer rest so player can perform activity at a high intensity.
- Reduce the number of cones.



Conditioning

- Perform higher amount of reps/sets.
- Allow less recovery between sets.



COACH BY ABILITY NOT AGE



Progress

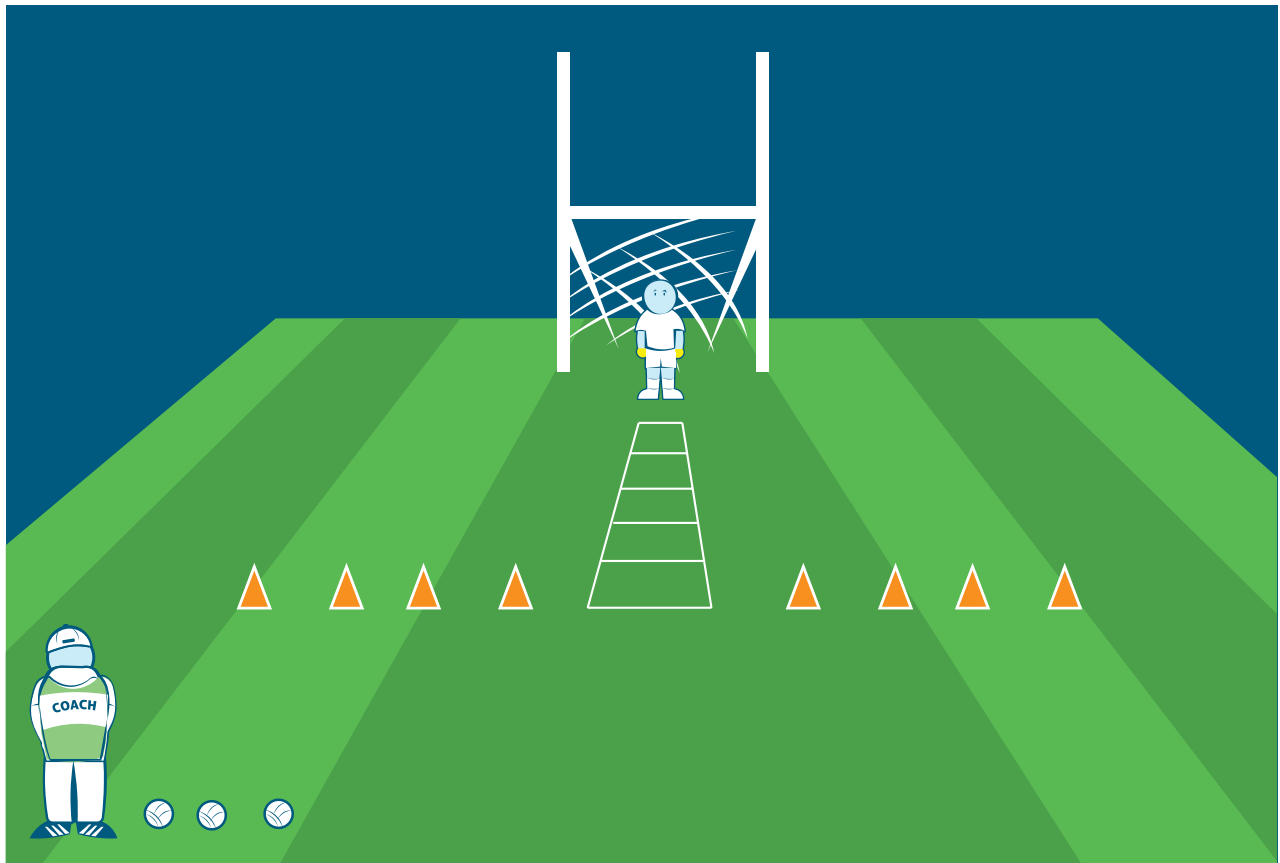
- Add extra cones/ladders
- Add a catch at the end of ladder 1
- Vary movement through the ladders

Regress

- Finish with a catch rather than a save.
- You can remove the football altogether.
- Keep the movements simple. Start slow and then build up speed



HOP JUMP AND SAVE



- GK moves through the ladder performing the exercise the coach calls (High knees, one foot in each square, sideways, two foot in each etc.)
- When GK reaches the end of the ladder the GK again performs the exercise the coach calls
- At the end of the cones you make a save from the feeder
- Repeat on both sides

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Alternate the movement through ladders to challenge movement of GK





ENDURANCE SAVES

What is this activity trying to improve?

- Getting off the ground fast
- Footwork
- Fitness

KEY COACHING POINTS

Head



Head & chest facing the ball all the time

Hands



Pump elbows when moving & on saves good stopping & controlling hands

Feet



Quick feet & no crossing

HOW TO DEVELOP

Technical

- Focus on proper technique. Lead with right hand if diving right.
- Use good footwork to get back to cone as fast and efficiently as possible.



Conditioning

- By adding extra cones the GK must complete extra reps.
- Ensure the GK gets back to the cone as fast as possible to limit time between reps.



Speed/Sharpness

- Focus on getting up and back to the cone as fast as possible after each save.



COACH BY ABILITY NOT AGE



Progress

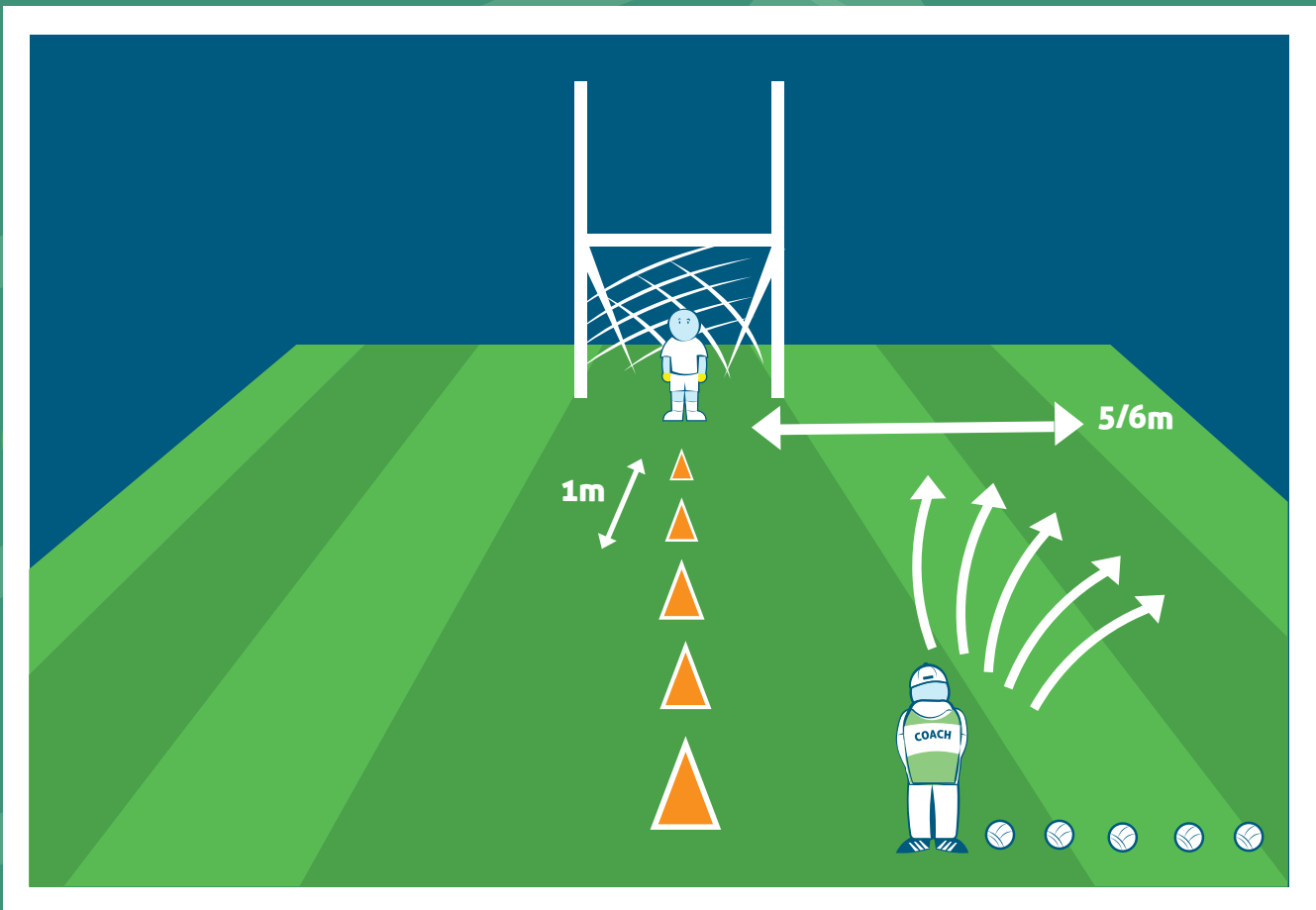
- Bigger distance between cones
- Add more reps
- Increase distance of dive
- Increase difficulty of shot

Regress

- Coach rolls the ball rather than kicking it.
- Place another cone on both sides of the center cone a distance that the GK can cover with a step & dive so as to give the feeder a target to aim at
- Slower rolls so the GK can Set after the center cone to focus on the dive & save
- Place balls opposite the center cones so GK is diving to a stationary ball



ENDURANCE SAVES



- GK touches cone 1 with right hand
- GK must then save a shot from feeder
- Once the ball is saved the GK moves to cone 2 and touches it then makes save again
- Repeat at all cones
- Repeat next set while diving the opposite direction

TURAS PRINCIPLES IN ACTION

All players involved, all the time; lots of touches, lots of decisions

GK involved all the time saving shots getting off ground fast and saving again





HELP THE LONE RANGER

What is this activity trying to improve?

- Communication
- Control of the area

KEY COACHING POINTS

Head



Seeing all players & communicating clearly with defender (put off the attackers with talk also – pass now, take the shot, go on your own, etc)

Hands



Be animated, cause distraction (important GK is in control of this & its not putting themselves off)

Feet



Moving so line of sight is clear & edging towards the attacker not covered by the defender

HOW TO DEVELOP

Decision Making

- Can we read a hand pass and close it down?



Communication

- Can we direct the panicked defender?



Technical

- Correct footwork & Hands up in our Gunslinger position,
- Ask in advance about the scenario & what words could be used to help the defender understand instantly



COACH BY ABILITY NOT AGE

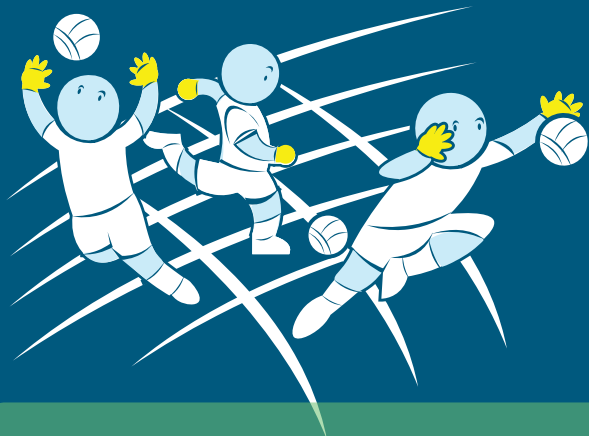


Progress

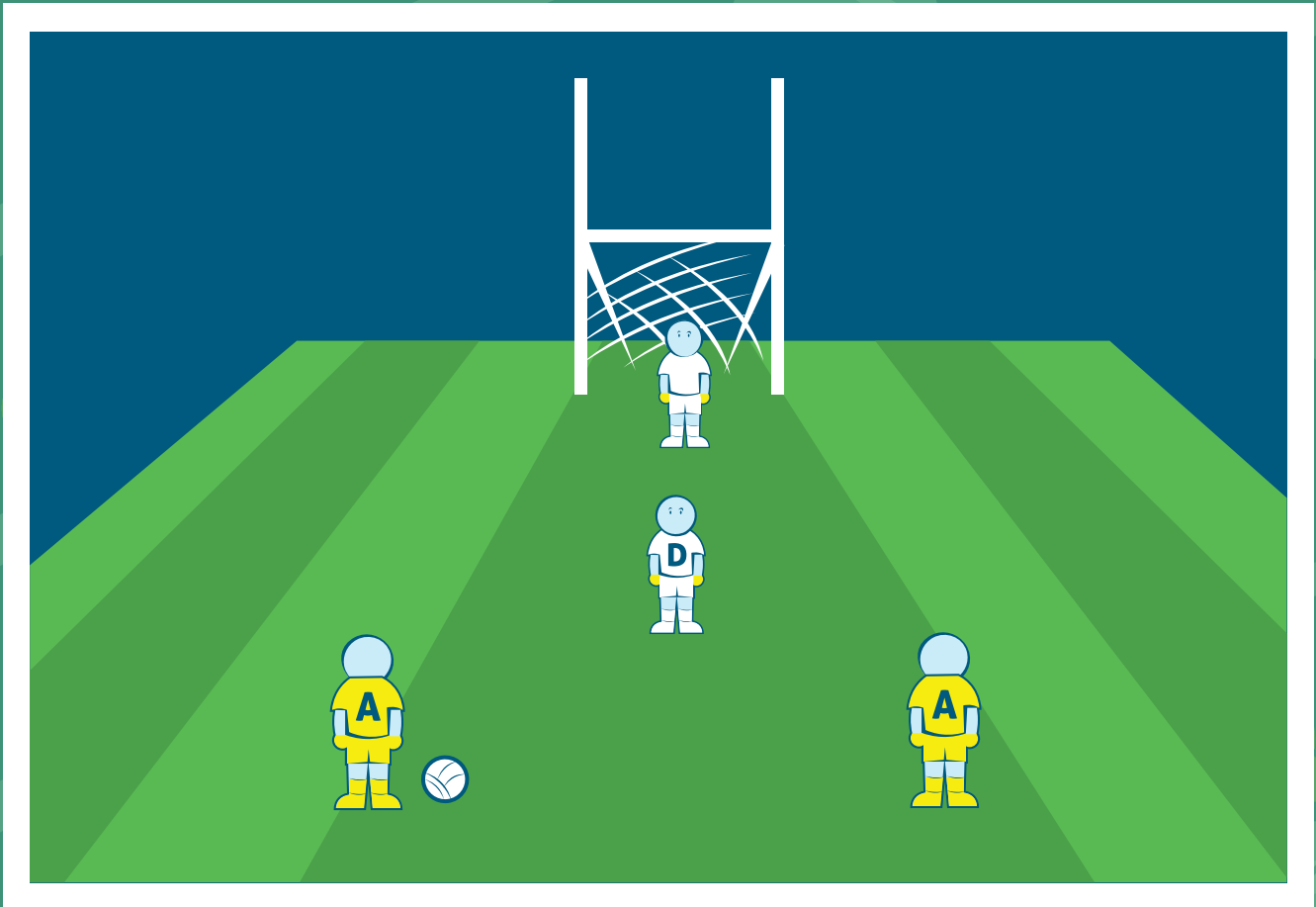
- Bring start point closer to the GK
- GK cant be in the square
- Defenders must play with hands behind there back

Regress

- Change to 1 attacker V 1 defender
- Start the attacker further out
- Allow defenders & GK to discuss after every rep
- Create a channel which attackers cannot go outside
- No palmed finishes allowed



HELP THE LONE RANGER



- 2 V 1 scenario
- GK must help defender by taking control and making the decision for them
- GK must advise defender to retreat, press the ball or take the player without the ball
- GK must think quick and control the situation through communication
- Question all the players in the move about the decisions that were made
 - Did the GK & defender make life easier or harder for the attackers
 - Even if a goal went in did the GK & defender play the situation well

TURAS PRINCIPLES IN ACTION

Understands the player is at the centre of the game and provides individualised development

This is all about the GK's communication & decision making so ensure you create the environment that allows the GK & Defender to have success as well as time to discuss & learn from their mistakes





CATCH AND DELIVER

What is this activity trying to improve?

- High pointing the ball
- Driving out of danger
- Accurate kick passing
- Playing heads up

KEY COACHING POINTS

Head



Hear the gate number & process that info quickly

Hands



Take the ball as high as possible

Feet



Hit the ground moving forward & make an accurate kick

HOW TO DEVELOP

Technical

- Head behind the ball on catch while attacking the ball



Speed/Sharpness

- Speed of sight to find your team mate and deliver



Decision Making

- Understanding the type of kick pass that's needed



COACH BY ABILITY NOT AGE



Progress

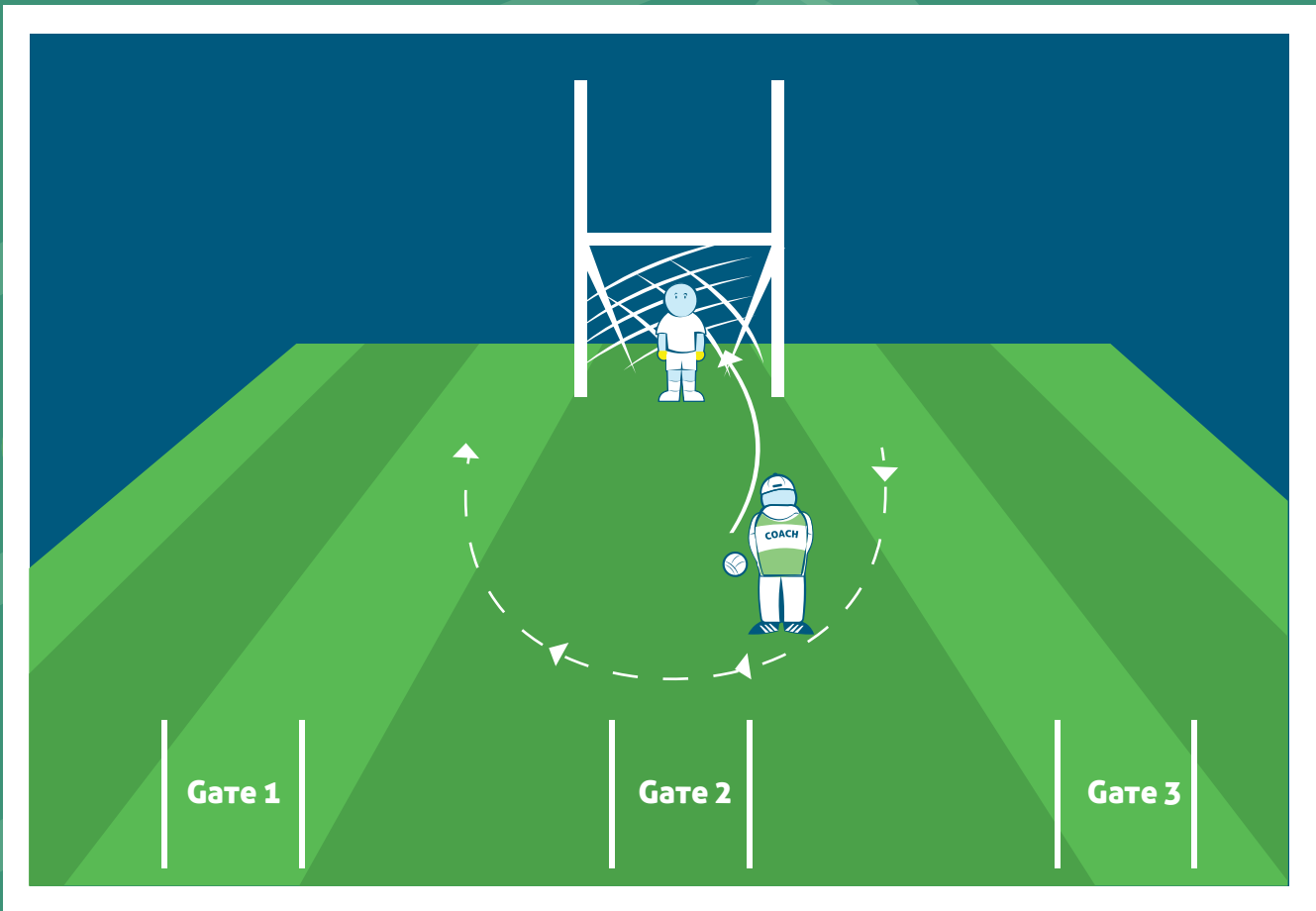
- Shorten the width of the gates
- Add a tackle bag after the high catch
- Put in a defender to cut out the foot pass

Regress

- Widen the gates
- Allow a chest catch
- Allow GK to choose their own gate



CATCH AND DELIVER



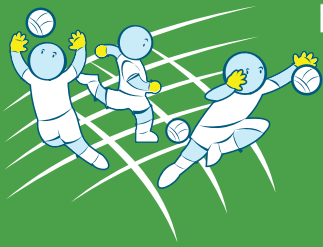
- Coach drops high balls in anywhere around the D
- GK is encouraged to high catch the ball
- When the ball is in the air, coach calls 1, 2 or 3
- GK then delivers a kick pass through the gates

TURAS PRINCIPLES IN ACTION

Understands the player is at the centre of the game and provides individualised development

As this is training get the GK to come for every ball then ask them "Was that the right decision?" Allow your GK to make mistakes in the safety of training so when it comes to the game they have seen every kick in many times before & they will make good decisions





GK RESOURCE MENU

MENU CODE	
Positioning	A
Catching	B
Kickouts	C
Diving	D
Shot Stopping	E
Reactions	F
Team Play	G
Hand Passing	H
Kicking From The Hand	I

VOLUME 1

No.	Activity Name	Technical	Conditioning	Decision Making	Speed Sharpness	Communication	Skills Covered
1	Speed Bumps	✓		✓	✓		A E F
2	3 & Out	✓		✓	✓		C
3	Keepers Crawl	✓	✓		✓		D E F
4	Saves Galore	✓	✓		✓		A B D E F I
5	4 Goals Game		✓	✓		✓	A D E F G
6	Big & Brave	✓	✓		✓		A B D E F H
7	Bodyshot	✓	✓		✓		A D E F
8	Cut The Angle	✓			✓		A D E F
9	Double Tap	✓	✓		✓		A D E F
10	React And Restart	✓		✓	✓		C F G
11	Stop Or Save	✓		✓	✓		A B F
12	The GK Triangle	✓			✓		A D E F
13	The Stinger	✓			✓	✓	C
14	To The Toe	✓		✓	✓		A D E F
15	Up And Out	✓		✓		✓	A B F G I
16	Should I Stay Or Should I Go?	✓		✓		✓	A B F
17	Over The Top (OTT)			✓	✓	✓	A B F
18	Target Practice	✓		✓		✓	C F
19	Positioning Under A High Ball	✓	✓	✓			A B F G
20	Near Post Positioning	✓	✓		✓		A D E F
21	Turn & Save	✓	✓		✓		A B D E F
22	Communication Under A High Ball	✓		✓		✓	A B F G
23	Hop Jump And Save	✓	✓		✓		A D E F
24	Endurance Saves	✓	✓		✓		D E F
25	Help The Lone Ranger	✓		✓		✓	A E F G
26	Catch And Deliver	✓		✓	✓		A B F I

VOLUME 2 FOR DOWNLOAD

No.	Activity Name	Technical	Conditioning	Decision Making	Speed Sharpness	Communication	Skills Covered
27	Goal Line Shuffle	✓	✓		✓		ABH
28	Point Savers	✓			✓		ABF
29	Break The Gate	✓		✓	✓		AGH
30	Building Blocks		✓	✓	✓		ADEF
31	Criss - Cross	✓	✓			✓	ABH
32	In The Breadbasket	✓		✓	✓		CFH
33	Quick Step	✓	✓		✓		ADEF
34	Step Step Save	✓	✓		✓		ABDEF
35	3V2	✓		✓		✓	ADEFG
36	Backwards High Ball	✓	✓		✓		ABDF
37	High Ball & Accelerate	✓	✓		✓		ABFHI
38	Hit The Blue	✓	✓	✓			C
39	Angles	✓	✓		✓		ABDEF
40	React & Save	✓	✓		✓		ADEF
41	Across The Goal	✓	✓		✓		DEF
42	Recovery Saves	✓		✓	✓		ADEF
43	5 Star Reactions	✓	✓		✓		ABDF
44	Dive X 5	✓	✓		✓		DEF
45	Pass The Buck	✓			✓	✓	BFH
46	Advice			✓	✓	✓	FG
47	Hit The Target	✓	✓		✓		CFG
48	The Retreat	✓	✓		✓		ABEF
49	Channels	✓	✓		✓		ABFH
50	Back Pedal And React	✓	✓		✓		ABDEFH
51	Read The Play		✓	✓	✓		ABFG

VOLUME 3 FOR DOWNLOAD

No.	Activity Name	Technical	Conditioning	Decision Making	Speed Sharpness	Communication	Skills Covered
52	Wobblers	✓	✓		✓		ABDEF
53	Slips			✓	✓	✓	ABFH
54	Distraction	✓	✓		✓		ADEF
55	Ricochet	✓	✓		✓		ADEF
56	Johnny Wilkinson	✓			✓		C
57	In And Out	✓	✓			✓	BFGH
58	Save The Spike	✓	✓	✓			ADEF
59	Catch And Kick	✓		✓	✓		ABGI
60	Side To Side High Ball	✓	✓		✓		ABH
61	Left Middle Or Right	✓	✓		✓		C
62	Donkey	✓	✓		✓		BCF
63	Through The Legs	✓	✓		✓		DF
64	Save With Your Feet	✓	✓		✓		AEF
65	Find The Forward	✓		✓		✓	AFG
66	Figure Of 8	✓	✓		✓		ABDEFH
67	Extra Man	✓		✓		✓	ABFGHI
68	Wall Ball	✓	✓		✓		ABDEF
69	Flick Ball	✓	✓	✓			ABDEF
70	Blind Goalie			✓	✓	✓	AFG
71	The Schmeichel	✓		✓	✓		ABDEF
72	Quick Hands	✓		✓	✓		BFH
73	The Grid	✓	✓		✓		ABDEFH
74	Hop Skip And Dive	✓	✓		✓		DEF
75	Plant And Pass	✓			✓		CF
76	Double The Dribble	✓	✓		✓		BFI

LD CONFIDENCE SET POSITION LOTS OF BALLS
TRAY DIVING HANDS THE FOOT CLOCK



GK

THE ARMS CLOCK
STOPPING HAND

TURAS

PROVIDE
FEEDBACK

GUNSLINGER GENUFLECTION BENCH PRESS
PUNCHING OVERHEAD CATCH CONTROLLING HAND



LEINSTER

TURAS

VOLUME 2

BUILD CONFIDENCE SET POSITION LOTS OF BALLS
TEA TRAY DIVING HANDS THE FOOT CLOCK

GK

THE ARMS CLOCK
STOPPING HAND



PROVIDE
FEEDBACK

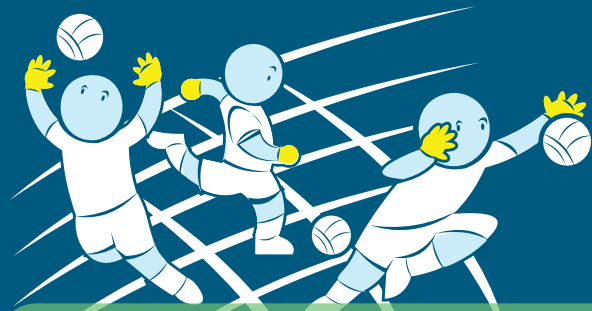


GUNSLINGER GENUFLECTION BENCH PRESS
PUNCHING OVERHEAD CATCH CONTROLLING HAND

GOALKEEPING
FOR COACHES



LEINSTER



GOAL LINE SIDE SHUFFLE

What is this activity trying to improve?

- Fitness
- Vertical Jump
- Footwork

KEY COACHING POINTS

Head



Eyes on the current ball particularly as the GK tires

Hands



High point the ball as much as possible

Feet



Toes forward, no heel clicks or feet crossing

HOW TO DEVELOP

Conditioning

- Feeder opposite each post
- Lots of balls
- Keep GK moving



Sharpness

- High point the ball every time
- Drive out on the 2nd catch



Technical

- Focus on footwork & high point catches
- Work on single hand punch & double hand punch



COACH BY ABILITY NOT AGE

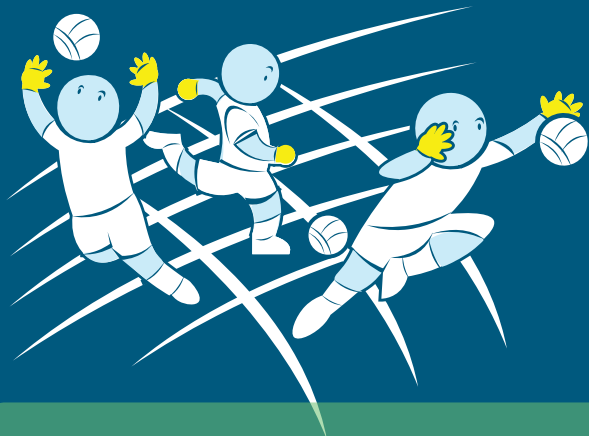


Progress

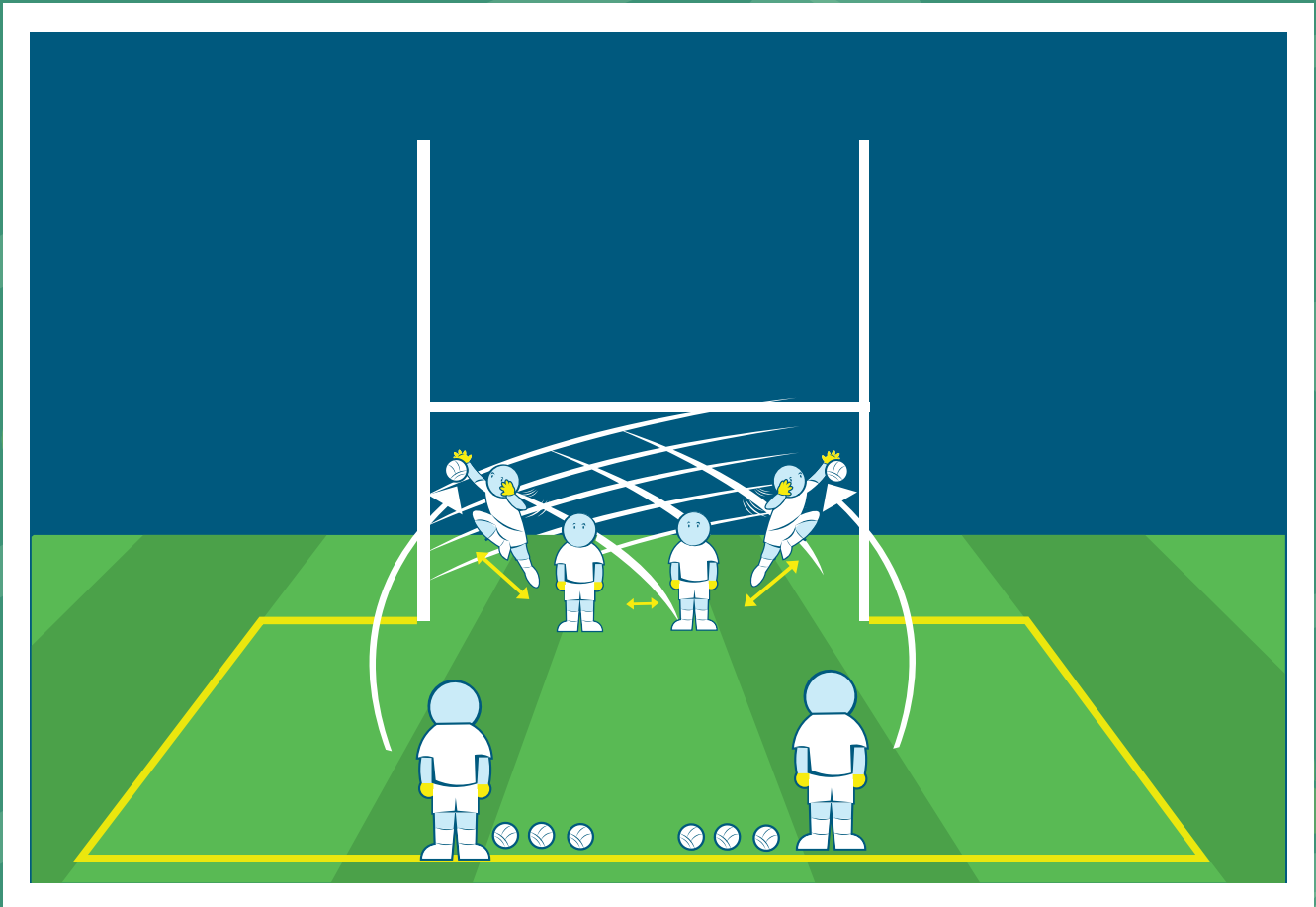
- Must hand pass back to feeder
- Use heavier balls
- Flat throws (throw-in's in soccer)
- 2 GK's at the same time (in opposite directions)

Regress

- Less reps
- GK doesn't have to jump on the catch
- GK can throw the ball back
- Use poles instead of goals so crossbar not in play



GOAL LINE SIDE SHUFFLE



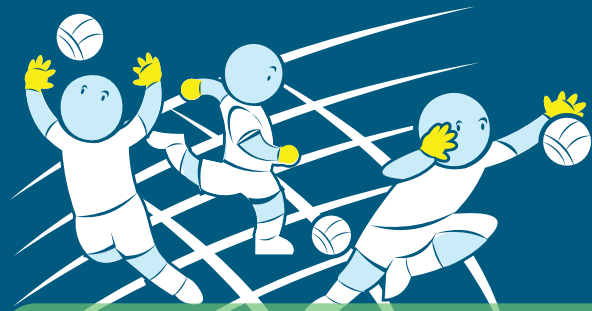
- GK stands inside 1 goal post
- 1 feeder stands in front of each goal post on the line of the small box
- Each feeder has multiple balls
- GK moves across the goal line to the opposite post where the feeder will lob a ball so the GK can jump to catch it at crossbar height above the goal line
- GK should ideally land outside the far post
- GK returns the ball to feeder as they make their way back to the other post & the 2nd feeder

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Your new favourite activity to improve your GK's fitness in a way that is very GK specific, challenges the body & the mind while under fatigue





POINT SAVERS

What is this activity trying to improve?

- Vertical Jump – without stepping forward
- Strength at the high ball under the crossbar
- Point saving ability
- Timing of the jump

KEY COACHING POINTS

Head



See the writing on the ball

Hands



Use arms to aid jump height, long arms to the catch

Feet



Powerful stance, double leg jump, explode up, no stepping forward

HOW TO DEVELOP

Technical

- Focus on standing jump (no stepping)
- Place an object in front to prevent stepping forward



Technical

- Do in front of a wall to prevent arcing back
- Focus on the use of arms to aid jump



Sharpness

- Low reps & breakout to the side on the call



COACH BY ABILITY NOT AGE



Progress

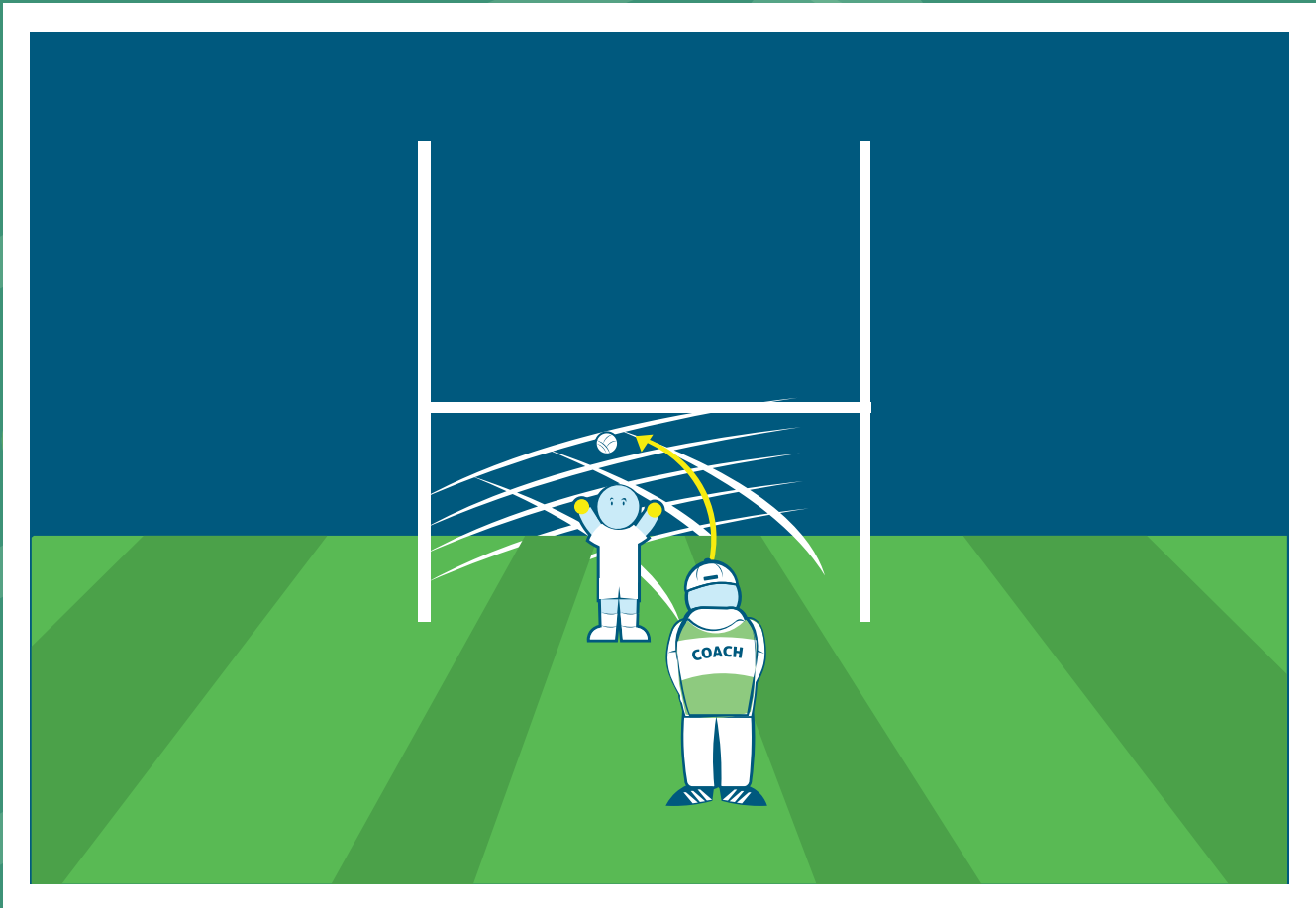
- Less time between reps
- More reps per set
- Heavier balls
- Jumping out of mud
- Flat throws (soccer throwin style) requires GK to react quicker

Regress

- More time between reps
- Simulate the throw but no catch (focus on just the jump)
- Lobbed throws allow GK more time to react



POINT SAVERS



- GK stands with heels just in front of the goal line (so they don't hit the crossbar when jumping straight up)
- Feeder stands 1M in front of them with a ball
- Feeder throws the ball up to a height a little above the crossbar so as the ball comes down from that height directly above the GK's head
- The GK, from a standing position, explodes up to catch the ball at the highest point possible
- Don't let the GK lead with only 1 hand (they will reach higher in this exercise with ball coming softly but will not help them when ball is kicked in with more weight)
- Don't let GK get into the habit of hanging on the crossbar if they think they can't catch the ball (this will only train grabbing of the bar & they will give up on catchable balls)

TURAS PRINCIPLES IN ACTION

Resembles the game

A GK's biggest challenge is trying to catch a high ball under the crossbar. See your GK's confidence grow from practicing this activity & just wait for the day they start saving points in matches





BREAK THE GATE

What is this activity trying to improve?

- Dealing with the ball in live possession
- Working with our outfielders
- Communication

KEY COACHING POINTS

Head



Head up, keeping an eye on how the play is developing.

Hands



Ball in hand

Feet



Ready to move with the play

HOW TO DEVELOP

Technical

- Encourage the GK to use their plays.
- GK should practice both sides.



Speed/Sharpness

- The GK sees everything
- They should dictate how/where the play goes.



Decision Making

- Should they join the play
- When should they pass?
- What pass should they use.



COACH BY ABILITY NOT AGE



Progress

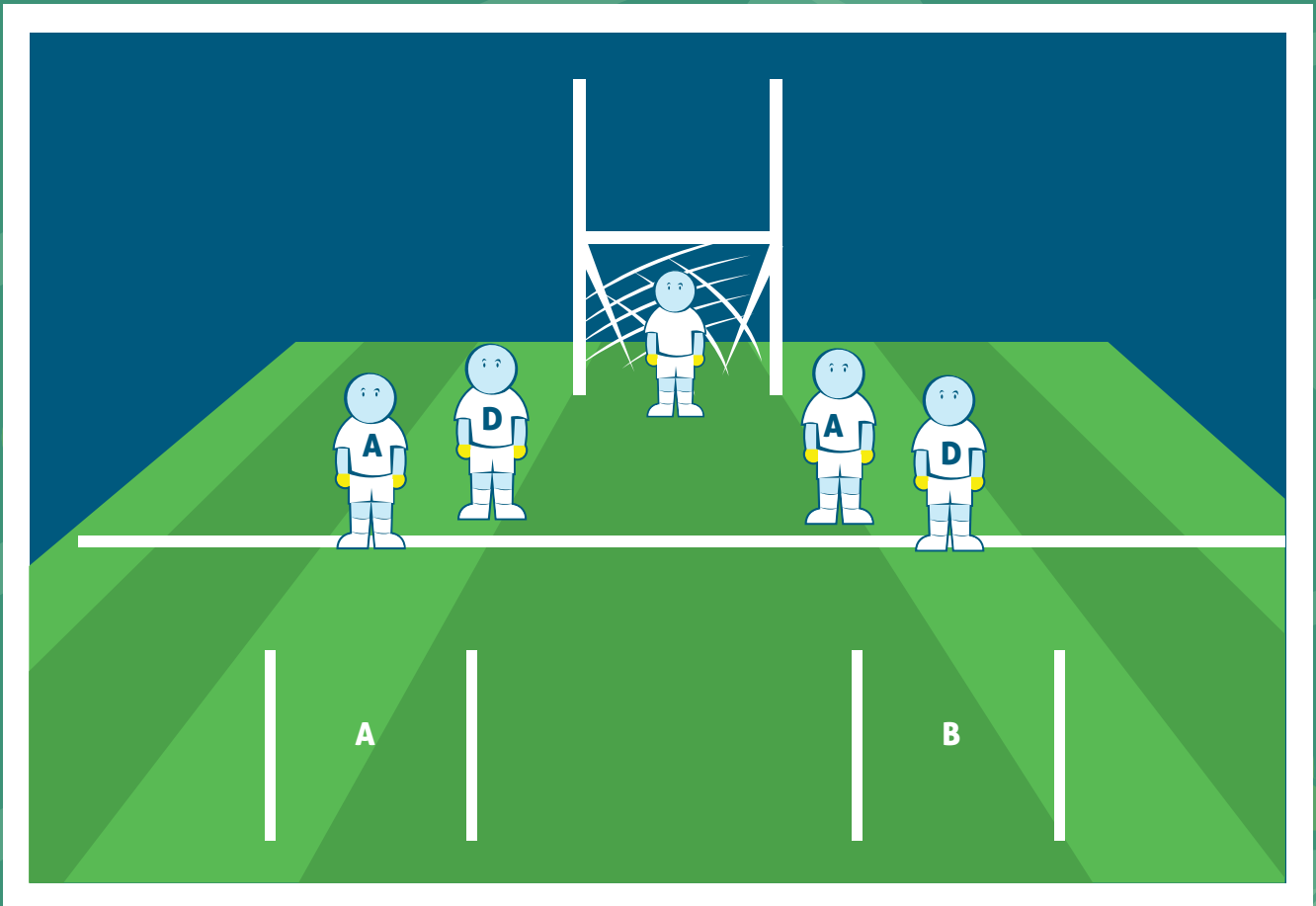
- Add more players, which creates more challenges/choices.
Add a time limit to the exercise.
- Take plays out of the game, creating harder decisions for the GK to make.
- Add an extra attacker to take the natural overlap out of the exercise.

Regress

- Add an extra defender to the game.
- Reduce the distance to the gates making it a less strenuous task.
- Allow the GK to be shadowed but not tackled to help build their confidence on the ball.



BREAK THE GATE



- The GK starts with the ball in hand.
- They must work with the defenders to get out through gate A or B.
- If the attackers turn the ball over they can score a goal.
- Communication is important and it should be starting from the GK.

TURAS PRINCIPLES IN ACTION

All players involved, all the time; lots of touches, lots of decisions

GK will make a huge range of different individual decisions here in trying to find a teammate with a pass.





BUILDING BLOCKS

What is this activity trying to improve?

- Blocking
- Footwork
- Building confidence

KEY COACHING POINTS

Head



Head up watching the coach's movement

Hands



Lead forward with long straight arms

Feet



In the set position

HOW TO DEVELOP

Sharpness

- On their toes ready to respond
- Hands are set and then ready to attack the ball
- The dive is on the GK's side, not their belly



Decision Making

- Being able to get to the kickers toe, always remembering our technique.



Conditioning

- Repetition will condition good technique and improved speed.



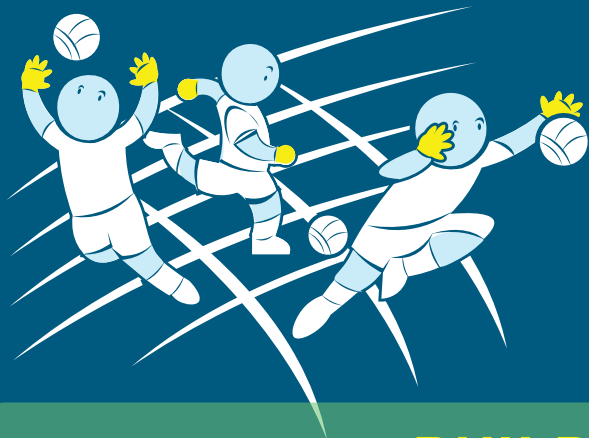
COACH BY ABILITY NOT AGE

Progress

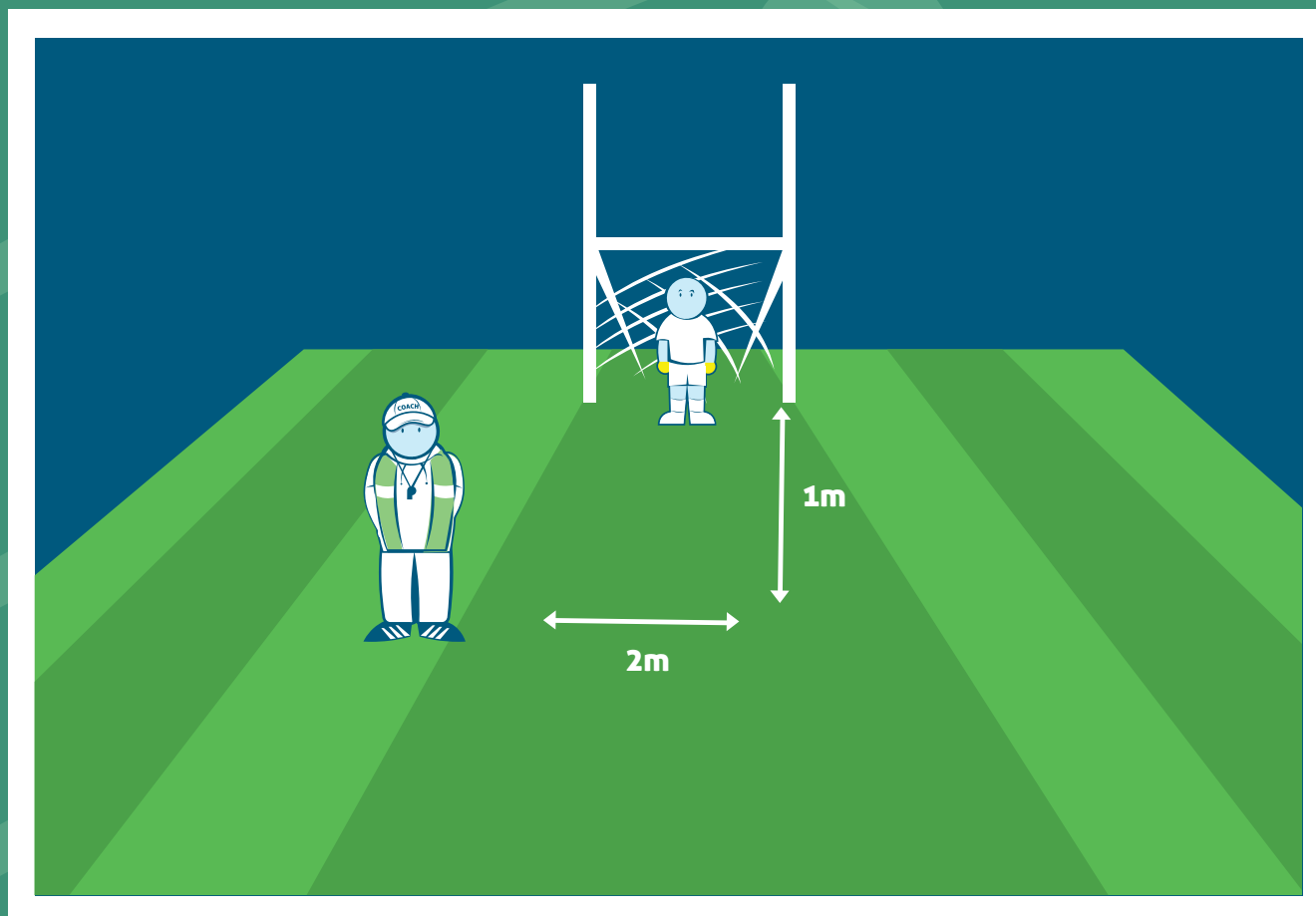
- Have an attacker each side of the GK, letting them alternate every time.
- Increase the distance between the coach and GK, making it a longer dive to block.
- Change kick technique, punt/drop/instep, to allow GK to face different styles of shooting

Regress

- Have the GK dive without a ball so they can build up confidence in the technique.
- Use a soft ball to build the GK's confidence in the block.
- GK start on their knees & falls to the side & slightly forward to make the block



BUILDING BLOCKS



- The GK starts on the line, the coach starts facing the GK but two steps to the left or the right.
- The GK in the set position waits on the call from the coach.
- On the call the coach kicks the ball straight, the GK attempts to dive down to the toe of the coach and block the ball.
- The GK makes sure they dive with the hands to the ball and the head and body behind the hands as a second barrier.
- The GK resets and repeats from both sides.
- Never kick at full force due to the risk of wrist/finger injury.

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

GK should really enjoy this activity - Encourage fun and laughter throughout





CRISS-CROSS

What is this activity trying to improve?

- Footwork
- Handling
- Communication

KEY COACHING POINTS

Head



Head up, looking forward

Hands



Gunslinger position

Feet



No crossing of feet or clicking of heels when moving

HOW TO DEVELOP

Technical

- Good 'set' position with hands out in front and body behind the ball.
- Good footwork in the goal, side stepping across to cover the space.
- Handpass back to the coach is of a good standard, to the chest.



Communication

- There is clear communication between the GK's and coaches.
- The communication is clear and definite to prevent confusion.



Conditioning

- Increase reps and/or tempo



COACH BY ABILITY NOT AGE



Progress

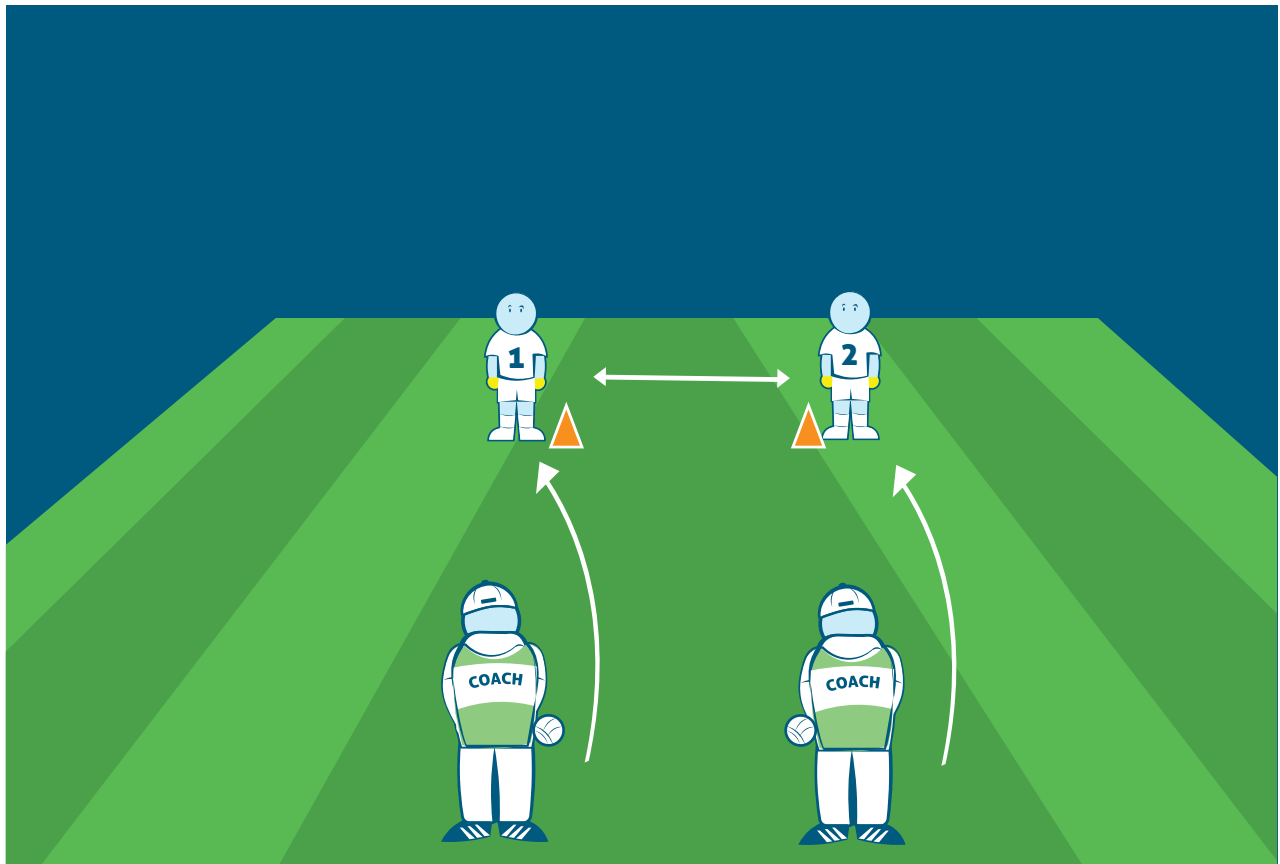
- Coaches kick the ball at match pace
- Coaches can alternate serve heights from high-medium-low
- Alternate the style of kick i.e., instep/outside/punt/drop
- Reduce the distance of kick for a reduced reaction time.

Regress

- Throw the ball at the GK
- Reduce the distance that needs to be covered for the cross over.
- Have each GK always stay at either the front or the back to prevent a mix-up.



CRISS-CROSS



- The two GK's line up on two cones 6 meters apart.
- They are both facing forward across from another GK or coach.
- They receive a kick at chest height, catch the ball and handpass back to the coach/GK.
- They then side step across to the other cone, switching places with the other GK.
- They must make a clear call on who will be in front and who will be behind.
- When they reach the opposite cone they call 'set' and receive another shot from the coach/ GK.

TURAS PRINCIPLES IN ACTION

Resembles the game

Both GK's are reliant on each other to be successful within the activity - much like a game where they must work with team mates.





IN THE BREADBASKET

What is this activity trying to improve?

- Kickouts to corner backs.
- Working off both feet.
- Taking forwards out of play

KEY COACHING POINTS

Head



Scanning for best option

Hands



Practice pointing & misdirection

Feet



Right footers almost 5pm, left footers just after 7pm

HOW TO DEVELOP

Technical

- Focus on good striking position so ball clears forward & gets to defender quickly.
- Do not lean back to prevent the ball floating.



Speed/Sharpness

- Ensuring that the speed of the kick is enough to get to the defender and not invite attackers.



Decision making

- Question the GK on their choices.
- Does the reward beat the risk of the kick?



COACH BY ABILITY NOT AGE



Progress

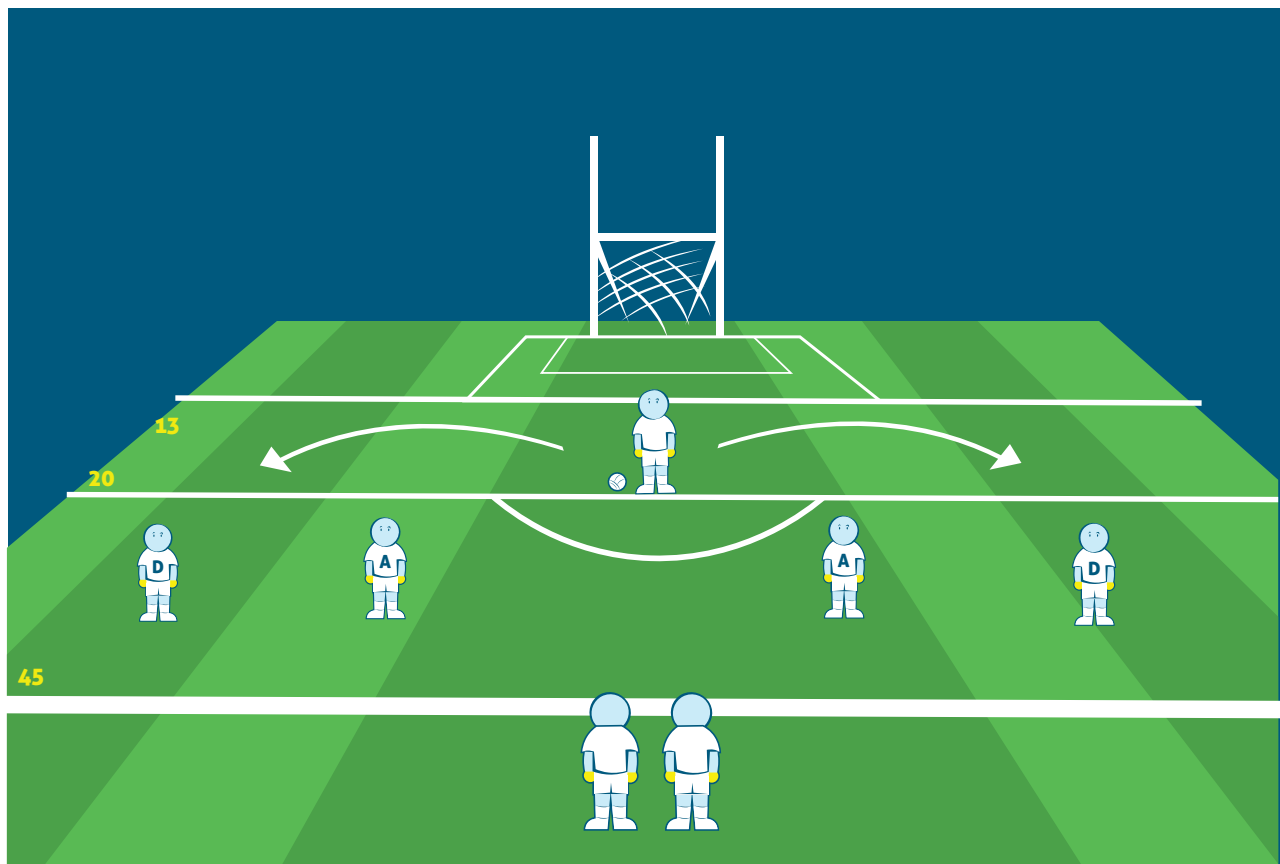
- Bring the kick into a small sided game scenario.
- Allow the attackers to score if they win possession.
- Allow the attackers to get closer to the defenders, creating a harder kick.
- Have a time limit for the GK to get the ball from hand to the kick.

Regress

- Allow the GK to use their dominant foot for kick to both sides of the pitch.
- Allow defenders to move closer to the 45, making more space for the GK to hit.
- Place cones where forwards must start



IN THE BREADBASKET



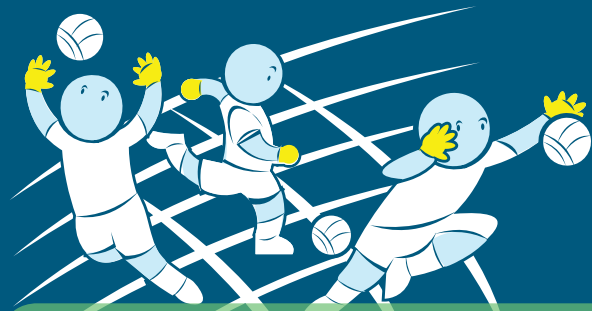
- The corner backs pull wide, while the corner forwards try to split the space.
- The GK kicks a ball over the corner forward and into the hands of the corner back on the sideline.
- The GK must kick same side, same foot (i.e., left foot left side, right foot right side).
- If the GK feels neither kick is on, they aim long to the midfielders.
- If the attackers win the ball they get a score & restart with another KO
- Encourage the GK's to try the hard kick and take the risk and allow them to learn from experience.

TURAS PRINCIPLES IN ACTION

All players involved, all the time; lots of touches, lots of decisions

GK & outfield players will make a huge range of different individual decisions here with and without the ball





QUICK STEP

What is this activity trying to improve?

- Quick footwork
- Diving
- Tipping the ball away from danger

KEY COACHING POINTS

Head



Up & facing the ball even if they are knocking the hurdle initially

Hands



Make the save away at an angle not out in front

Feet



Quick feet with minimal time in contact with the ground

HOW TO DEVELOP

Technical

- Feet should not become too wide/narrow.
- Diving should be forward.
- The diving hand(s) should push the ball away from danger.



Speed/Sharpness

- Ensure the footwork is quick and that the GK is light on their feet.



Conditioning

- Repeated reps will assist the keeper's ability to safely push the ball away from danger.



COACH BY ABILITY NOT AGE



Progress

- Vary the height of the kick on goal.
- If the ball comes back out, the coach should rebound the ball.
- Replace the steps over the hurdle with knee tuck jumps.
- Take the shots from different angles, forcing the GK to adjust.

Regress

- Roll the ball low to the corner or use a stationary ball.
- Remove either of the hurdles from the movement.
- Shoot from further back so that the GK has a greater reaction time.
- Have the GK call 'set'/'ready' before the coach shoots to ensure the GK is ready.

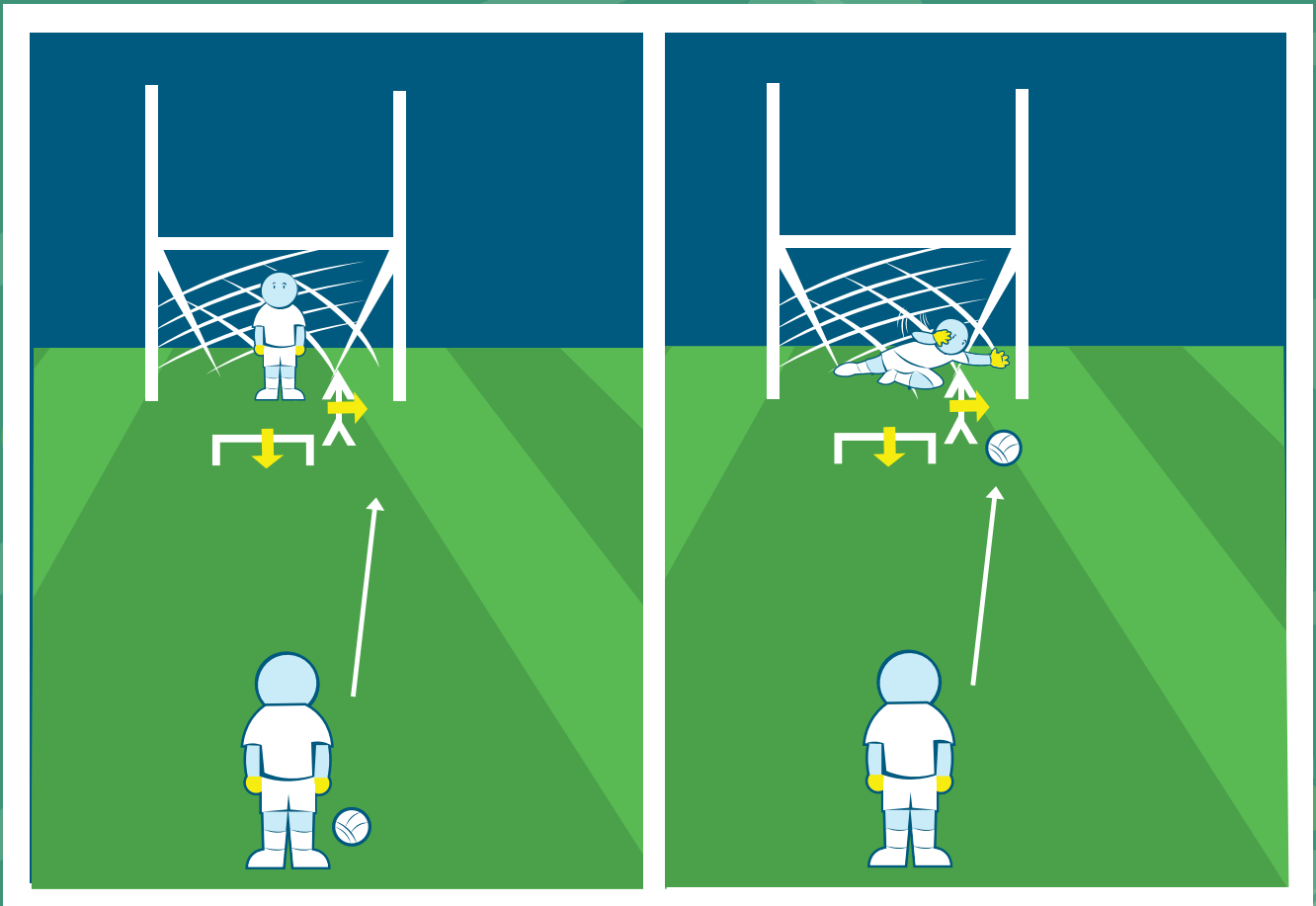


TURAS

GOALKEEPING



QUICK STEP



- The GK steps over the hurdle and then backwards.
- They then laterally step over the second hurdle.
- The shot is then taken, aiming low to the corner.
- The GK dives low to the corner aiming to push the ball away from the goal.
- Make sure the save is away from danger and not back out to the forwards.

TURAS PRINCIPLES IN ACTION

Resembles the game

Lots of movement patterns here are similar to how a GK will be required to move in a game





STEP STEP SAVE

What is this activity trying to improve?

- Footwork
- Handling
- Diving

KEY COACHING POINTS

Head



Eyes always on the ball

Hands



Bottom hand stops, top hand controls

Feet



Question to aid understanding of which foot/feet they are pushing through

HOW TO DEVELOP

Technical

- Good footwork, keeping hands in 'Bench Press' position.
- Diving forwards to the ball, not backwards.



Speed/Sharpness

- Pushing off our outside leg to get down to save the ball.



Conditioning

- Increased speed to improve conditioning and match pace technique.



COACH BY ABILITY NOT AGE



Progress

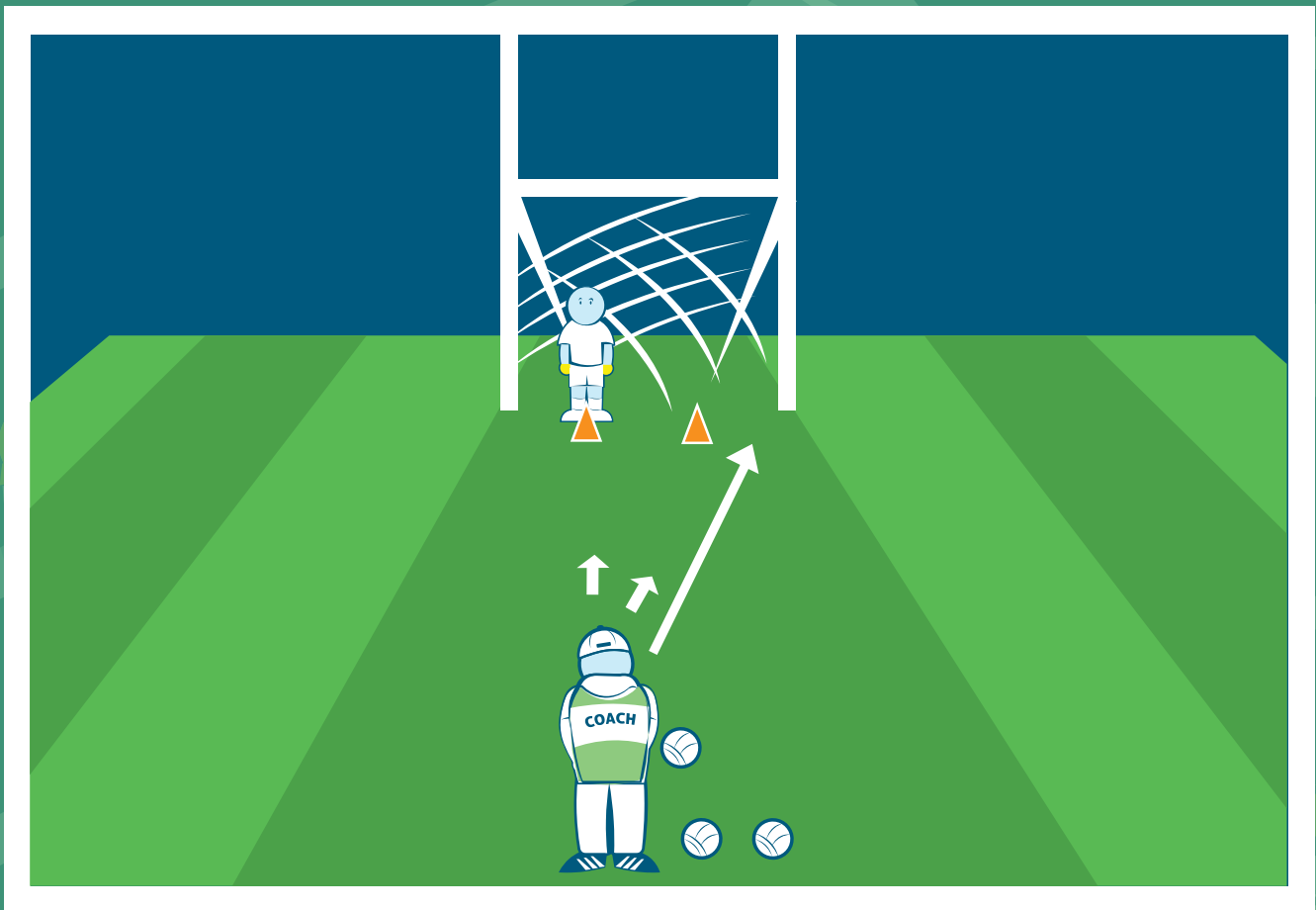
- Have the third shot in the opposite direction
- All kicks become match paced.
- Rebound the final shot if it comes back out.
- Add a 2nd kicker for the last shot to create a new angle.

Regress

- Increase distance of the GK, creating more reaction time.
- Remove one of the shots to create a 2 shot drill.
- Use a small goal, reducing the distance covered.



STEP STEP SAVE



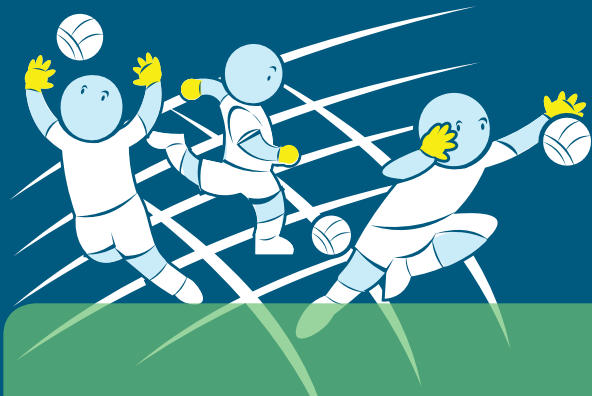
- The GK starts just inside of the posts in the goal, the coach about 8 meters out with 3 balls.
- The coach shoots at chest height at the GK, the GK saves and puts ball to the side,
- The GK steps across to the second cone and the coach repeats a similar kick.
- The coach then kicks the final ball towards the corner of the goal, the GK must now dive to save the ball.
- The GK should try to hold possession, if they cannot, they push it around the post or away from the goal and danger.

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Set players individual tasks to not have any spills over a number of shots. Try to beat this score next time around.





3V2

What is this activity trying to improve?

- When to Go?
- Shot stopping and knowing your angles
- Communication with defenders

KEY COACHING POINTS

Head



Scanning so as to communicate with defenders, should be talking

Hands



Gunslinger position

Feet



Moving with the play, covering behind defenders, ready to react

HOW TO DEVELOP

Technical

- Focus on the GK's positioning & staying big when attackers are shooting



Communication

- Use clear calls when communicating with defenders



Decision Making

- GK must decide whether to commit to the shooter or stay on their line



COACH BY ABILITY NOT AGE

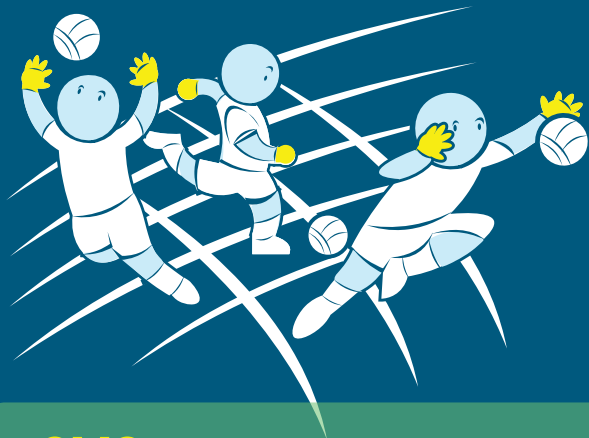


Progress

- Make it a 4v2 or 5v3
- Use a time limit
- Use conditions ie ball must be palmed into net

Regress

- Make it a 2v2 or a 1v2
- No time limits
- Use smaller goals
- Make a line where attackers must shoot before they reach

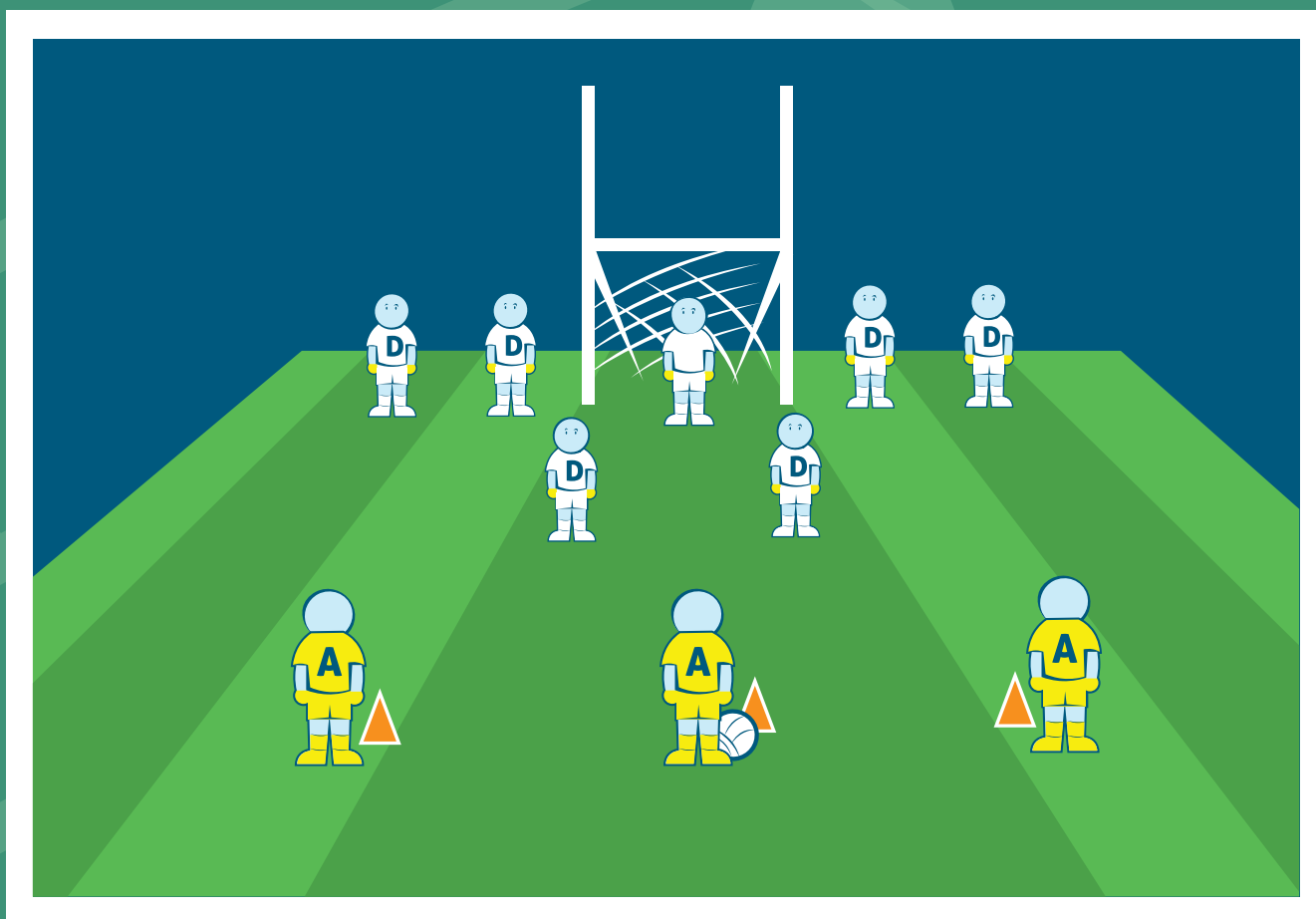


TURAS

GOALKEEPING



3V2



- 3 forwards attack 2 backs going for goals
- GK needs to communicate with their defenders
- GK needs to make a decision on when to close down the angle and try to smother the shot
- Ball starts with attacking player
- Allow GK & defenders times to come together & figure out what they can do better
- Practice different approaches like allowing the ball carrier be the extra player so its ball carrier v GK with defenders picking up the attackers
- Encourage GK to just fling themselves without thinking or looking if a ball is passed across the goal for the palm in

TURAS PRINCIPLES IN ACTION

Understands the player is at the centre of the game and provides individualised development

Allow GK lots of opportunities to make decisions and communicate with defenders





BACKWARDS HIGH BALL

What is this activity trying to improve?

- Foot work
- Decision making
- Body awareness (which hand can reach higher)

KEY COACHING POINTS

Head



Get eyes on the ball as quick as possible

Hands



Are you going to palm, punch or catch? Top hand or bottom hand?

Feet



Small quick steps ready to change direction

HOW TO DEVELOP

Technical

- Question the GK about the hand they reach to the ball with
- Record some clips, play back to GK & discuss what you both see



Speed

- Fast feet around the goalmouth



Conditioning

- Put a time limit on the drill to increase workrate



COACH BY ABILITY NOT AGE



Progress

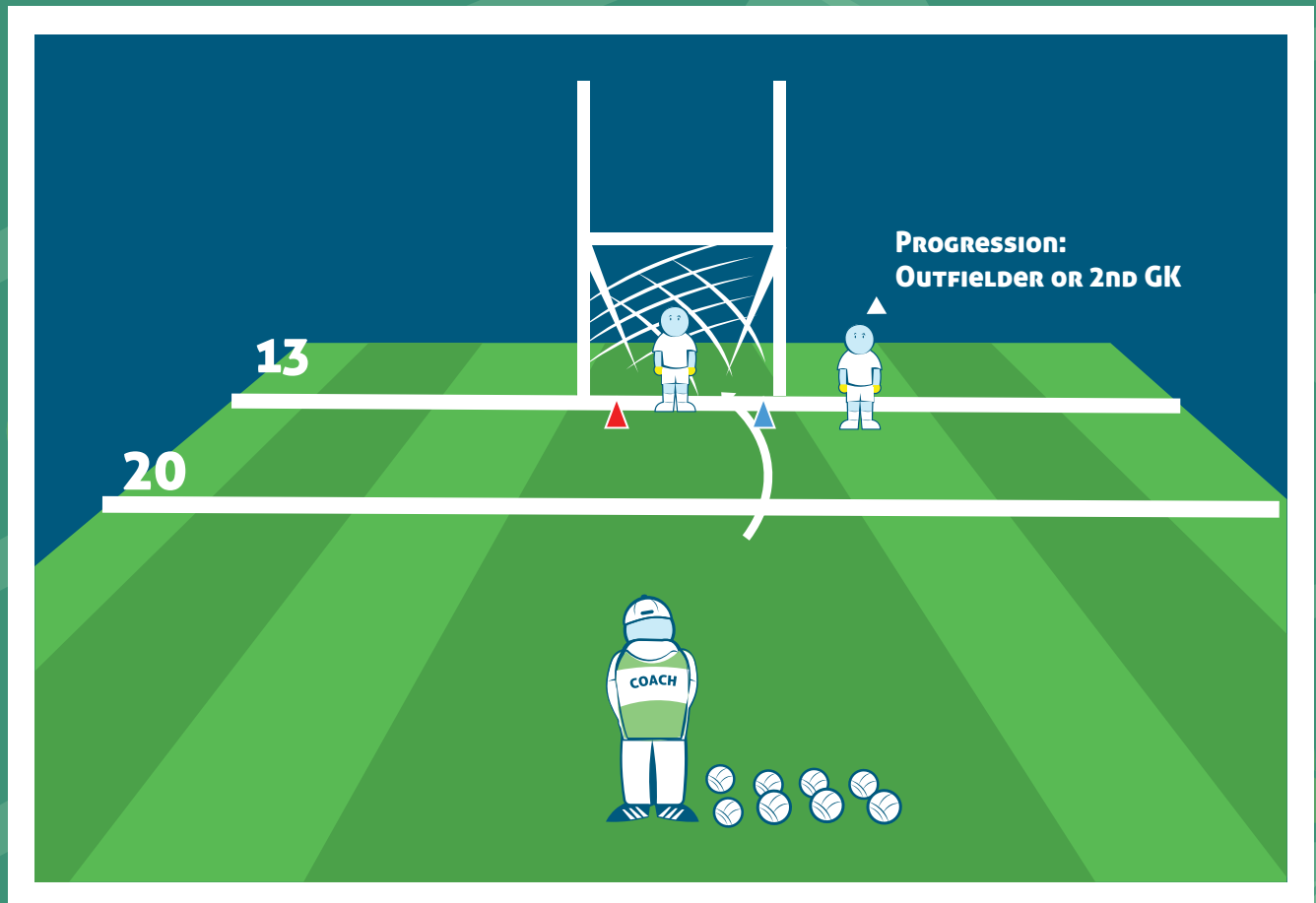
- Add an outfielder to capitalise on spillages
- Coach tries to score a goal instead of just serving the ball
- Decrease the distance of the shot

Regress

- Increase the distance of the shot
- Take away different colour cones
- Use a gym mat behind the GK to break their landing (wear runners)
- Coach stands closer & throws the ball



BACKWARDS HIGH BALL



- Coach calls a colour cone: example red or blue
- GK sprints out and touches that colour
- Coach kicks the ball over the GK's head aiming for just under the crossbar
- GK must use good footwork to get back and then decide to save the ball or concede the point by palming the ball over the crossbar
- Timing of the jump is important and judgement of the highball also

TURAS PRINCIPLES IN ACTION

Resembles the game

Game Based Situation for GK
to improve different ways to deal with high ball





HIGH BALL AND ACCELERATE

What is this activity trying to improve?

- Timing of the jump
- Winning the ball at its highest point
- Accelerating away from Danger on landing

KEY COACHING POINTS

Head



Watch the writing on the ball, challenge GK to really focus

Hands



Take the ball as high as possible

Feet



Take the ball moving forward to drive through the gates

HOW TO DEVELOP

Technical

- Break down the catch into its parts & focus on each individually
 - Hands & fingers position
 - Long arms
 - Catching slightly in front of the head



Speed

- Encourage speed through the gates



Conditioning

- Have the GK to take 2/3 plays of the ball & full pace before returning for the next rep



COACH BY ABILITY NOT AGE



Progress

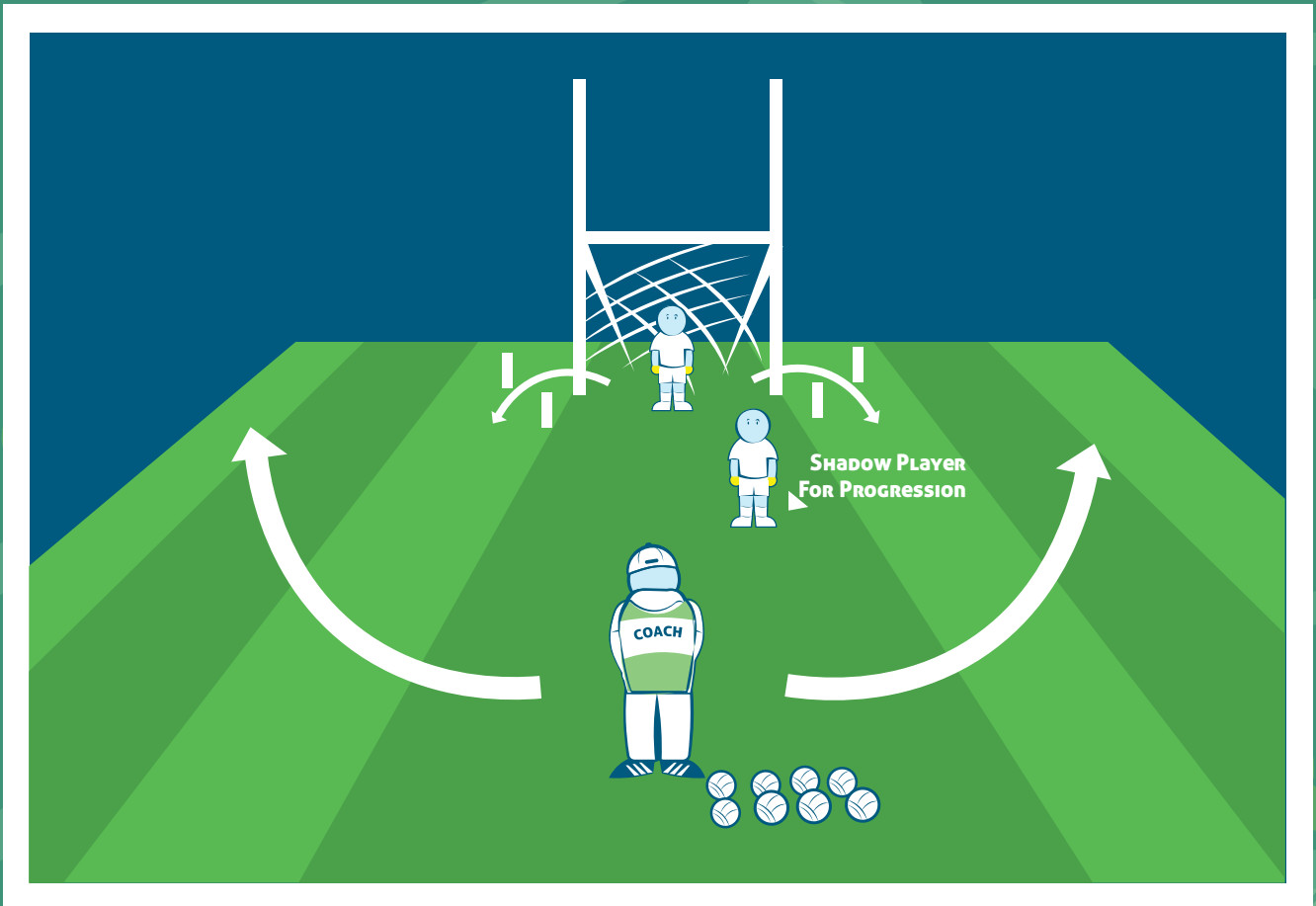
- Add in a shadow player with tackle bag
- Find a target with a pass
- Increase the pace of delivery
- Put an attacker in to punish any loose ball or spillages

Regress

- Throw the ball slower
- Decrease the distance the ball travels
- Coach throws the ball higher to allow GK more time to judge the flight



HIGH BALL AND ACCELERATE



- Coach delivers a high ball into the small box.
- GK must attempt to catch the ball at its highest point.
- On landing GK must break left or right through the gates.
- Coach can call left or right on landing to work on GKs reactions and footwork.
- Progress by adding in a shadow player.

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

Coach to provide numerous opportunities for GK to impress while providing positive coaching tone





HIT THE BLUE

What is this activity trying to improve?

- Striking the ball-making a good connection
- 2 step approach to a kick/adjusting your feet
- Accuracy

KEY COACHING POINTS

Head



Over the planted foot

Hands



Almost 5pm for right footers, just after 7pm for left footers

Feet



Almost 5pm for right footers, just after 7pm for left footers

HOW TO DEVELOP

Technical

- Judge the flight and direction of the ball
- Watch the GK's feet
- Aim to hit back stantion or crossbar



Decision making

- GK must make a split second decision on coaches call
- GK must decide to go with instep or outstep



Conditioning

- Add in a sprint or activity



COACH BY ABILITY NOT AGE



Progress

- Coach calls
- Narrow the target
- Increase the distance
- Use other foot

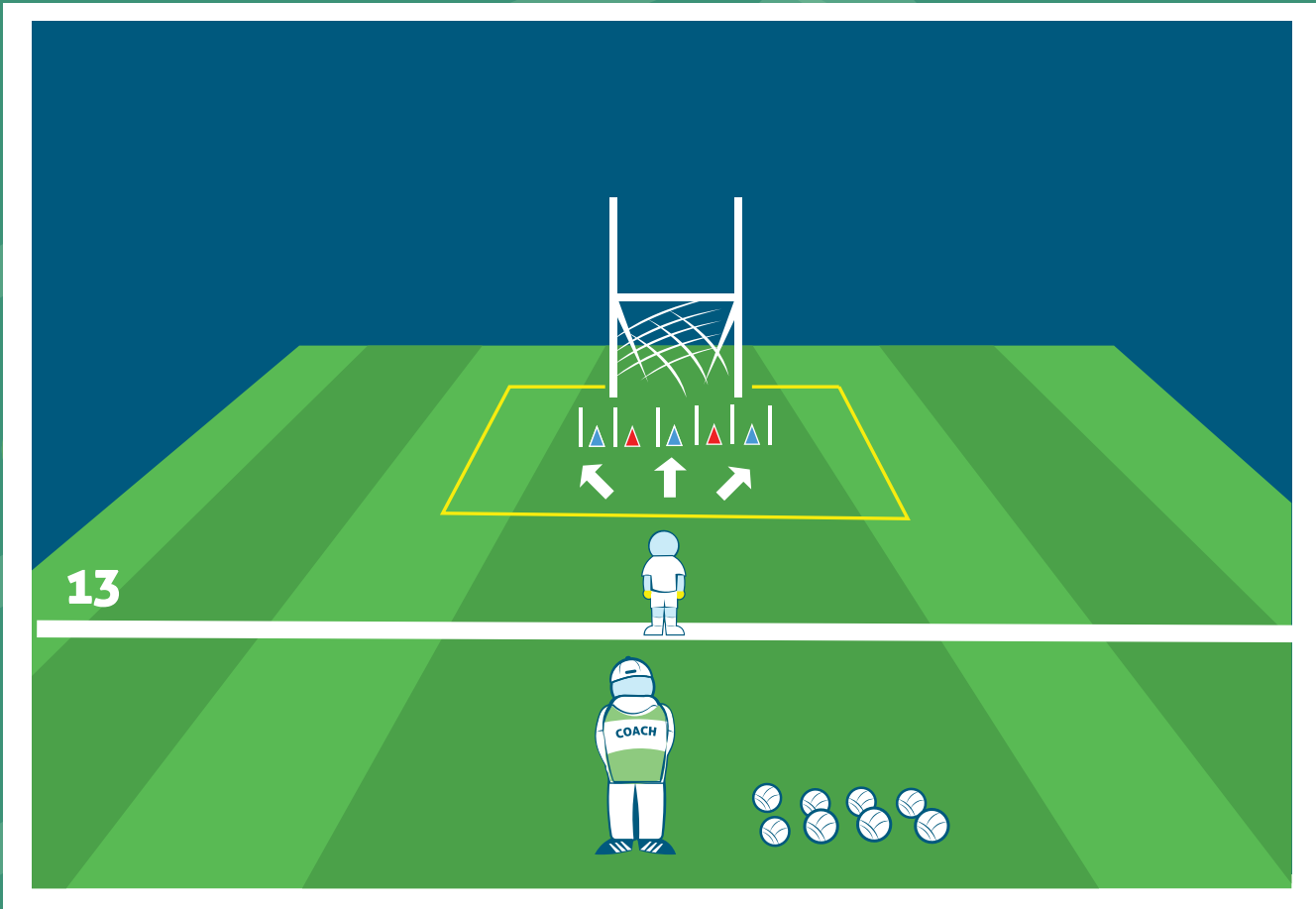


Regression

- Decrease the distance
- Widen the distance between the poles
- More time between kicks



HIT THE BLUE



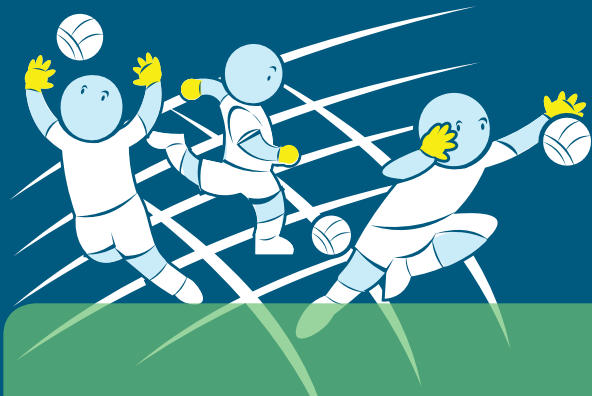
- Place the ball on your tee on the small box facing the goals
- Space 6 poles apart inside the small box
- Place 3 blue and 2 red cones inbetween the poles
- Practice striking the ball through the poles with the blue cones
- Try not to hit the poles or the gaps with the red cones
- Rotate GK's
- Progress by getting coach to call Left, Right or Middle

TURAS PRINCIPLES IN ACTION

All players involved, all the time; lots of touches, lots of decisions

GK must decide what type of kick to use and then focus on striking the ball correctly





ANGLES

What is this activity trying to improve?

- Positioning
- Judgement of angles
- Footwork

KEY COACHING POINTS

Head



Read the shooters body languag

Hands



Make the save away at an angle not out in front

Feet



Set position ready to react

HOW TO DEVELOP

Technical

- Focus on the positioning when at an angle



Speed

- Fast feet to get across the goal to narrow the angle



Conditioning

- Move the ball side to side multiple times



COACH BY ABILITY NOT AGE



Progress

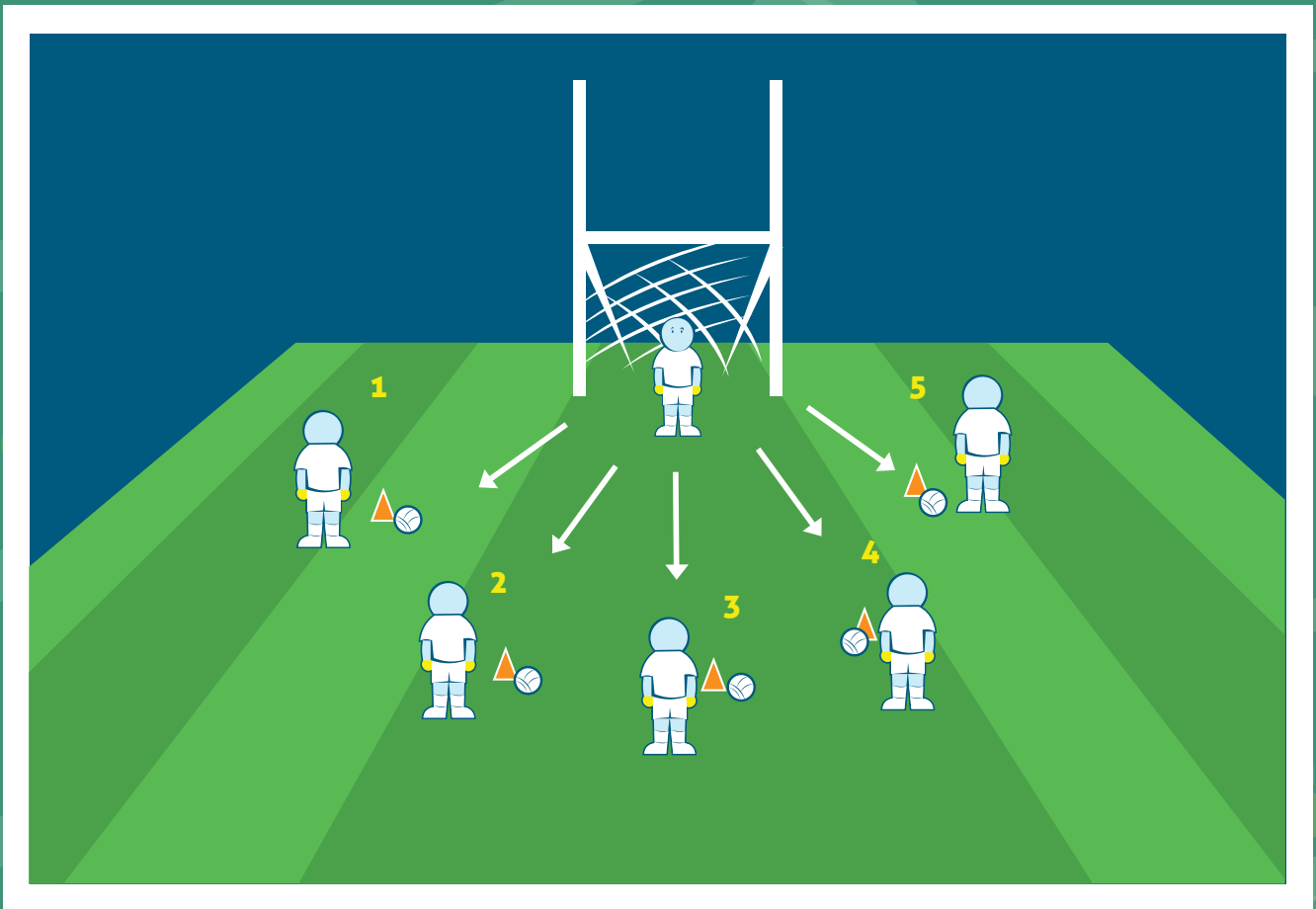
- Add in more servers
- Vary the type of shot
- Don't allow the GK to set between shots

Regress

- No variation on the shots
- Wait until the GK is across the goal mouth before shooting
- Increase the distance of the shot



ANGLES



- Set out 5 cones in an arc
- GK faces a shot from no 1 then no 2 and so on
- Allow time for the GK to set between shots
- Reverse direction

TURAS PRINCIPLES IN ACTION

Resembles the game

During activity focus on the individual movement and footwork of GK





REACT & SAVE

What is this activity trying to improve?

- Concentration
- Reactions
- Shot Stopping

KEY COACHING POINTS

Head



Focus on the shooters body language

Hands



Make the save away at an angle not out in front

Feet



Set position ready to react

HOW TO DEVELOP

Technical

- Encourage the GK to make any contact to keep the shot out



Speed/Sharpness

- GK faces away from the coach and has to react when the ball is served



Conditioning

- Fire in multiple shots to ensure GK is scrambling for each one



COACH BY ABILITY NOT AGE



Progress

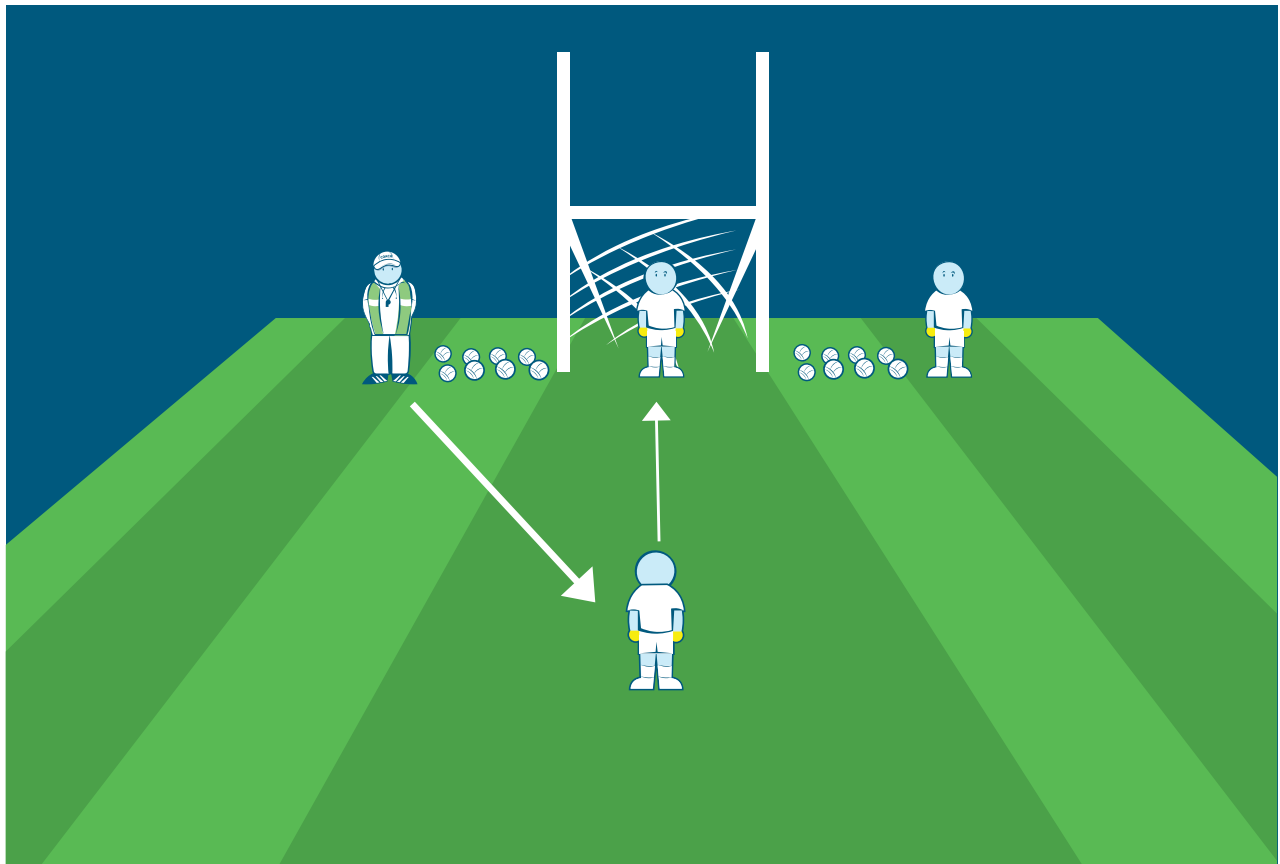
- Add in another coach
- GK starts facing away
- Decrease the distance of shot
- Add in distractions on the floor

Regression

- GK can watch the coach
- Increase the distance of the shot
- Tell the GK the area your intending to aim for



REACT & SAVE



- GK stands on the goalline facing the server
- Coach plays a ball from the side and behind so the GK can't see the pass
- Server plays a volley goalwards when it is thrown to them
- GK must look forward and react to shot
- Passes from coach to server can be rolled on the ground to ensure good shots
- Use a skilful player for true soccer volleys
- Move the server to the edge of the small box & get them to palm their shot at goal

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Set GK tasks to focus on concentration and reaction





ACROSS THE GOAL

What is this activity trying to improve?

- Shot stopping
- Recovery
- Diving

KEY COACHING POINTS

Head



Read the shooters body language

Hands



Strong hands, stop & control what GK can, palm out to the side what GK cant control

Feet



Set position

HOW TO DEVELOP

Technical

- Focus attention that the feet do not cross when moving sideways



Speed

- Fast feet around the goalmouth



Conditioning

- Repeat reps
- No breaks inbetween



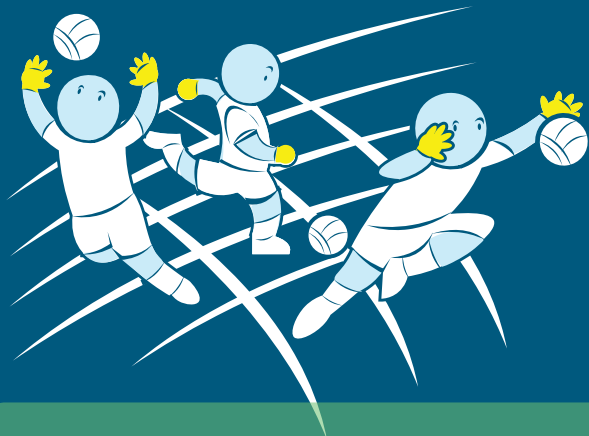
COACH BY ABILITY NOT AGE

Progress

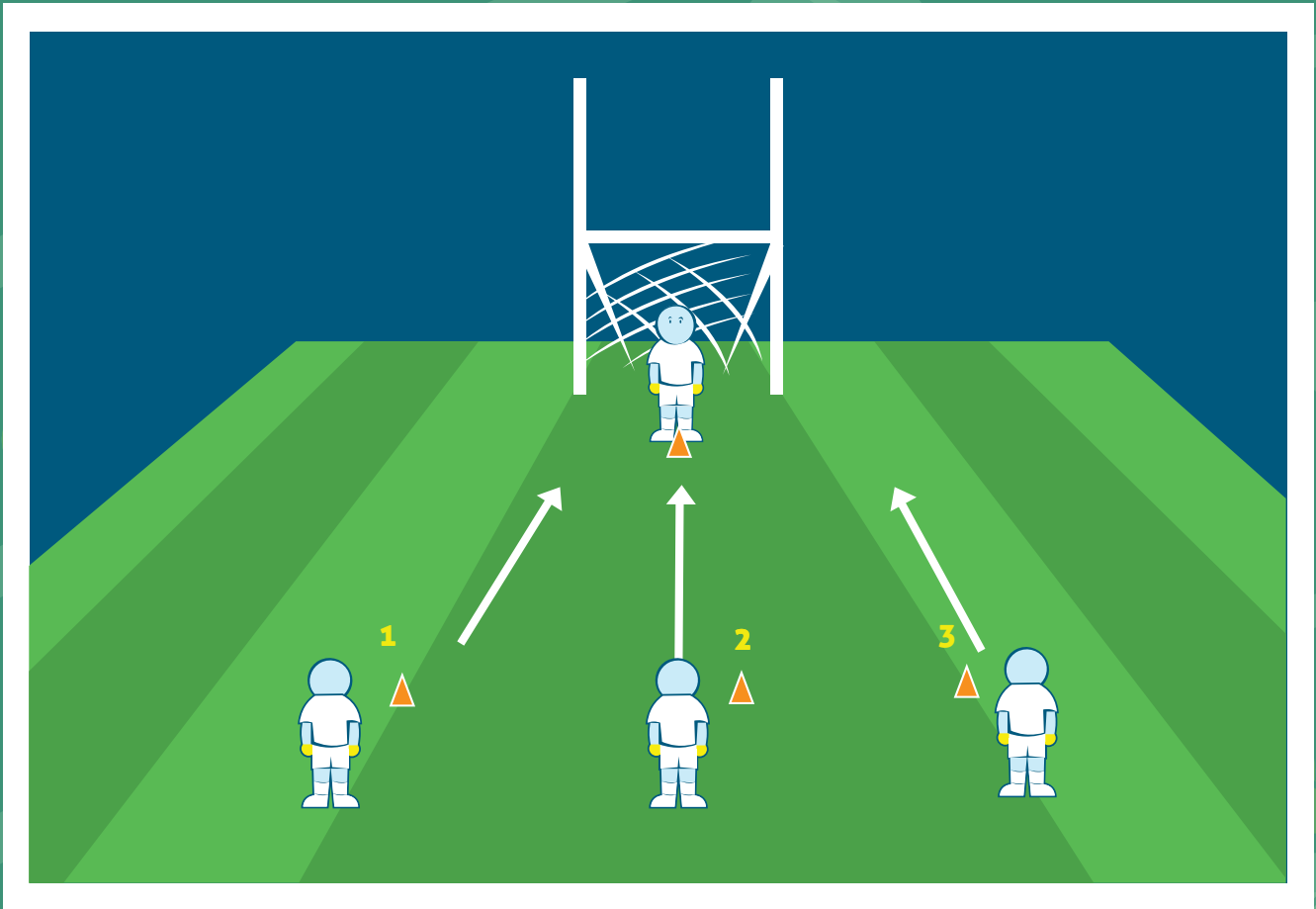
- Add in a third server
- GK must collect a high ball after last save
- Don't allow GK recovery time in between shots
- Add an attacker to punish mistakes

Regress

- Increase the distance of the shot
- Stop after each shot allowing GK to set properly
- Remove one of the servers
- Slower feeds on the 2nd & 3rd shots so the ball can be rolled before the GK gets up to promote scrambling across & timing of those rolls is easier



ACROSS THE GOAL



- GK starts in the middle at the cone
- GK moves across their goal to face a shot from No 1
- GK recovers quickly to get up and face a shot from No 2 and then No3
- Reverse direction

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

GK challenged physically and mentally to save
recover and save again





RECOVERY SAVES

What is this activity trying to improve?

- Getting back in position fast
- Making things as hard as possible for forwards
- Shot stopping

KEY COACHING POINTS

Head



Keep head & chest facing the ball when backpedalling

Hands



Pump the elbows to move fasted & maintain balance

Feet



Quick short steps to maintain balance & to be able to react when needed

HOW TO DEVELOP

Technical

- Focus on staying big and force the forward into making a decision.



Decision Making

- Discuss the options the GK has, should they stay back on their line or should they try smother the attacker?



Speed

- GK must retreat at speed to get set.
- If forward takes a play, the GK must move forward at pace to smother them.



COACH BY ABILITY NOT AGE



Progress

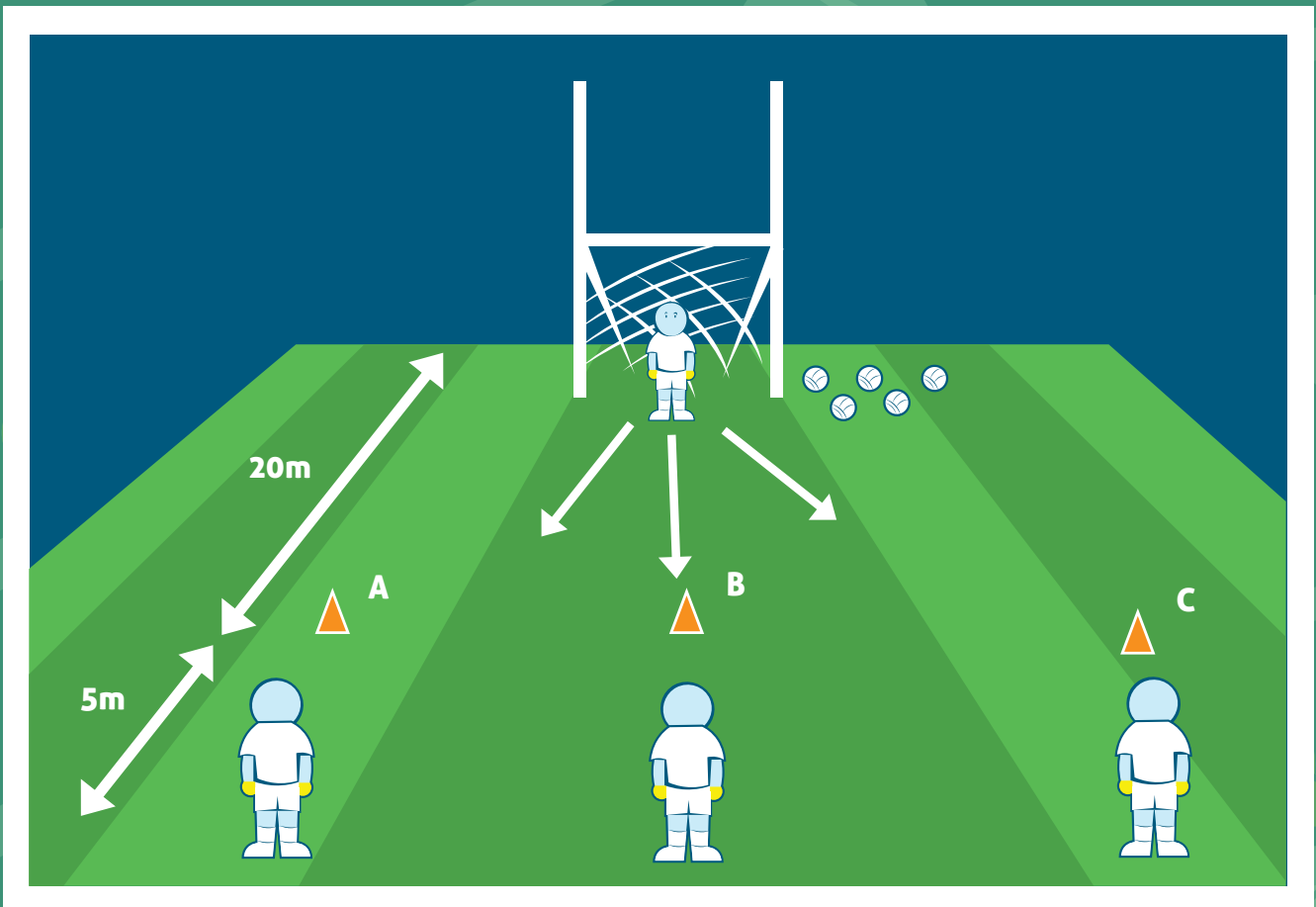
- Multiple attackers can be used to replicate 2 v 1 situations.
- If we move the cones further out the GK will have to travel a greater distance to get set for the attack.

Regress

- Instruct the attacker that they must take a play (this allows the GK a chance to work on coming out and smothering).
- Instruct the attacker to shoot the moment they get the ball in hand (GK can focus on getting set and making the save).



RECOVERY SAVES



- GK solos the ball out to either A B or C
- GK drops ball at cone
- Once they drop the ball the feeder nearest to it must get the ball and try score a goal
- GK retreats to the goal line as fast as possible and tries to prevent a goal

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Give individual feedback to GK that will assist them improving their shot stopping





5 STAR REACTIONS

What is this activity trying to improve?

- Reactions
- Footwork
- Diving

KEY COACHING POINTS

Head



Full concentration on the immediate ball, 1st the shot then the colour

Hands



Try to hold the 1st save then flick the 2nd along the line not out in front

Feet



Work the feed so the 2nd save is made by the GK staying on their side now on belly or back

HOW TO DEVELOP

Technical

- Allow GK to get set after each dive.
- Focus in on good diving technique each time



Speed

- Time the GK from catching the 1st ball to saving the 2nd
- Can they better their time (remember distance of cones must be the same every time for this to be accurate)



Conditioning

- Have a second player replace the balls on the cone each time as they are knocked off. Complete the set twice before the GK takes a break.



COACH BY ABILITY NOT AGE



Progress

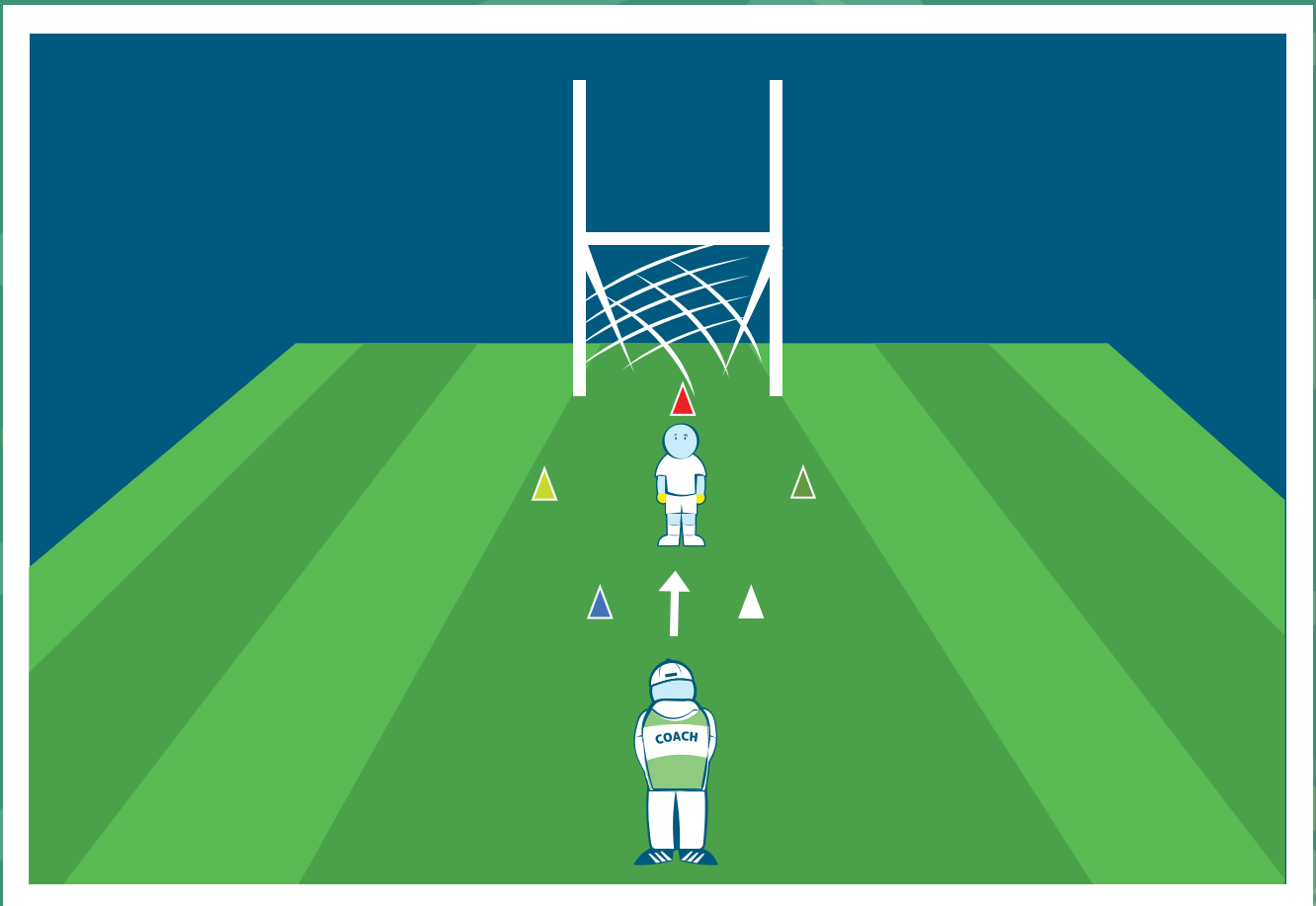
- Add more cones
- GK works on handling between reps
- Variety of calls (use colours, counties, numbers etc)

Regress

- GK has to touch cone rather than save the ball
- Less colour cones
- Coloured cones closer to the center (less ground to travel)
- Coloured cones further away from center (allows GK to focus on footwork)
- Do slowly & focus on technique



5 STAR REACTIONS



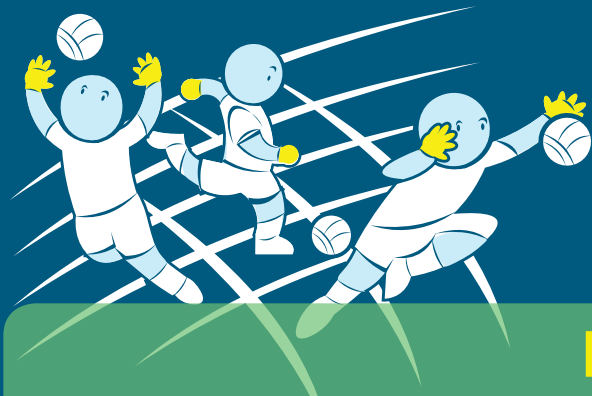
- GK starts in the middle of the 5 coloured cones
- Each cone has a ball on them
- Feeder kicks a ball straight at the GK who catches and returns
- Feeder calls a colour and the GK must dive and tip the ball away from that cone

TURAS PRINCIPLES IN ACTION

All players involved, all the time; lots of touches, lots of decisions

GK must focus on footwork while making a number of reaction saves





DIVE X 5

What is this activity trying to improve?

- Getting off the ground fast
- Footwork
- Diving full length

KEY COACHING POINTS

Head



Spot the ball & shooter as quick as possible after each save

Hands



Good stopping & controlling hands or pushing ball along the line not in out front

Feet



Quick feet & no crossing

HOW TO DEVELOP

Technical

- Ensure GK is employing proper technique.
- Work on individual dives with GK before performing the activity to fix any technical problems.



Conditioning

- More footballs/ reps are added to make the GK work for longer.
- Allow less time between shots to ensure the GK has to be up off the ground fast.



Speed/Sharpness

- Focus in on good technique to get up off the ground and get across the goal fast.
- Ensure the GK does not cross their feet



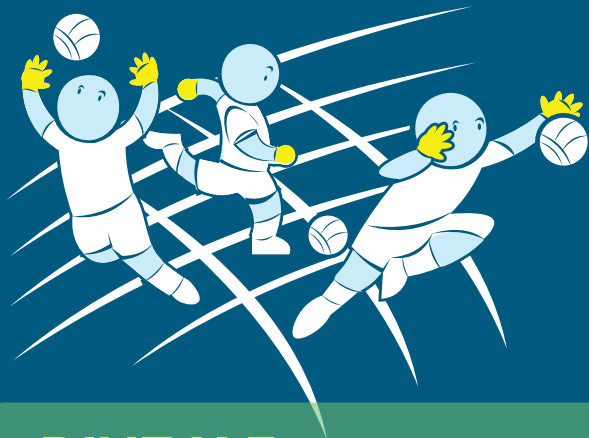
COACH BY ABILITY NOT AGE

Progress

- Add a second server
- Less time between shots
- Server starts closer in
- Vary the delivery

Regress

- Allow GK more time between shots
- Increase distance between shots
- Less shots in a set
- Roll ball instead of kicking
- Place a ball in front of where GK starts so the 2nd save is a stationary ball

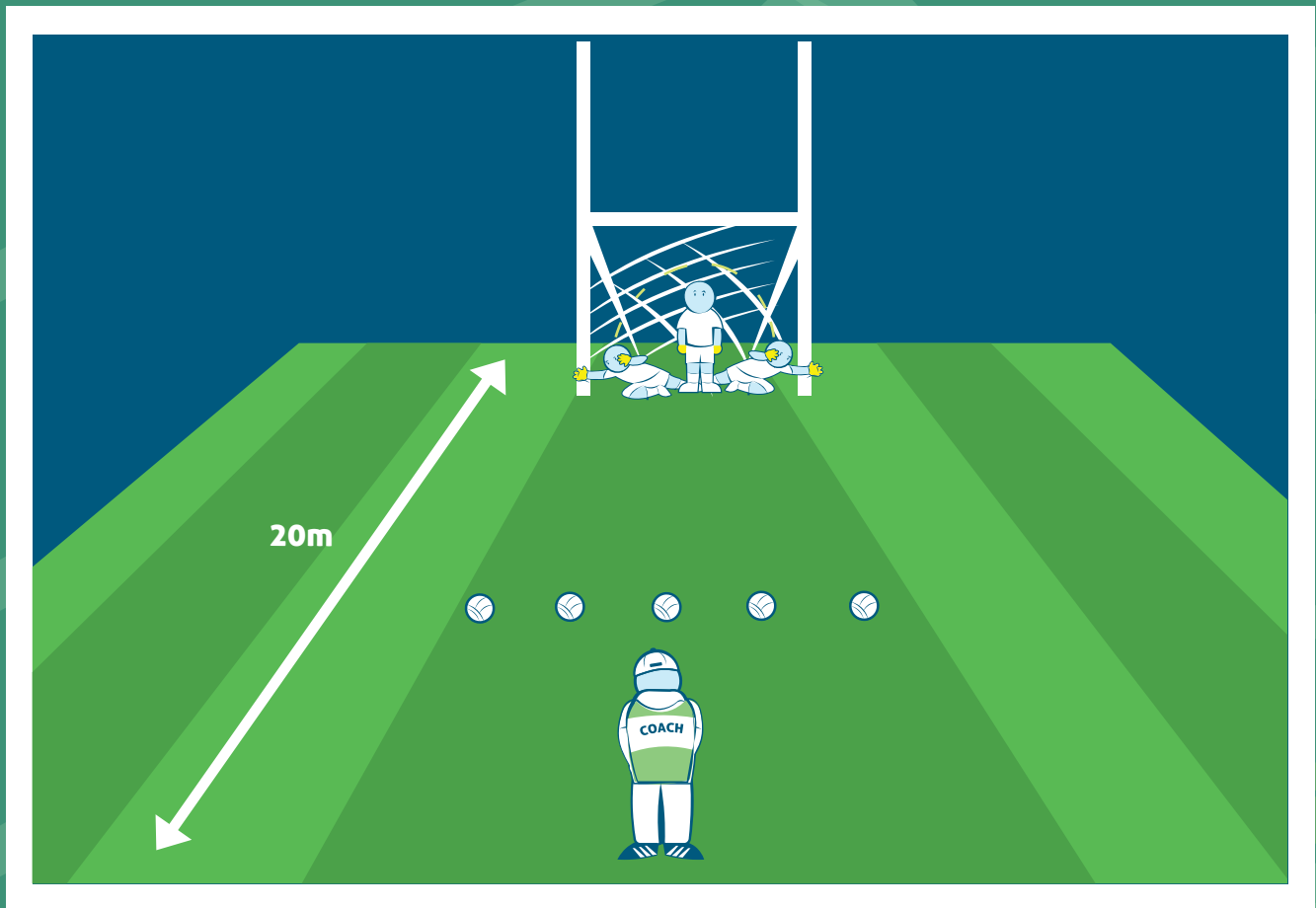


TURAS

GOALKEEPING



DIVE X 5



- GK starts off lying on the ground touching goalpost with hand
- On coaches call GK must get up and make save at opposite post
- Once the GK makes a save they must get back to starting post to make another save
- Repeat for 5 saves
- Start second set at opposite post

TURAS PRINCIPLES IN ACTION

Resembles the game

Lots of diving movement patterns similar to how GKs will need to dive in a game





PASS THE BUCK

What is this activity trying to improve?

- Concentration
- Communication
- Handling

KEY COACHING POINTS

Head



Watch where the ball is coming from

Hands



Use right hand when passing left & left when passing right

Feet



Left foot in front when passing with right hand & right foot in front when passing with left hand

HOW TO DEVELOP

Speed/Sharpness

- Speed of thought and being decisive



Technical

- Good catching and sharp multi directional hand passing



Communication

- Keeping the rhythm by speaking to your team mates



COACH BY ABILITY NOT AGE



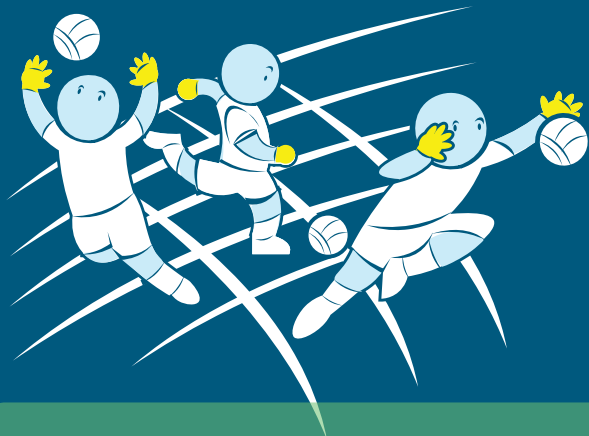
Progress

- Larger distance between GK's
- Must pass right with the left hand & pass left with the right hand (more efficient)
- Make the pass a high lob so partners have to jump to catch
- Change to a short kick pass
- Must use both feet (left foot passing right & right foot passing left)

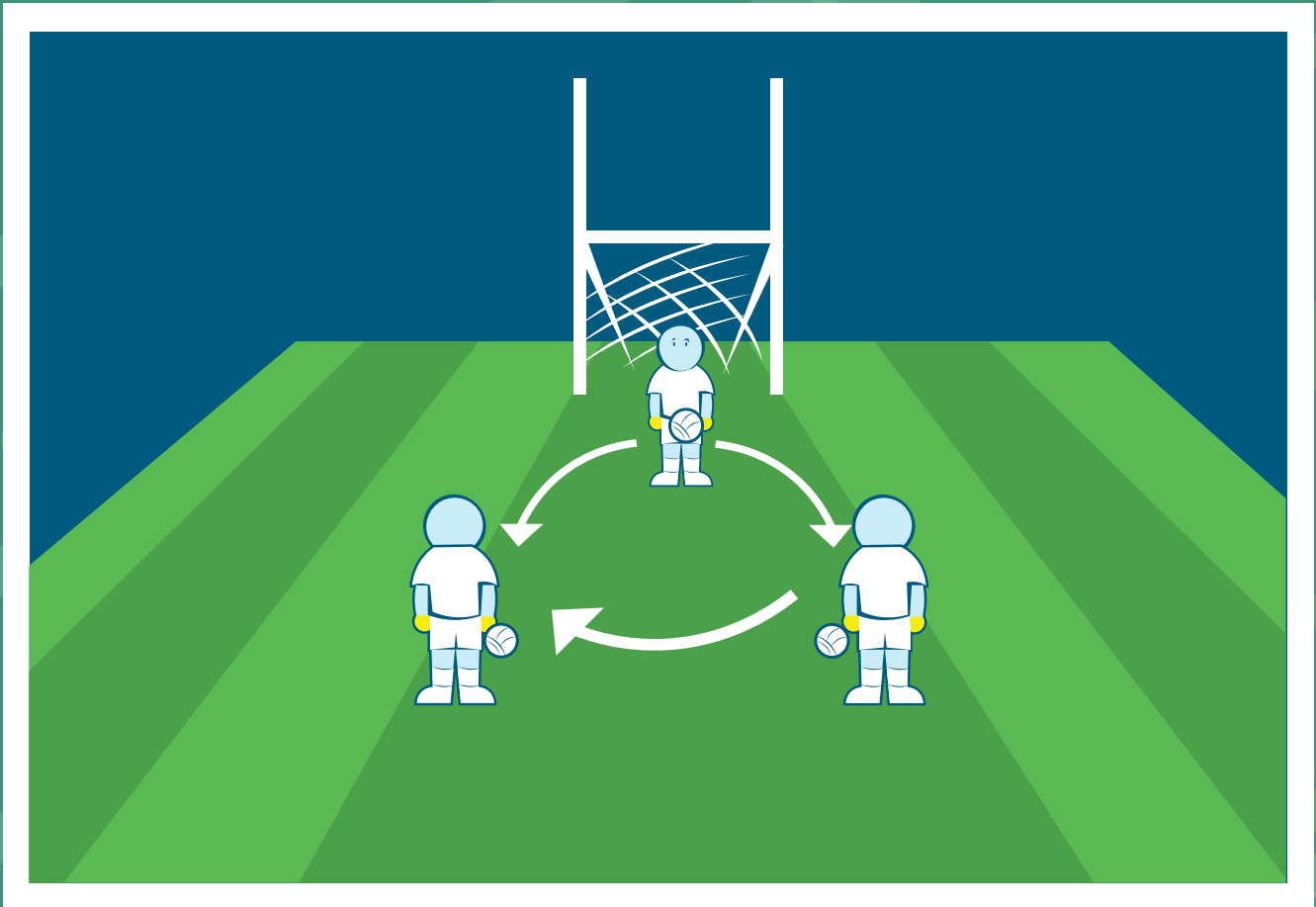


Regress

- Decrease distance between GK's
- Decrease the number of balls
- Throws only like a rugby scrumhalf
- Before going to 3 balls make the skill harder with 2 balls like in the progressions
- Pair up players of equal ability



PASS THE BUCK



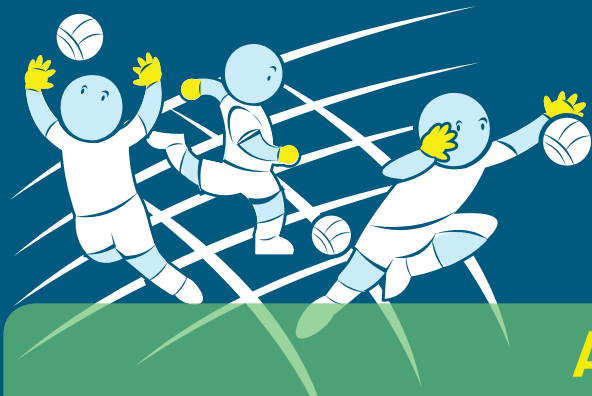
- Each player starts with a ball
- The aim of the game is to handpass the balls in rotation at the same time
- The pattern is as follows: 1 pass to your left, 1 pass to your right then 2 passes then 3 passes etc
- Communication is key for success

TURAS PRINCIPLES IN ACTION

All players involved, all the time; lots of touches, lots of decisions

A great activity for the entire panel (groups of 3's) to improve communication, concentration, teamwork & weak side hand passing. Give players the ownership to figure out their own problems





ADVICE

What is this activity trying to improve?

- Relationship between defender & GK
- Effective language from the GK

KEY COACHING POINTS

Head



Focusing on the forwards movements

Hands



Practicing Gunslinger position

Feet



Set position & moving relative to the forward not just when they get the ball (point of attack)

HOW TO DEVELOP

Speed/Sharpness

- Speed of thought is essential, can you give the right info fast



Decision Making

- Watch the attackers movements & body language to figure out where they want to go
- Can you keep your defender 1 step ahead..?



Communication

- Be Clear and short with your instructions



COACH BY ABILITY NOT AGE



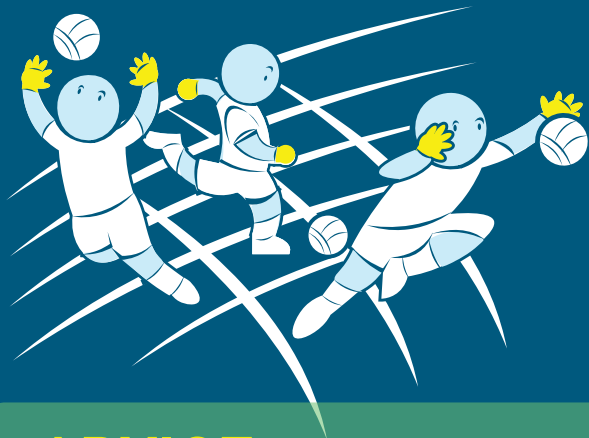
Progress

- Increase distance between attacker and defender
- GK only allowed to use Left and Right
- Goals only



Regress

- Attacker can only walk then jog
- Coach can only play the ball after 5/10 seconds to give the GK & defender more communication time to cover more movement
- Create a channel the attacker must stay inside
- Reduce this area to make easier again
- Coach not allowed play any balls over the top

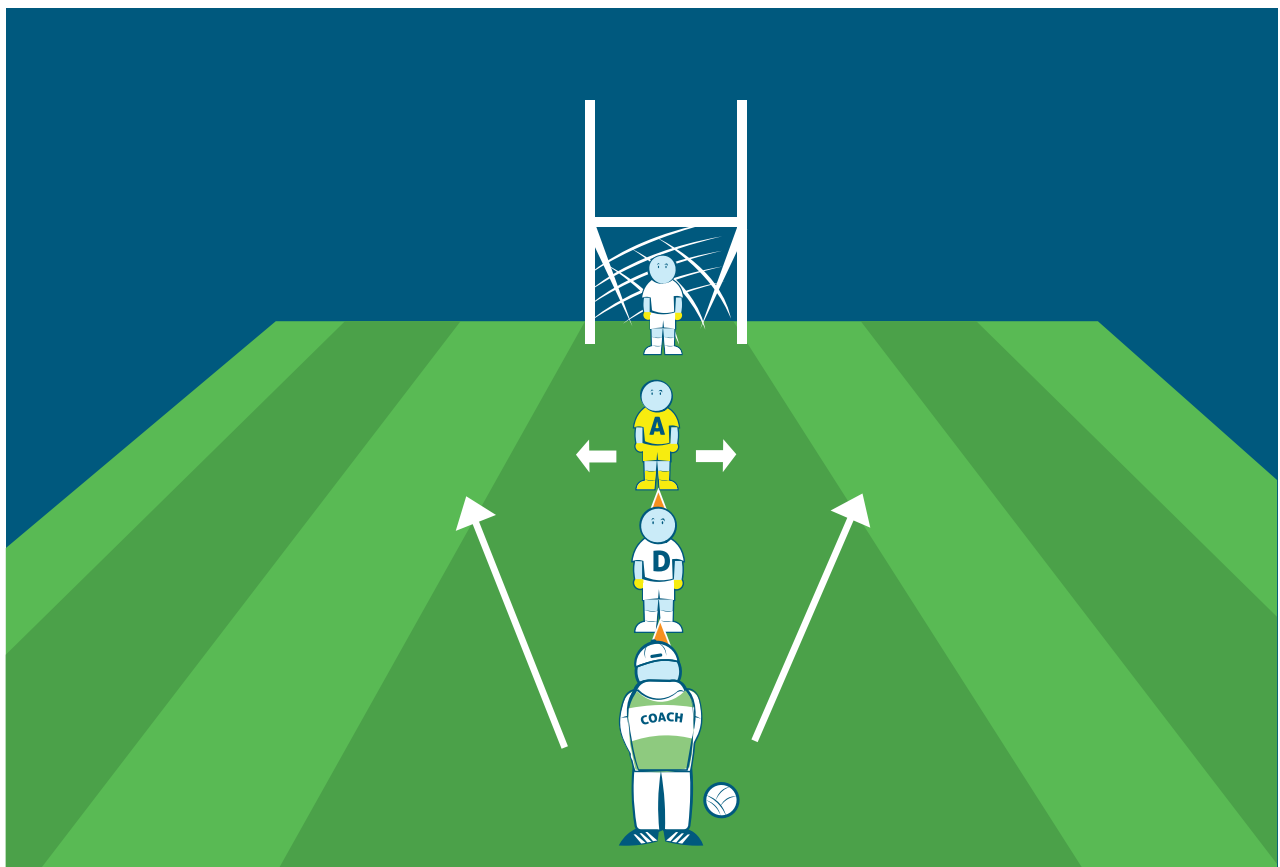


TURAS

GOALKEEPING



ADVICE



- GK must advise defender on the attackers movement
- Coach plays ball to the attacker
- Defender must use the GK advice to cut the pass out
- Attacker can only move 5m left or right
- Attacker finishes for a goal

TURAS PRINCIPLES IN ACTION

Resembles the game

As well as improving the GK's communication this will build a defenders confidence to play in front of their opponent knowing the GK has their back. Match forwards & defenders of equal ability to get a fair battle





THE RETREAT

What is this activity trying to improve?

- Shot stopping
- Footwork
- Handling

KEY COACHING POINTS

Head



Over the feet & looking at the feeder

Hands



Elbows pumping for speed & Gunslinger position before the shot

Feet



Quick feet & no crossing

HOW TO DEVELOP

Technical

- No heavy steps or heel clicks
- Concentrate on not touching the cones
- Praise the GK for correct technique



Conditioning

- How many saves can the GK make in 1 minute
- Alter time to end when GK is at 40% of their starting pace

Speed/Sharpness

- Always on our toes & Don't cross our legs



COACH BY ABILITY NOT AGE



Progress

- Vary the shot
- Move the cones further apart
- Add a time frame
- Add a server at cone 1 and 2 for a high catch

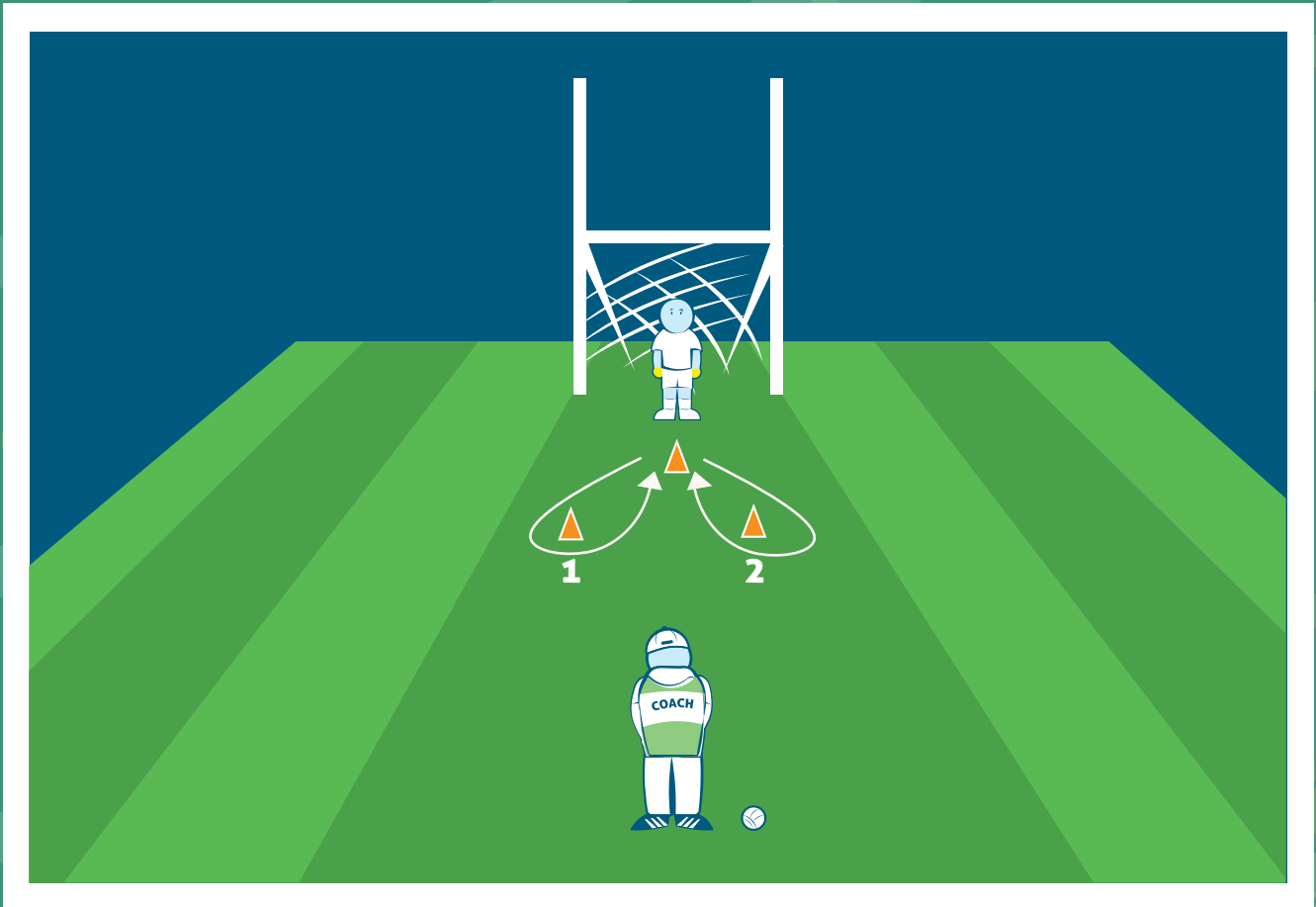


Regress

- Take the shot out
- Shorten the distance
- Give a break after one cone



THE RETREAT



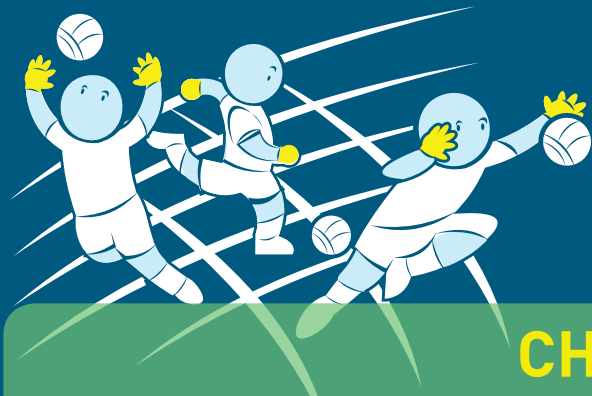
- GK starts at the goal line cone
- Coach calls 1 or 2
- GK sprints toward the cone, rounds it and back pedals to the start cone
- Once the GK is set, coach delivers a simple shot
- Repeat

TURAS PRINCIPLES IN ACTION

Understands the player is at the centre of the game and provides individualised development

You will have lots of opportunities to Spot & Fix & provide feedback to your GK so watch their Head, Hands or Feet, when you see what you want to fix deliver your feedback & then focus on that area for a few reps.





CHANNELS

What is this activity trying to improve?

- Footwork
- Handling
- Keeping the head up facing the play

KEY COACHING POINTS

Head



Over the feet & looking at the feeder

Hands



Elbows pumping for speed

Feet



Quick feet & no crossing

HOW TO DEVELOP

Technical

- Bench Press
Position about moving lightly on our toes



Conditioning

- Increase the reps per set
- Less shots if working on footwork
- More shots if footwork is good



Speed/Sharpness

- Increase the reps per set
- Less shots if working on footwork
- More shots if footwork is good



COACH BY ABILITY NOT AGE



Progress

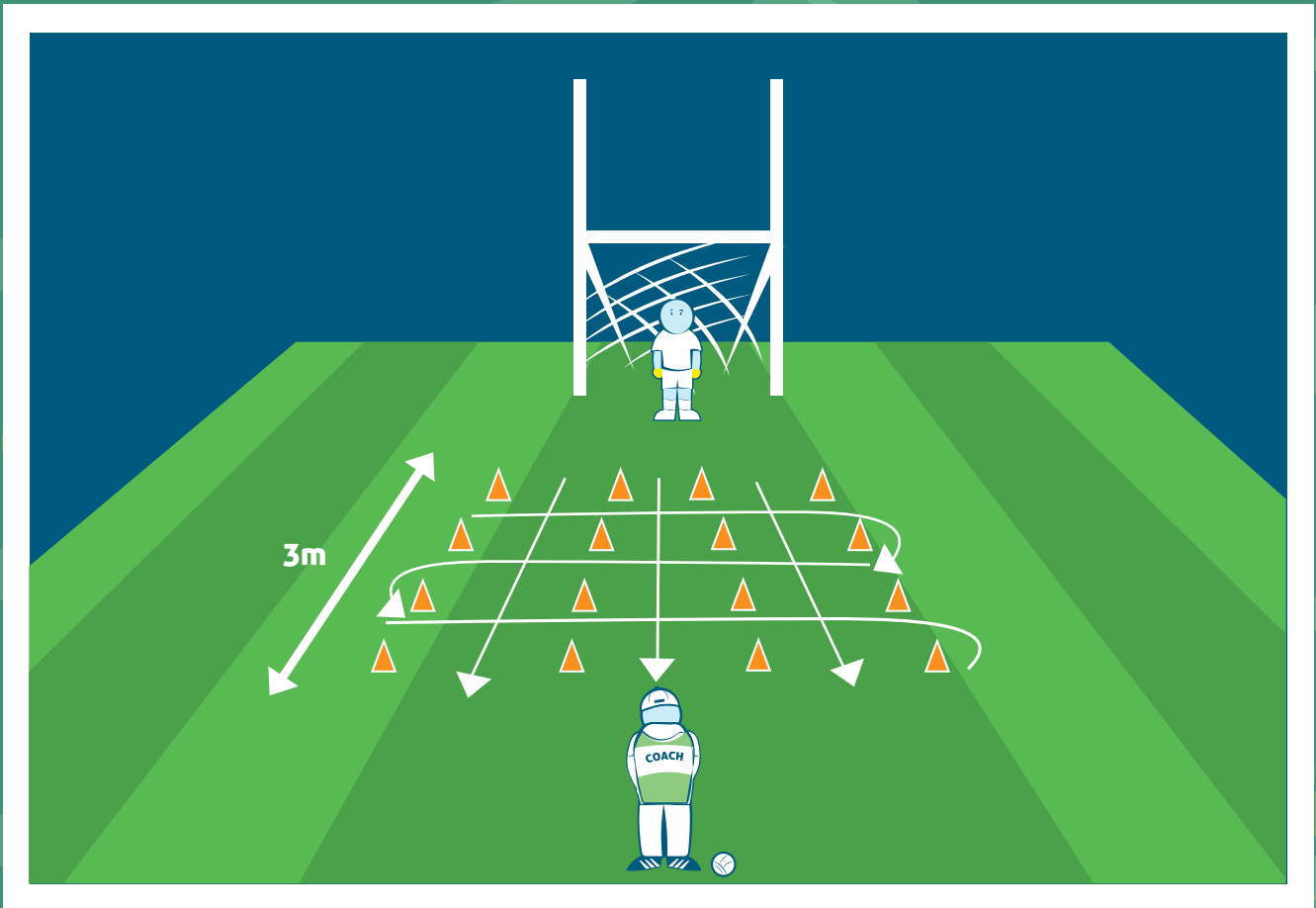
- Add more deliveries of the ball
- Change of direction
- Another player to create a shadow

Regression

- Take out the ball
- Only use one row
- Make channels wider
- Coach holds up coloured cones instead of playing a pass & the GK must call out the colour (encourages the GK to keep their head up)



CHANNELS



- Coach decides on the pattern of movement ie. Forward and back or side to side
- Coach decides whether to hand pass or kick
- Player moves through the channels while receiving and returning the ball to the coach

TURAS PRINCIPLES IN ACTION

Understands the player is at the centre of the game and provides individualised development

Even though there is shots/passes in this activity its primary focus is footwork so as long as the GK's head is up & facing you then your feedback should focus on the feet





BACK PEDAL AND REACT

What is this activity trying to improve?

- Shot Stopping
- High Catch
- Footwork

KEY COACHING POINTS

Head



Over the feet & looking at the feeder

Hands



Doing multiple things through the 4 steps

Feet



Always facing the coach, quick steps & no crossing of feet

HOW TO DEVELOP

Speed/Sharpness

- Everything done here is sharp with quick feet to shot stopping at stage 4



Technical

- Use of arms through the ladder, to head behind the ball on the high catch, to set position on the save at stage 4



Conditioning

- Working everything at speed with high reps is a workout



COACH BY ABILITY NOT AGE



Progress

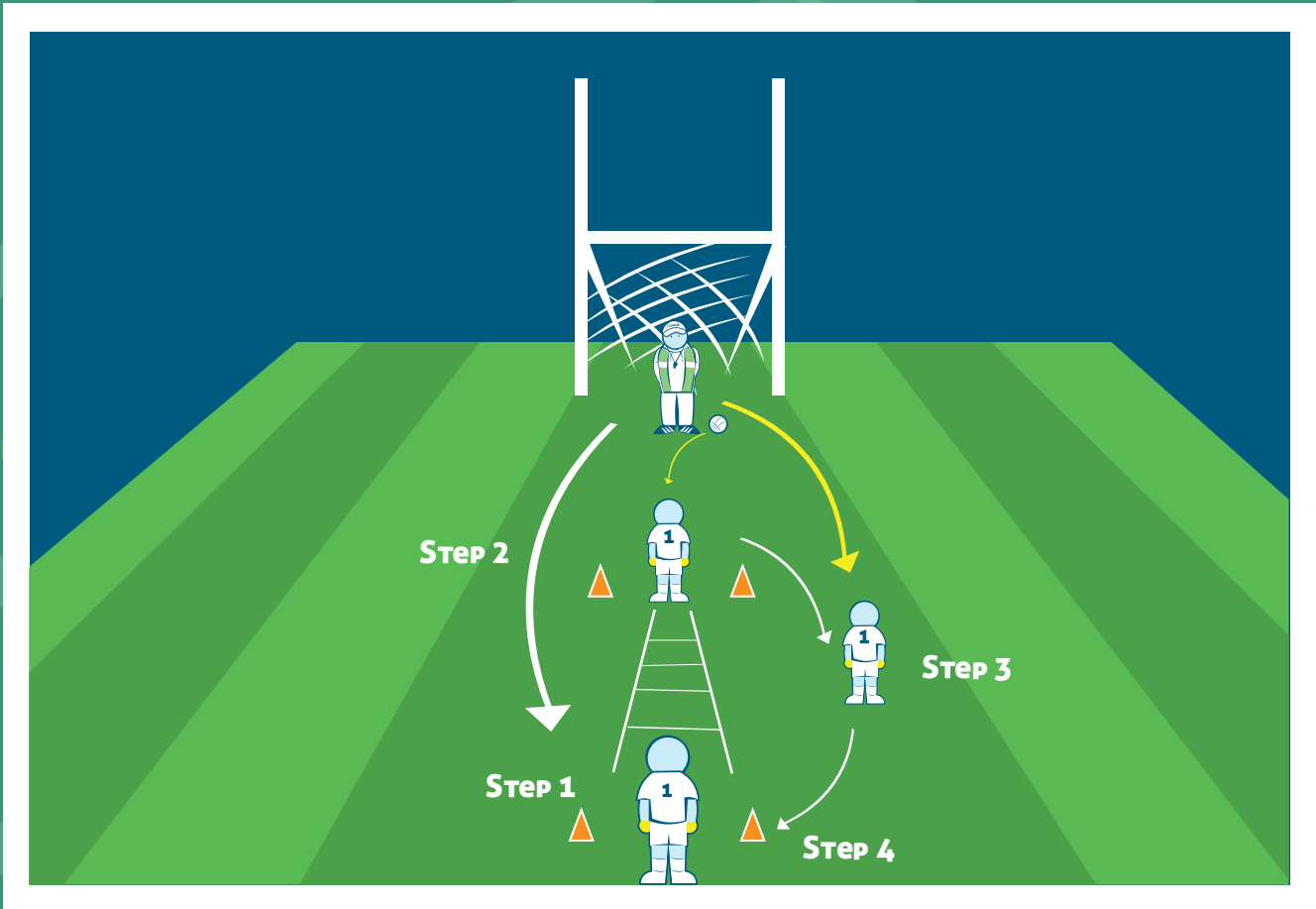
- Add in a longer ladder
- Add in a save at each step
- Introduce additional elements to the circuit
- Set a time limit to complete
- Use heavier balls

Regression

- Remove save at step 4
- Remove ladder
- Practice each element on its own
- Focus on the technique of each part
- Combine 2 elements to make a circuit



BACK PEDAL AND REACT



- GK works quick feet through the ladder at step 1
- GK receives a handpass and returns the hand pass to coach at step 2
- GK back pedals, to where the coach delivers a throw so the GK can high catch and return the ball with a hand pass at step 3
- GK shuffles back to the starting point where they receive a hard punt kick from the coach
- GK must make the save and finish at step 4

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

With activities like this where there are 3 feeds (shots/passes) in the circuit you need lots of footballs (6/8) otherwise more time will be spent collecting balls than working the GK.





READ THE PLAY

What is this activity trying to improve?

- Decision Making
- Understanding importance of starting position
- Bravery
- Making mistakes in training so they don't happen in games

KEY COACHING POINTS

Head



Scanning play watching the ball & both players

Hands



Will the GK catch, punch or hold their position

Feet



Set position ready to react

HOW TO DEVELOP

Decision making

- Not over committing when the interception isn't available & watching the play develop



Speed/Sharpness

- Speed of thought while watching the play and sharpness off the mark to cut out the ball



Conditioning

- Completing multiple reps in succession will work GK's fitness as well as quad & glute strength due to the jogging backwards & exploding forwards



COACH BY ABILITY NOT AGE



Progress

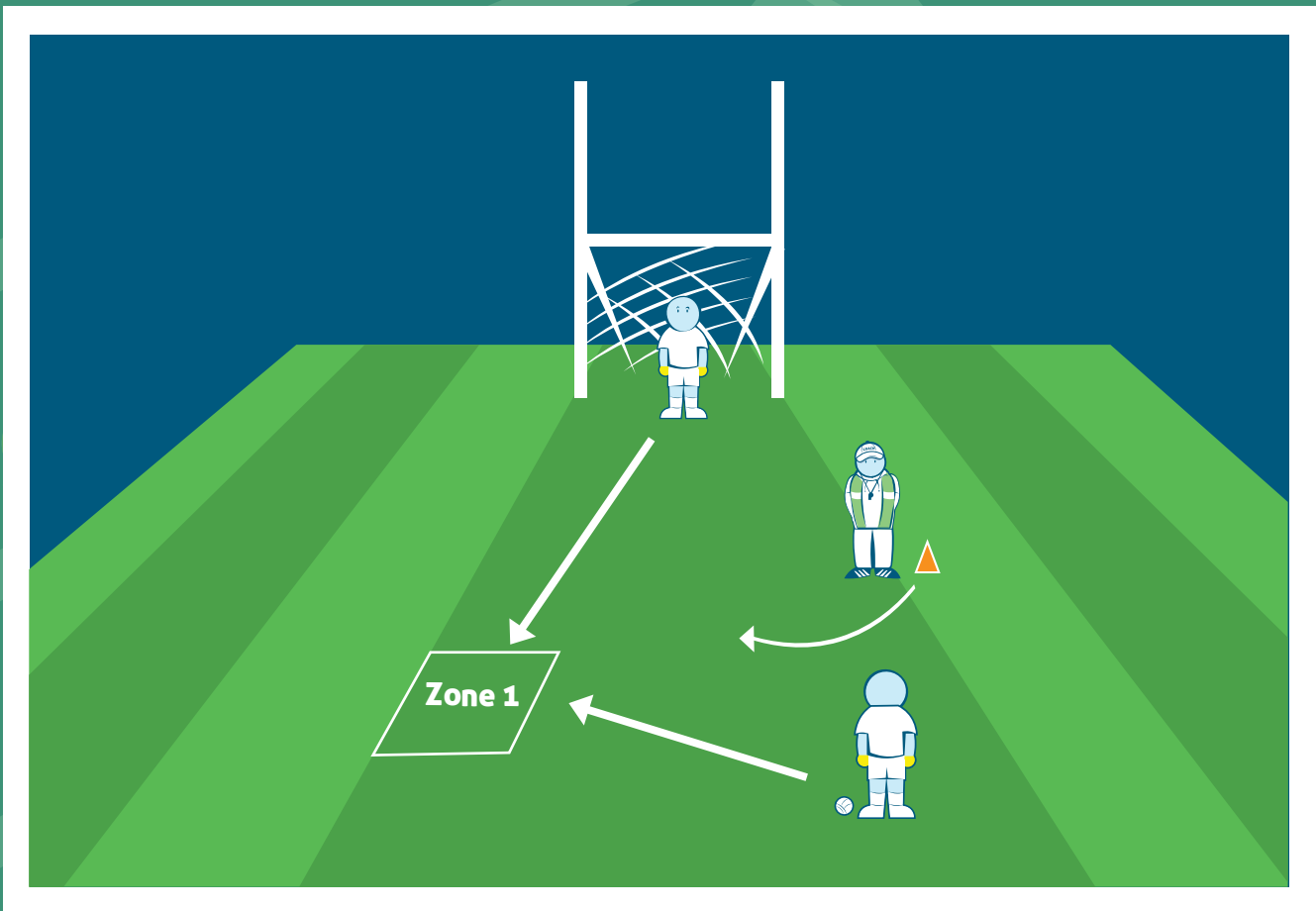
- Remove the zone
- Add a defender on the coach
- Have player 1 run from central, not wide

Regress

- Make it a bigger zone
- Shorter kick
- GK starts closer to the zone
- Remove the coach



READ THE PLAY



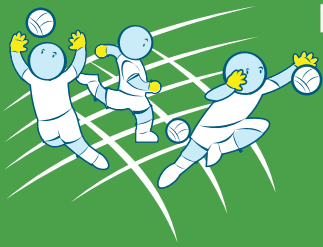
- We are mimicking a match play in a game
- GK plays off their line and reads the coaches movement and players pass
- GK must decide can they get there ahead of the coach or stay on the line
- Player 1 plays a ball towards zone 1
- Coach moves one way and then breaks back to zone 1
- GK then tries to read the play and collect the ball ahead of the coach
- On certain sets instruct GK to come for every kick. This gives the GK freedom to make mistakes which you can then discuss & learn from

TURAS PRINCIPLES IN ACTION

Resembles the game

The kicker must keep the GK "honest" by attempting the lop every so often so as the GK is not stealing too much ground & its realistic to a game type situation





GK RESOURCE MENU

MENU CODE	
Positioning	A
Catching	B
Kickouts	C
Diving	D
Shot Stopping	E
Reactions	F
Team Play	G
Hand Passing	H
Kicking From The Hand	I

VOLUME 1

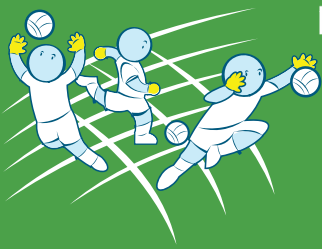
No.	Activity Name	Technical	Conditioning	Decision Making	Speed Sharpness	Communication	Skills Covered
1	Speed Bumps	✓		✓	✓		A E F
2	3 & Out	✓		✓	✓		C
3	Keepers Crawl	✓	✓		✓		D E F
4	Saves Galore	✓	✓		✓		A B D E F I
5	4 Goals Game		✓	✓		✓	A D E F G
6	Big & Brave	✓	✓		✓		A B D E F H
7	Bodyshot	✓	✓		✓		A D E F
8	Cut The Angle	✓			✓		A D E F
9	Double Tap	✓	✓		✓		A D E F
10	React And Restart	✓		✓	✓		C F G
11	Stop Or Save	✓		✓	✓		A B F
12	The GK Triangle	✓			✓		A D E F
13	The Stinger	✓			✓	✓	C
14	To The Toe	✓		✓	✓		A D E F
15	Up And Out	✓		✓		✓	A B F G I
16	Should I Stay Or Should I Go?	✓		✓		✓	A B F
17	Over The Top (OTT)			✓	✓	✓	A B F
18	Target Practice	✓		✓		✓	C F
19	Positioning Under A High Ball	✓	✓	✓			A B F G
20	Near Post Positioning	✓	✓		✓		A D E F
21	Turn & Save	✓	✓		✓		A B D E F
22	Communication Under A High Ball	✓		✓		✓	A B F G
23	Hop Jump And Save	✓	✓		✓		A D E F
24	Endurance Saves	✓	✓		✓		D E F
25	Help The Lone Ranger	✓		✓		✓	A E F G
26	Catch And Deliver	✓		✓	✓		A B F I

VOLUME 2 FOR DOWNLOAD

No.	Activity Name	Technical	Conditioning	Decision Making	Speed Sharpness	Communication	Skills Covered
27	Goal Line Shuffle	✓	✓		✓		ABH
28	Point Savers	✓			✓		ABF
29	Break The Gate	✓		✓	✓		AGH
30	Building Blocks		✓	✓	✓		ADEF
31	Criss - Cross	✓	✓			✓	ABH
32	In The Breadbasket	✓		✓	✓		CFH
33	Quick Step	✓	✓		✓		ADEF
34	Step Step Save	✓	✓		✓		ABDEF
35	3V2	✓		✓		✓	ADEFG
36	Backwards High Ball	✓	✓		✓		ABDF
37	High Ball & Accelerate	✓	✓		✓		ABFHI
38	Hit The Blue	✓	✓	✓			C
39	Angles	✓	✓		✓		ABDEF
40	React & Save	✓	✓		✓		ADEF
41	Across The Goal	✓	✓		✓		DEF
42	Recovery Saves	✓		✓	✓		ADEF
43	5 Star Reactions	✓	✓		✓		ABDF
44	Dive X 5	✓	✓		✓		DEF
45	Pass The Buck	✓			✓	✓	BFH
46	Advice			✓	✓	✓	FG
47	Hit The Target	✓	✓		✓		CFG
48	The Retreat	✓	✓		✓		ABEF
49	Channels	✓	✓		✓		ABFH
50	Back Pedal And React	✓	✓		✓		ABDEFH
51	Read The Play		✓	✓	✓		ABFG

VOLUME 3 FOR DOWNLOAD

No.	Activity Name	Technical	Conditioning	Decision Making	Speed Sharpness	Communication	Skills Covered
52	Wobblers	✓	✓		✓		ABDEF
53	Slips			✓	✓	✓	ABFH
54	Distraction	✓	✓		✓		ADEF
55	Ricochet	✓	✓		✓		ADEF
56	Johnny Wilkinson	✓			✓		C
57	In And Out	✓	✓			✓	BFGH
58	Save The Spike	✓	✓	✓			ADEF
59	Catch And Kick	✓		✓	✓		ABGI
60	Side To Side High Ball	✓	✓		✓		ABH
61	Left Middle Or Right	✓	✓		✓		C
62	Donkey	✓	✓		✓		BCF
63	Through The Legs	✓	✓		✓		DF
64	Save With Your Feet	✓	✓		✓		AEF
65	Find The Forward	✓		✓		✓	AFG
66	Figure Of 8	✓	✓		✓		ABDEFH
67	Extra Man	✓		✓		✓	ABFGHI
68	Wall Ball	✓	✓		✓		ABDEF
69	Flick Ball	✓	✓	✓			ABDEF
70	Blind Goalie			✓	✓	✓	AFG
71	The Schmeichel	✓		✓	✓		ABDEF
72	Quick Hands	✓		✓	✓		BFH
73	The Grid	✓	✓		✓		ABDEFH
74	Hop Skip And Dive	✓	✓		✓		DEF
75	Plant And Pass	✓			✓		CF
76	Double The Dribble	✓	✓		✓		BFI



TUAS

GOALKEEPING



ACTIVITIES DESIGNED BY



Damien Sheridan

Longford Games Development

Longford Goalkeeper:
2000 – 2014



Robert Sansom

Carlow Games Development

Louth Goalkeeper: 2015-2016
Carlow Goalkeeper: 2019 – 2020



Anthony Masterson

Wexford Games Development

Wexford Goalkeeper:
2004 – 2016



Declan Campbell

Westmeath Games Development

Kildare Minor/u20
Goalkeeper 2014-2018



Craig Lynch

Louth Games Development

Louth Goalkeeper:
2014 – 2021



Alan Mulhall

Leinster GAA.

Offaly Senior Football
2002-2018

Graphic Design: Ian O'Shea

VOLUME 3

BUILD CONFIDENCE SET POSITION LOTS OF BALLS
TEA TRAY DIVING HANDS THE FOOT CLOCK

GK

THE ARMS CLOCK
STOPPING HAND



PROVIDE
FEEDBACK

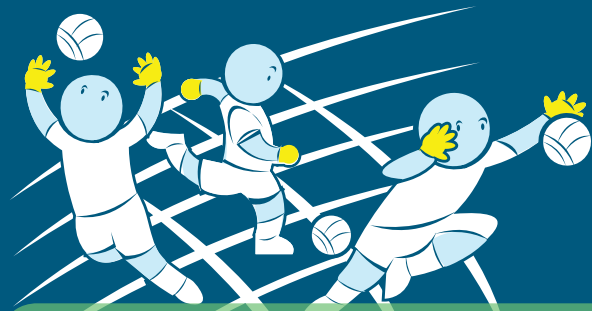


GUNSLINGER GENUFLECTION BENCH PRESS
PUNCHING OVERHEAD CATCH CONTROLLING HAND

GOALKEEPING
FOR COACHES



LEINSTER



WOBBLERS

What is this activity trying to improve?

- Reactions
- Footwork
- Focusing on the ball

KEY COACHING POINTS

Head



Watching for unpredictable flight

Hands



Gunslinger – ready to react at the last moment

Feet



Moving to get body in line with the ball

HOW TO DEVELOP

Technical

- Do reps without saving the ball
- Work feet to get in line
- Focus on why, when & how the ball wobbles



Sharpness

- Allow GK get set between each rep
- React as late as possible
- Only dive as a last resort



Conditioning

- Multiple balls fired in succession
- Give GK just enough time to react & scramble (not get set)
- Have 2 kickers from different angles



COACH BY ABILITY NOT AGE



Progress

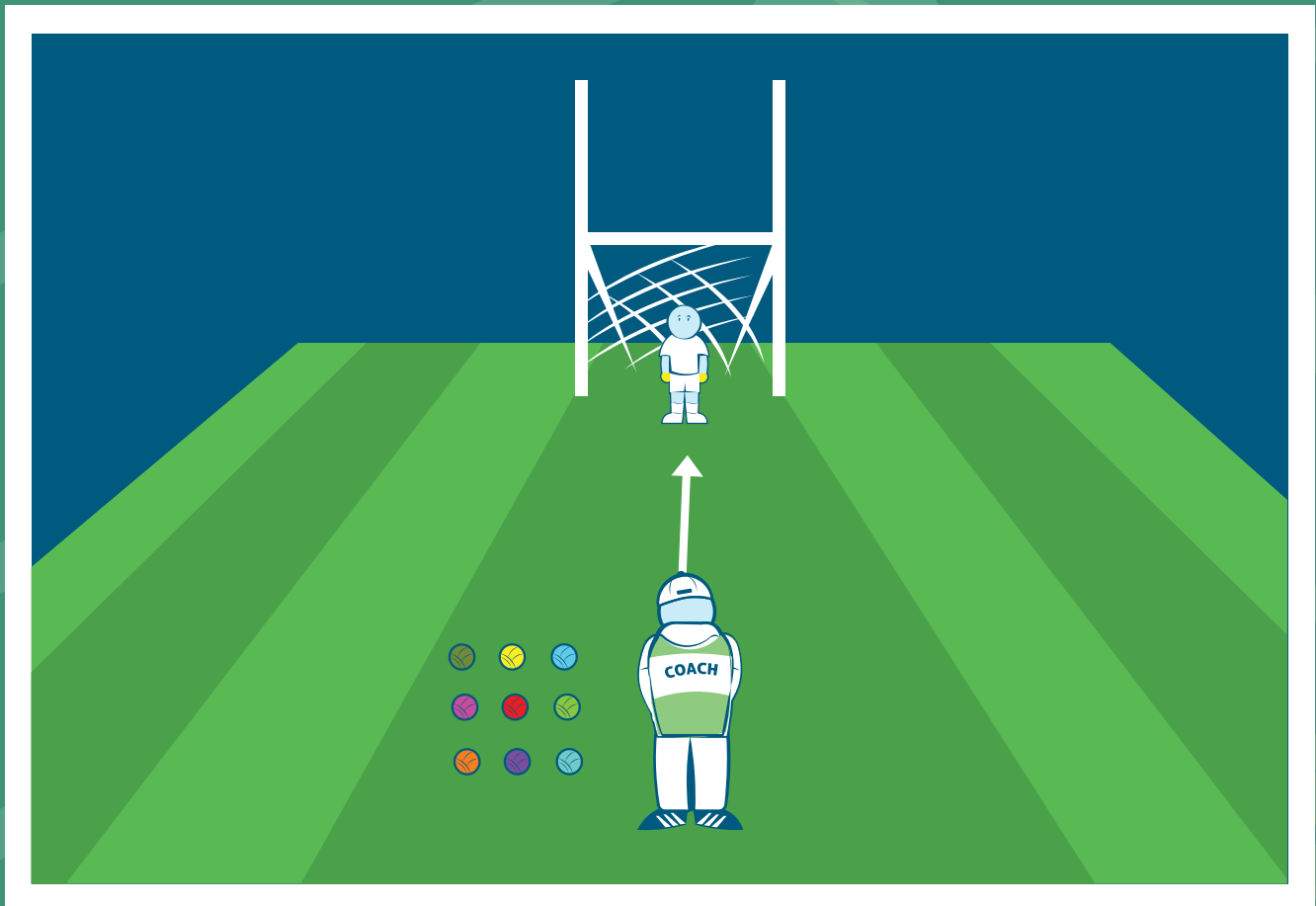
- Work in the full sized goals
- Kick balls with different types of kick
- Throw small foam balls (baseball pitch)
- Kick from closer in (less time to react)
- Kick from further out (ball moves more)

Regress

- Lighter kicks/throws
- Aim central
- Same kick all the time



WOBBLERS



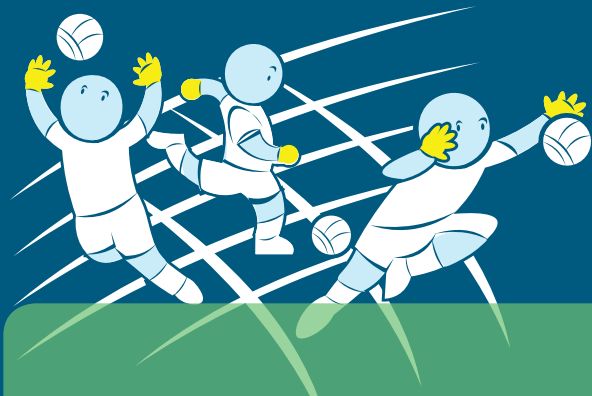
- Set up a goal with poles or portable goals
- Have a number of kids plastic footballs
- Size 3 or bigger
- Light in weight but well inflated
- Shooter starts 10M away from the GK
- Shooter kicks the ball with topspin by pointing their toe away & striking through the laces
- Aim around belly high & the ball should wobble up as it gets closer to the GK
- Shooter can also overarm throw (bowling in cricket) the ball so it has backspin
- Again aim at the belly & the ball should wobble down as it gets closer to the GK

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

Have a laugh with the GK as the ball moves all over the place & reassure them that their reactions are improving when they get a touch on a ball





SLIPS

What is this activity trying to improve?

- Reactions
- Focusing on the ball as well as external factors
- Anticipation & timing of hand pass L & R sides

KEY COACHING POINTS

Head



Focus on 2 moving balls & following the one coming to you

Hands



Bench press position

Feet



Set position

HOW TO DEVELOP

Sharpness

- Quick hand passes with both pairs in sync



Decision Making

- Allow 1 from the other pair shadow defend (without contact)



Communication

- Partner must call the pass first
- Players talk to each other about how to get the ball to collide



COACH BY ABILITY NOT AGE



Progress

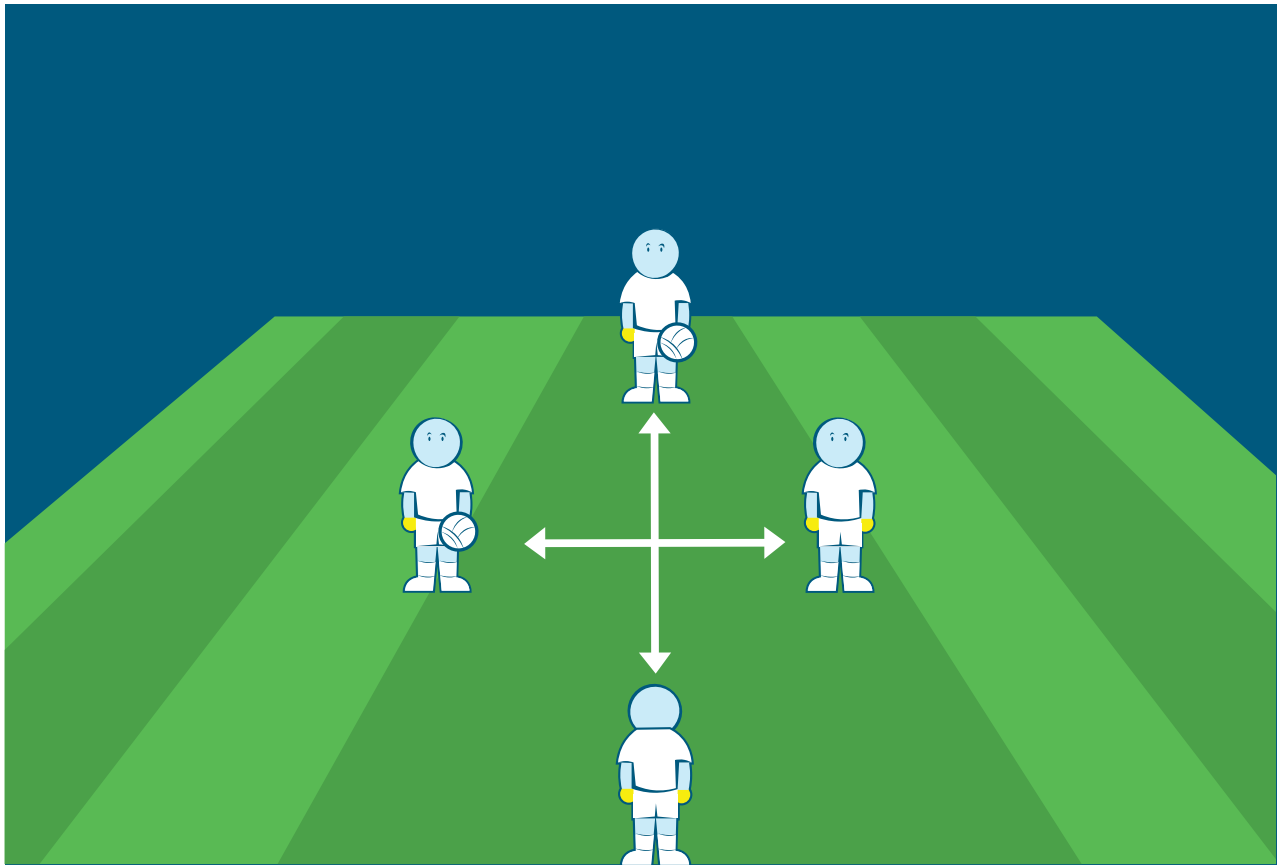
- Pairs move further away from each other
- Pass of weak hand
- Add a 3rd pair of players (less chance of winning)
- Allow opposition or an extra person to shadow defend without contact

Regress

- Move closer together
- Pairs throw the ball to each other
- Add a 3rd pair of players (greater chance of balls colliding)



SLIPS



- 2 pairs of players (GK's or outfielders) set up 3M apart opposite each other in a cross
- Each pair has 1 football
- Pairs hand pass the ball over & back trying to get the 2 balls to collide
- Once the balls collide the players race to recover a ball & make 1 pass with their partner to win 1 point
- 1st team to 5 points wins the round

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

See the fun between the pairs as they try to better each other in a "best of 5" as they build camaraderie & team work





DISTRACTION

What is this activity trying to improve?

- Focus on the ball & external factors
- Reactions
- Concentration

KEY COACHING POINTS

Head



Watching the ball but seeing the opponent

Hands



Gunslinger

Feet



Light on feet moving left & right to ensure GK can see the ball

HOW TO DEVELOP

Sharpness

- 4-8 reps per set with just enough time for the GK to get set between reps
- Blocker moves as late as possible



Technical

- Remove the opponent
- Focus on feet movement & getting body behind the ball



Conditioning

- Lots of balls & rapid shots
- Blocker rarely plays the ball but always in GK line of vision



COACH BY ABILITY NOT AGE

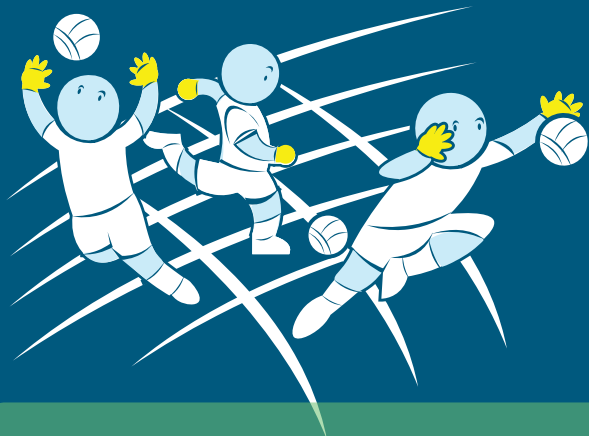


Progress

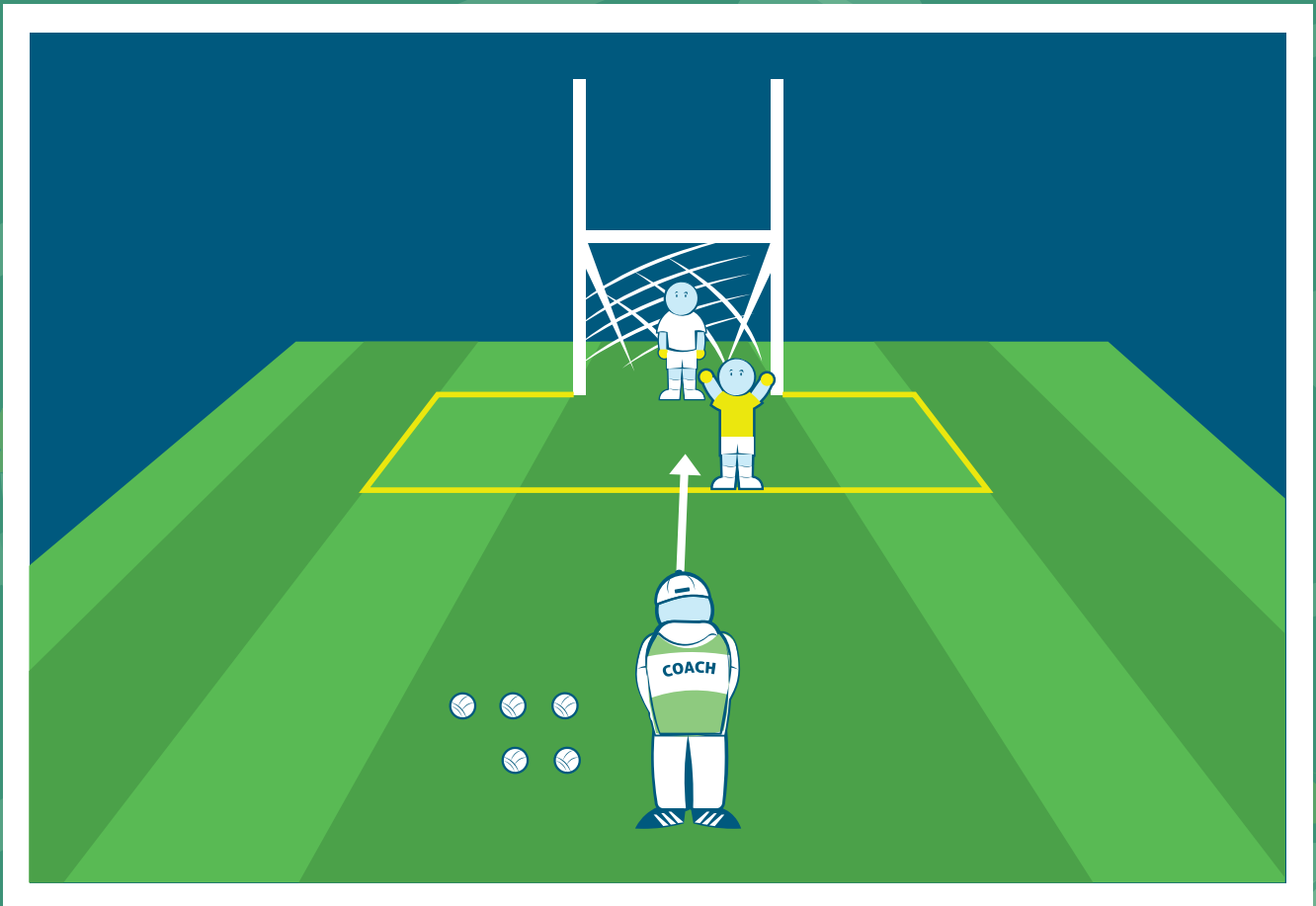
- Blocker stands closer to the GK
- Use smaller balls
- Blocker follows up on rebounds
- 2 blockers moving across GK eye line

Regress

- Smaller goals with poles
- Blocker further away
- Blocker doesn't flick any balls



DISTRACTION



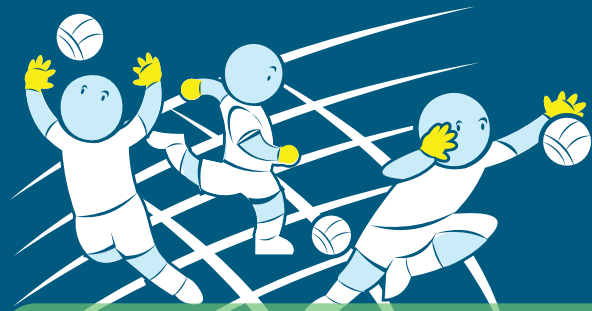
- GK stands in the main goal or a portable goal
- Shooter sets up between the 13M & 20M lines with multiple balls
- A blocker stands on the edge of the small box in front of the GK
- The shooter aims kicks at the blocker
- The blocker moves out of the way as late as possible
- Sometimes the blocker can try to get a minimal touch on the ball to take it slightly off line
- The Blocker can move as the GK moves so as they are always blocking the GK's view

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

By changing the type of shots & the involvement of the extra player a GK can really be challenged at the level appropriate to them





RICOCHET

What is this activity trying to improve?

- Fitness
- Reactions
- Becoming friends with the ground

KEY COACHING POINTS

Head



Over the feet so GK can dive forward

Hands



Gunslinger

Feet



Set position

HOW TO DEVELOP

Conditioning

- Work the GK to the max of their level



Sharpness

- 2-6 reps per set



Technical

- Get GK to focus how much work each foot/leg is doing when going left & right
- Work to balance this out



COACH BY ABILITY NOT AGE



Progress

- Throw ball harder so it ricochets further
- Use heavier balls
- Someone pull lightly on the ball as GK makes the save
- Keep tempo high

Regression

- Throw ball easier
- Do less reps per set
- Slow the tempo down



RICOCHE

1



2



- GK & feeder face each other 1M apart
- Feeder throws the ball against the GK's foot/ shin so it ricochets away from the GK
- GK scrambles to make the save
- Feeder runs after the GK
- GK returns the ball to the feeder & repeat quickly
- GK must always make the save on their shoulder with the chest facing the feeder (feeder should never see their back, GK always facing the play)

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Improve your GK's leg power & stamina. How many saves can they get in a length of time & also see how the length of time they can go for improves very quickly





JOHNNY WILKINSON

What is this activity trying to improve?

- Straight KO's
- Focus & Concentration
- Dealing with pressure

KEY COACHING POINTS

Head



Over the planted foot

Hands



Almost 5pm for right footers
Just After 7pm left footers

Feet



Almost 5pm for right footers
Just After 7pm left footers

HOW TO DEVELOP

Technical

- GK self analysis each kick under HHF
- Kicks must be straight & back spinning



Technical

- Use Go Games balls (light)
- 1 step & kick



Speed

- Set up 2-3 balls & kick 1 after the other
- Collect ball from a few meters behind tee, carry, place & kick quickly



COACH BY ABILITY NOT AGE



Progress

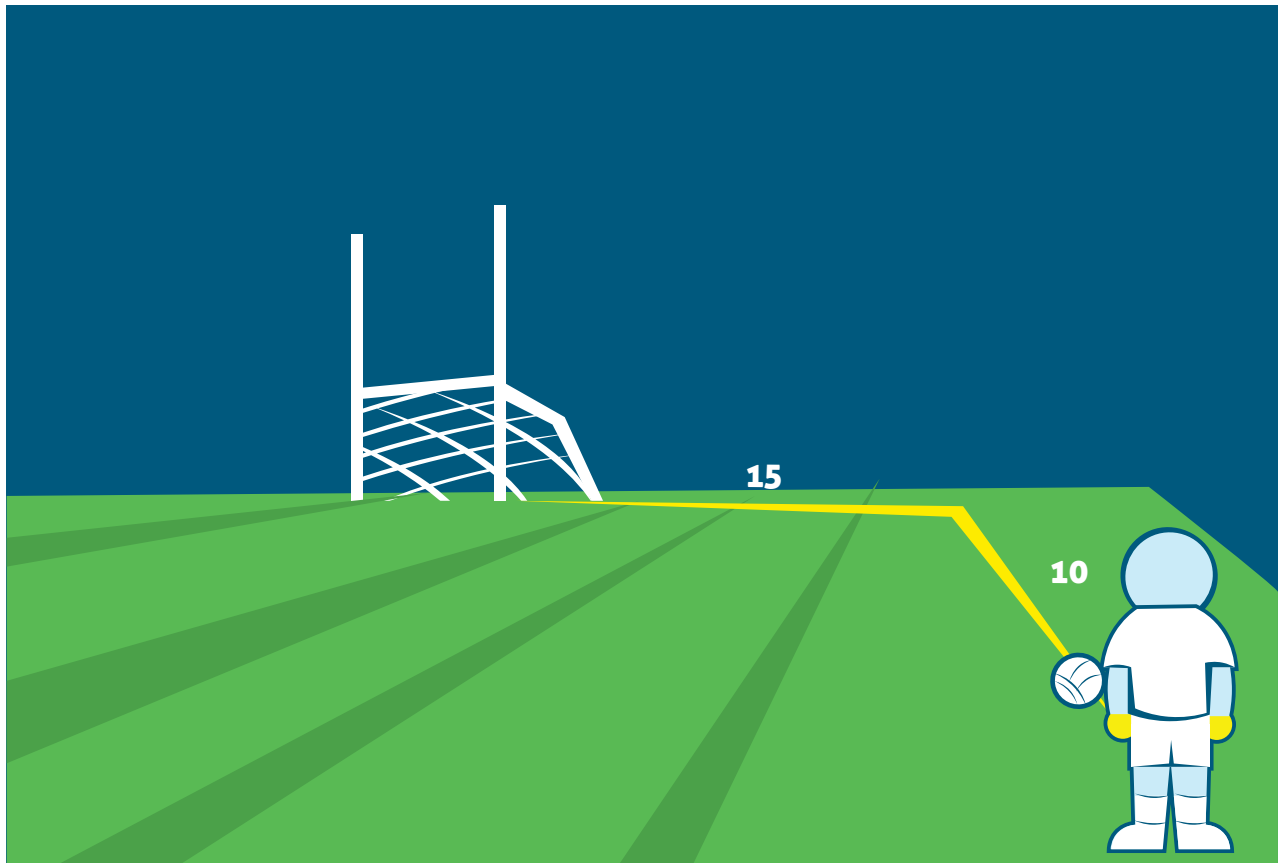
- Move further away from the goals
- Narrow the angle
- Use smaller balls
- Distract the GK by talking during the process
- Build the pressure on the kick by setting a scene (last KO of the game, we must win it)
- Use weaker foot

Regress

- Move closer to the goals
- Widen the angle
- Reduce to 2 in a row to move on



JOHNNY WILKINSON



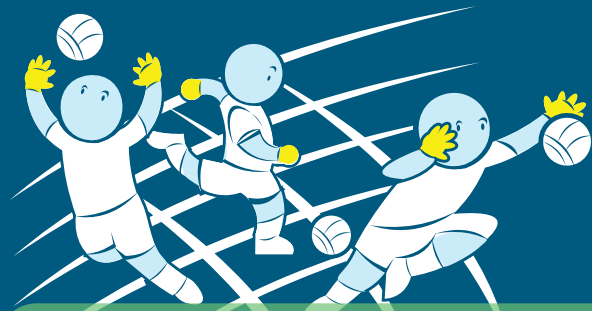
- From the outside of 1 goal post step 15 paces along the end line towards the corner flag
- Turn 90 degrees to face the pitch & step 10 paces out
- This is the starting spot
- GK attempts to kick the ball between the posts & over the bar
- The ball must go straight (no curling or fading)
- Once the GK scores 3 in a row they can move 2 paces further back on the same angle
- Practice from both sides of the goals (kicking in the same direction)
- Practice of the weaker foot but use some of the regression points to start with

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Use this activity to focus the GK when you want to work on accuracy of KO's. Change the angle & distance to ensure the task is achievable but not too easy





IN AND OUT

What is this activity trying to improve?

- Hand-eye coordination
- Footwork
- Communication

KEY COACHING POINTS

Head



Out in front to be ready to attack the ball

Hands



Good clean passing & catching

Feet



Small quick steps ready to change direction

HOW TO DEVELOP

Technical

- Focus on hands moving with the ball, securing possession.
- Good footwork which will translate to the game.



Communication

- GK's clearly call when to pass the ball/change direction.



Conditioning

- Increased reps will improve conditioning and technique.



COACH BY ABILITY NOT AGE



Progress

- GK's can pick up the speed of drill.
- GK's can work a meter either side to make a more difficult pass.
- Use different size/shape balls to improve hand-eye coordination.
- Have one player use a bounce pass rather than both throwing/handpassing

Regress

- Reduce the distance that the GK's must cover.
- Use a lighter or a softer ball.
- Reduce the pace of the jog.
- Pre determine the type of pass to be made by each player so the skill is not as complicated

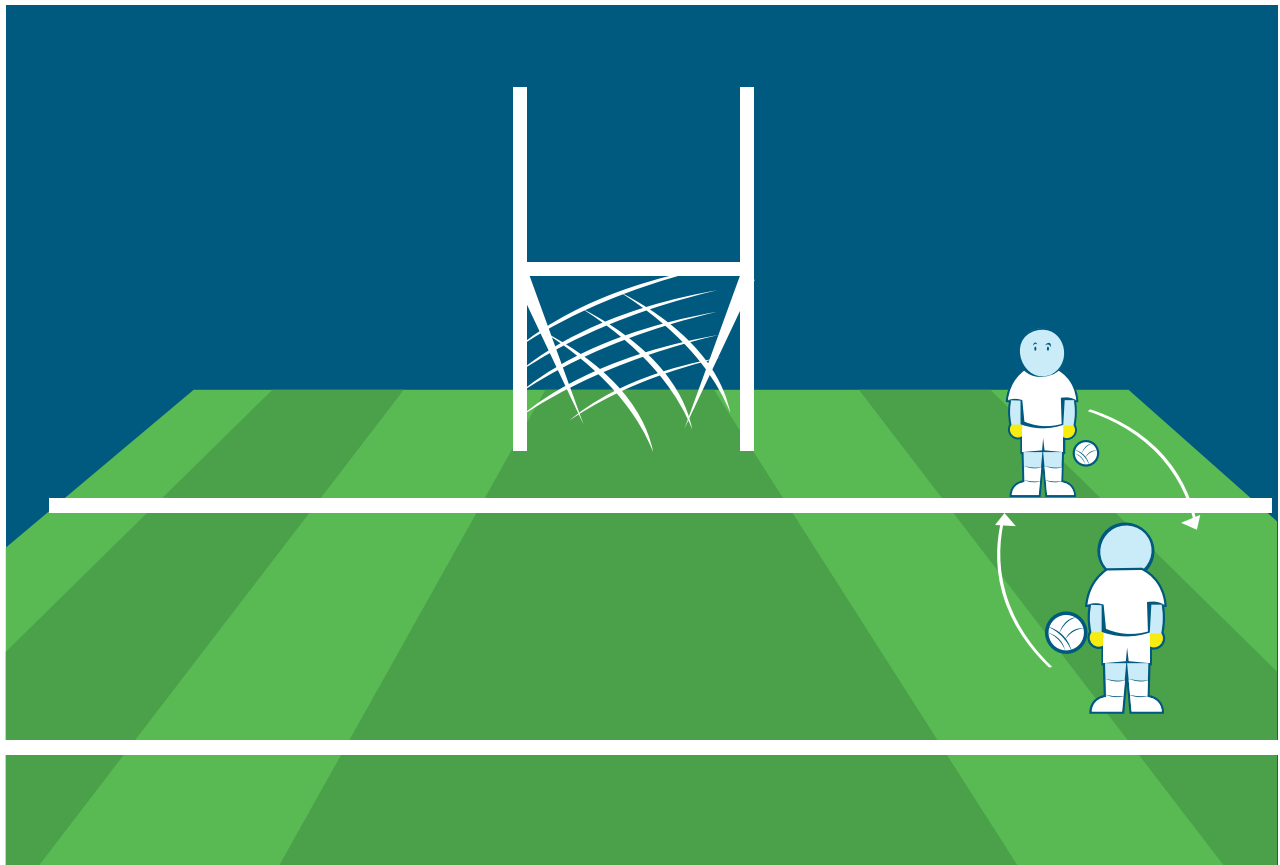


TURAS

GOALKEEPING



IN AND OUT



- GK's begin facing each other, one on the end line the other 3 steps away. Each GK has a ball.
- The GK facing the pitch begins jogging forward and the other GK backwards.
- While jogging they alternate balls with a handpass.
- They clearly communicate when the pass will happen and how it will happen (i.e. over/under or either side).
- When they get to the 20m line they change direction back to the end line.

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

Encourage fun and laughter between both GK's throughout this activity





SAVE THE SPIKE

What is this activity trying to improve?

- Movement in the goals
- Timing of diving
- Shot stopping

KEY COACHING POINTS

Head



Head up, keeping an eye on the flight of the ball

Hands



Are they saving with top hand or bottom had (use questioning)

Feet



Small quick steps ready to change direction

HOW TO DEVELOP

Technical

- Correct footwork across the goal.
- Hands forward in the set position.
- Body facing the play.



Decision Making

- Choosing whether to dive or stand up to the attacker.
- If you must dive, making sure we don't dive too early or too late.



Conditioning

- Have little break in between so the GK covers a lot of ground quickly.
- Ensure the pass from player 'B' to the coach is quick to have the GK move quickly.



COACH BY ABILITY NOT AGE

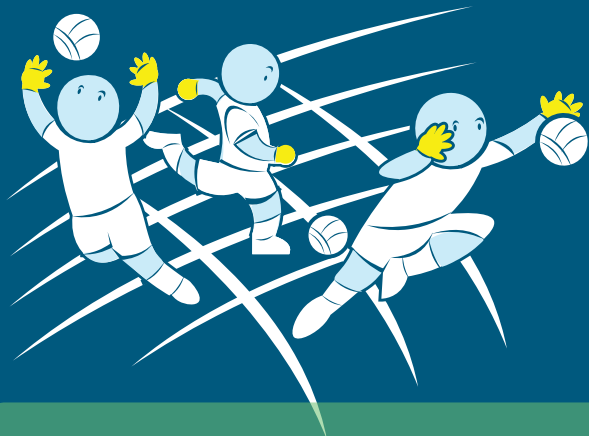


Progress

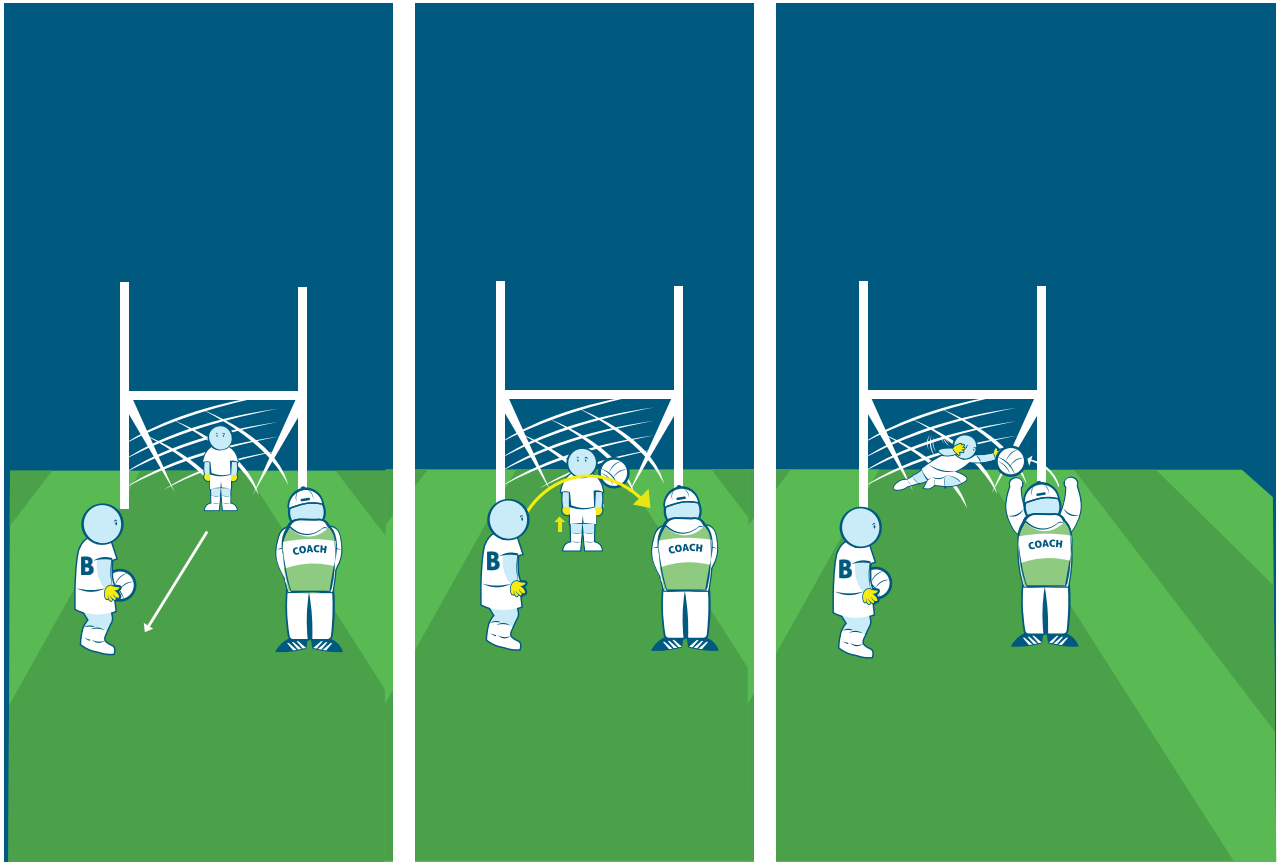
- The attacker can catch the ball and take a shot, creating another decision for the GK to make.
- Increase the distance which the GK has to cover.
- The coach can become mobile, moving to different positions.
- Player B can shoot, making sure the GK doesn't sell themselves early.
- Use a small ball to improve hand-eye coordination.

Regress

- Reduce the distance that the GK has to cover.
- The coach becomes static and does not move at all, only to hit the ball.
- Use a soft ball for the shot.



SAVE THE SPIKE



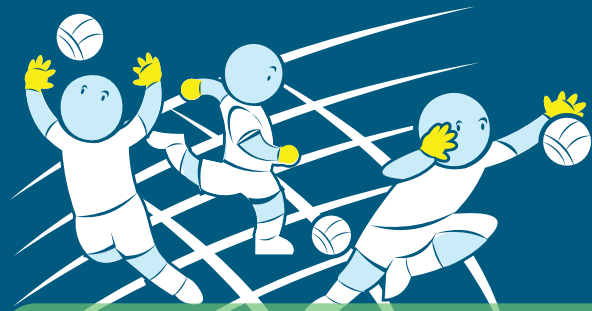
- GK starts in middle of the goals
- They run and touch the ball in GK B's hands.
- GK B then throws the ball in the air to the coach who then palms/punches the ball towards the goals.
- The GK must shuffle across their goals and attempt to save the ball.
- Repeat from both sides.

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

GK should really enjoy this activity - Encourage fun and laughter throughout





CATCH AND KICK

What is this activity trying to improve?

- High Ball
- Kick Pass

KEY COACHING POINTS

Head



Focus on seeing the writing on the ball

Hands



Catch at the highest point

Feet



Catch the ball moving forward

HOW TO DEVELOP

Technical

- Bring the GK through the Coaching Points of the high catch and the kick pass



Decision Making

- If the ball is dropping short question the GK about the various match type situations they might encounter (bodies in front, getting hit jumping etc)



Speed/Sharpness

- Speed of thought to decide immediately after landing to pick your pass out



COACH BY ABILITY NOT AGE

Progress

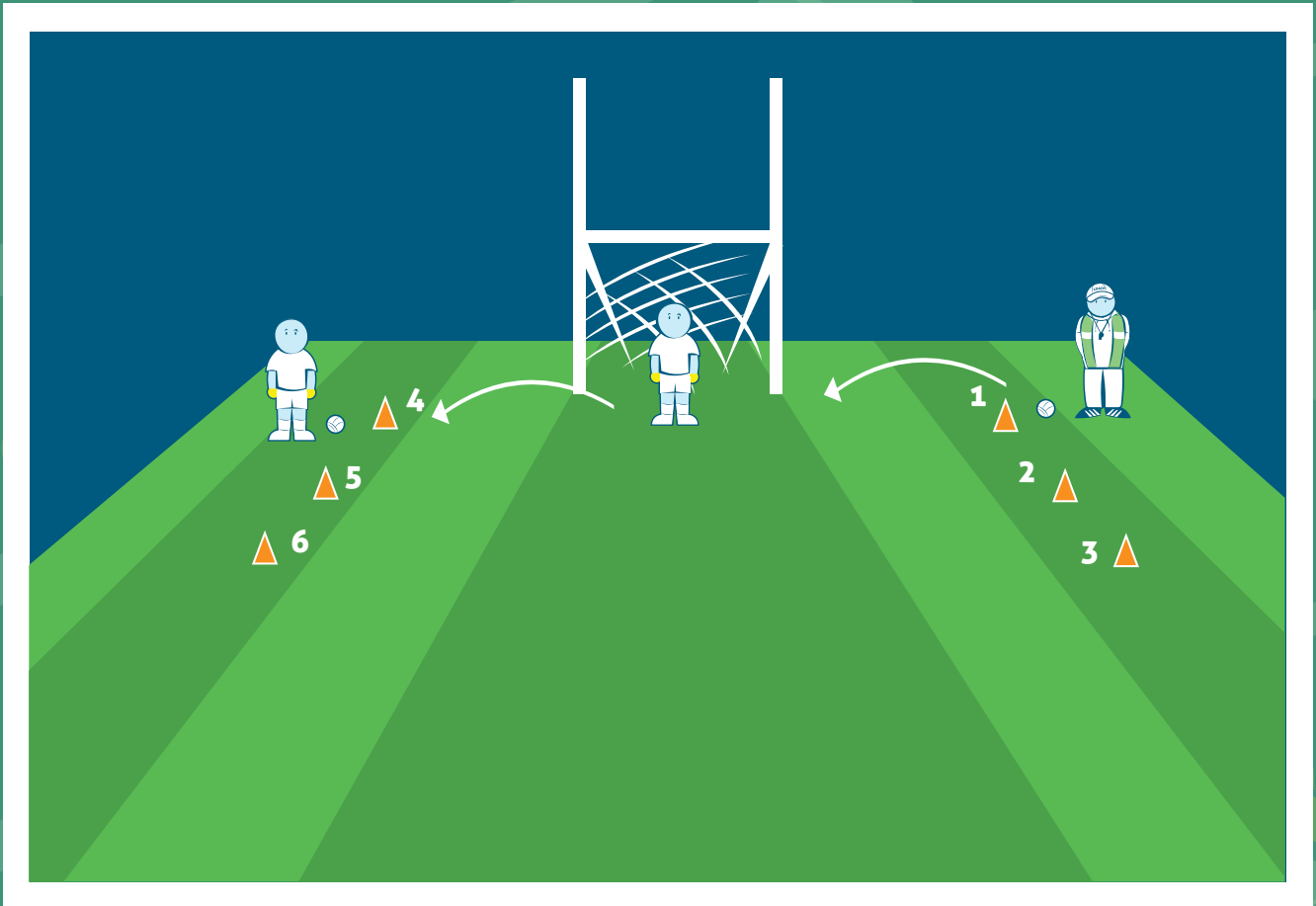
- Vary the height & length of kicks with
- Fire in some low kicks so the GK has to attack the ball
- Use heavier or smaller balls to work on concentration & technique
- Add pressure. 1st after the catch then a hand on while jumping, then jumping in front without trying to play the ball
- Remember the GK must be successful regularly before adding pressure

Regress

- Move closer for the kicks or throw the ball to the GK
- Break down the skill & work on the part where the GK is struggling
 - Catching without jumping
 - High pointing the ball by stepping in & jumping
 - Changing direction when landing
 - Accurate kicking passing



CATCH AND KICK



- Coach plays kick pass from cone 1 towards the crossbar
- GK 1 collects the high ball and finds GK 2 with a kick pass
- GK 2 plays a kick pass from cone 4 towards the crossbar
- GK 1 collects the high ball and hits the coach with a kick pass
- Repeat from different cones and different distances

TURAS PRINCIPLES IN ACTION

All players involved, all the time; lots of touches, lots of decisions

Help the GK to understand that using the momentum of the ball by catching & going in that direction (or punching if it was needed) is easier than going back where it came from. Also the space is on the other side for the counter attack





SIDE TO SIDE HIGH BALL

What is this activity trying to improve?

- Technique of jumping at an angle
- Catching the ball at its highest point
- Decision Making- Catch, leave or palm away?

KEY COACHING POINTS

Head



Watch the writing on the ball, challenge GK to really focus

Hands



Is GK going to palm, punch or catch? Where is GK palming/punching ball to?

Feet



Don't cross your feet, side to side movement

HOW TO DEVELOP

Technical

- Challenge the GK to win the ball at its highest point
- Use questioning



Speed

- Fast feet around the goalmouth



Conditioning

- Use a 2nd kicker to increase the frequency of balls the GK has to deal with



COACH BY ABILITY NOT AGE



Progress

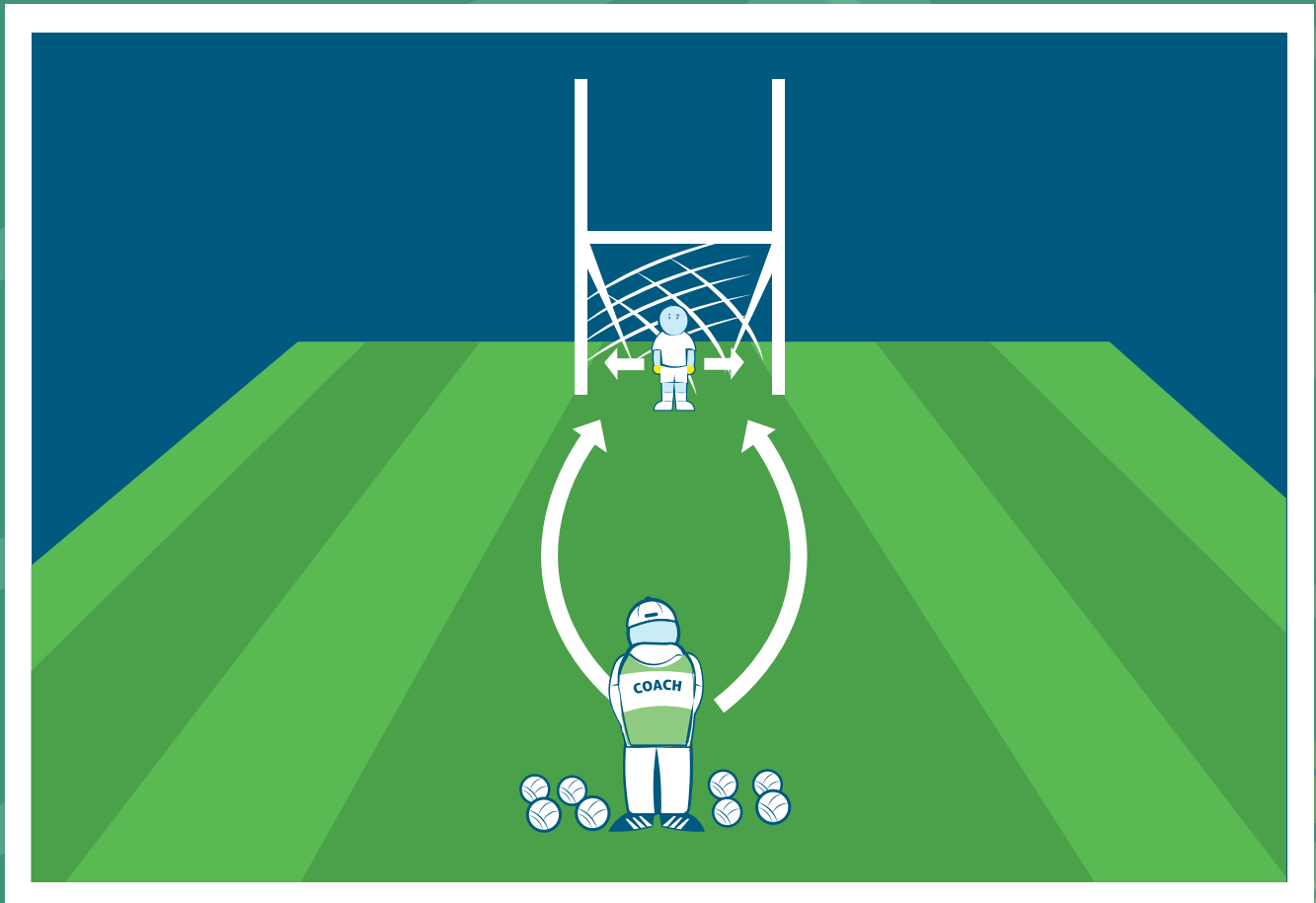
- Add in a distraction or shadow player
- Deliver the ball at a higher pace
- Coach tries to score a goal instead of just serving the ball

Regress

- Coach throws the ball higher to allow GK more time to judge the flight
- Coach throws the ball from closer to the goal at a slower pace
- Allow GK to reset after each ball



SIDE TO SIDE HIGH BALL



- Coach serves the ball towards the top corner.
- Repeat 8 times. Change flight and trajectory of the ball.
- Change sides after each throw.

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Adapt the activity from non pressure to pressure by adding in shadow player to test and challenge GK





LEFT MIDDLE OR RIGHT

What is this activity trying to improve?

- Technique of kicking
- Accuracy
- Quick feet and adjusting the body

KEY COACHING POINTS

Head



Over the planted foot

Hands



Almost 5pm for right footers, just after 7pm for left footers

Feet



Almost 5pm for right footers, just after 7pm for left footers

HOW TO DEVELOP

Technical

- Focus on the strike and not the distance
- Aim for clean strikes against the frame of the goal



Speed

- Speed of reaction to the coaches call. Quick feet to get the next ball and tee up
Coach can put a time limit on resetting the ball so the GK has less time to think about it.



Conditioning

- Add in an exercise or a conditioned run between kicks



COACH BY ABILITY NOT AGE

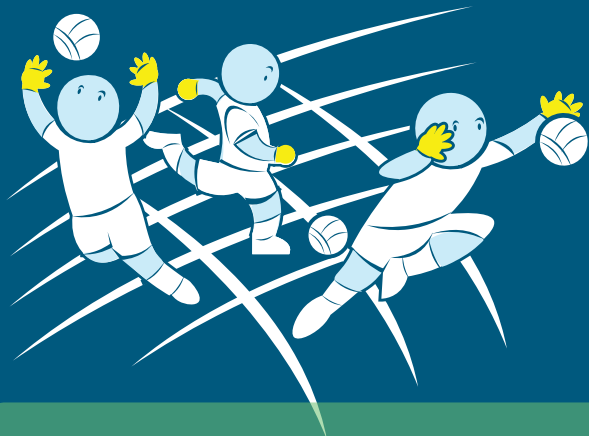


Progress

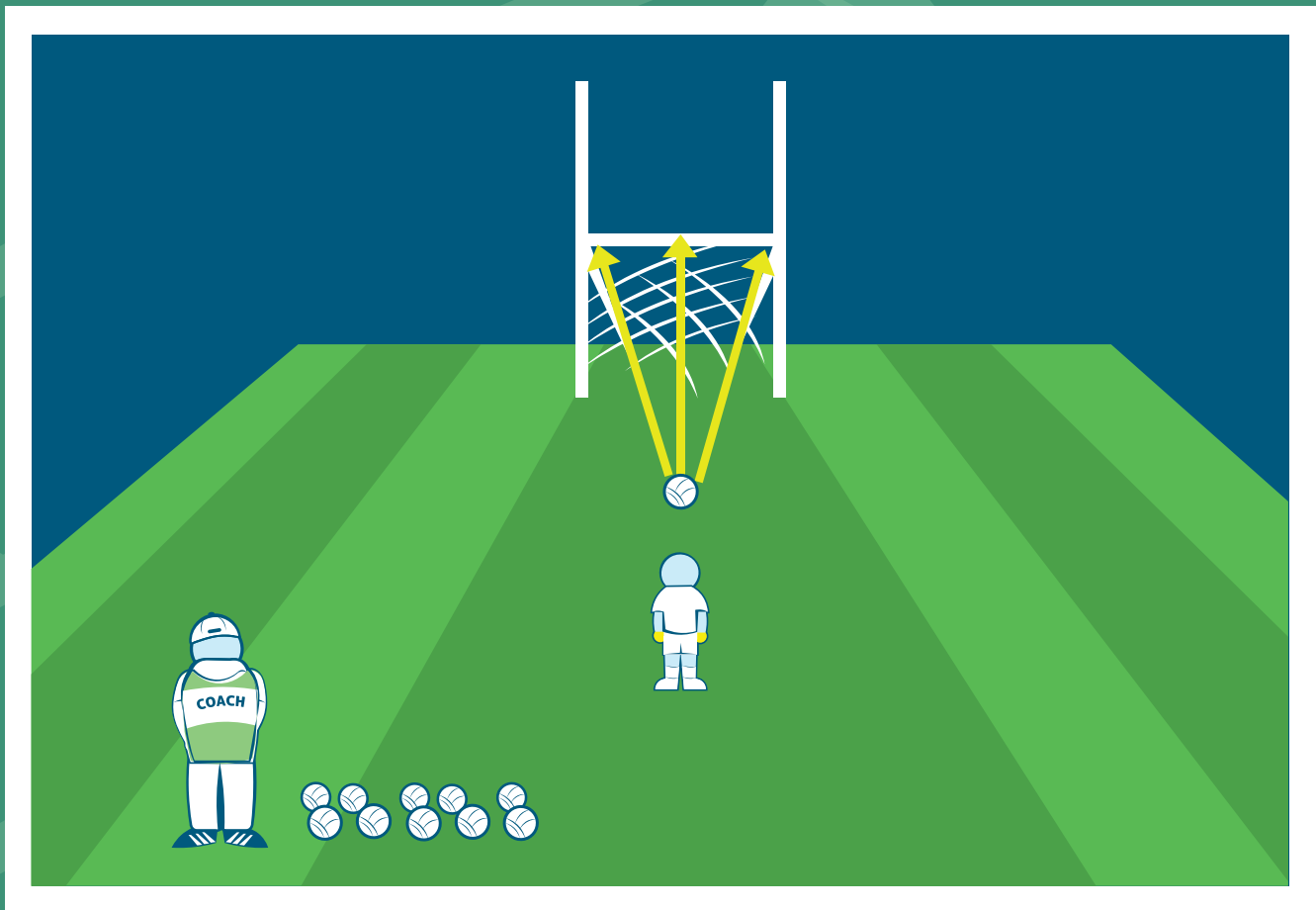
- Use a time challenge
- Add in physical activity between kicks
- Use other foot
- Increase distance

Regress

- Allow side netting to be used to increase the target size
- Move Ball closer to the goal
- Place poles inside the posts to create a wider target
- Draw the "Kicking Clock Hands" on the ball to focus the GK's foot contact with the ball



LEFT MIDDLE OR RIGHT



- Place the ball a certain distance away from the goal (6-10m)
- GK aims for the left or right post or the middle (crossbar)
- Rotate GK's
- Coach feeds the ball
- Progress by coach or other GK calling target

TURAS PRINCIPLES IN ACTION

Understands the player is at the centre of the game and provides individualised development

Provide questioning and feedback to GK to improve their kicking technique





DONKEY (6 LIVES)

What is this activity trying to improve?

- Technique of kicking
- Accuracy
- Committing to the kick

KEY COACHING POINTS

Head



Over the planted foot

Hands



Almost 5pm for right footers, just after 7pm for left footers

Feet



Almost 5pm for right footers, just after 7pm for left footer

HOW TO DEVELOP

Technical

- Focus on the strike
- The narrow channel wont allow for loss of technique



Speed

- Put a time limit on the delivery of the kickout



Conditioning

- Add in an exercise or conditioning runs between kicks



COACH BY ABILITY NOT AGE



Progress

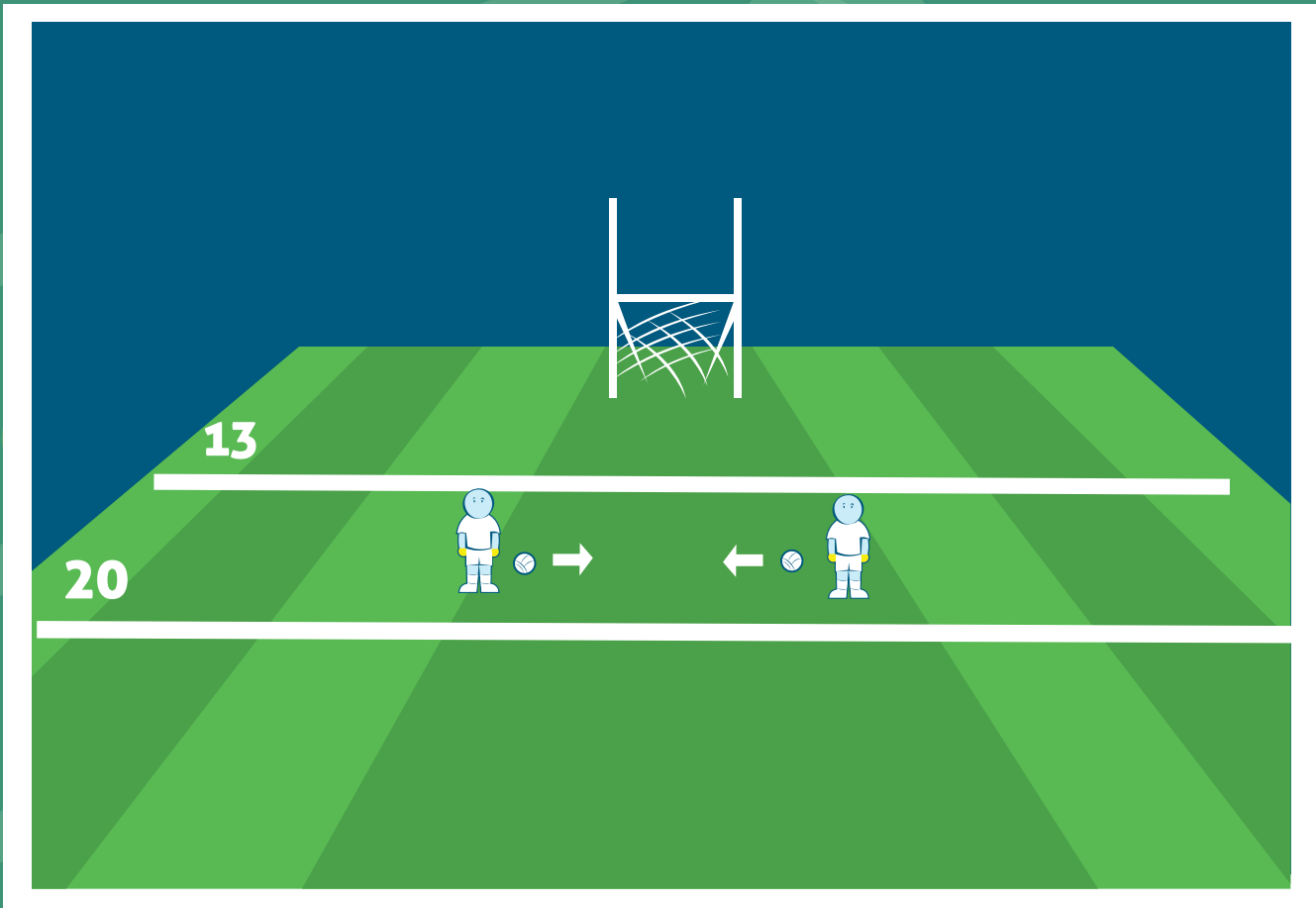
- Less lives
- Narrow the channel
- Use other foot
- Increase distance

Regress

- Decrease distance
- Widen the channel
- Extra lives



DONKEY (6 LIVES)



- Fun game to work on accuracy and technique
- GK's line up inbetween 13m 20m lines 20m apart
- GK's deliver the ball back and forth
- If the ball hits the ground or goes outside the lines you lose a life and receive a letter (D-O-N-K-E-Y)
- After 3 kicks each the distance increases 5m
- When you are the first DONKEY you lose!!!

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Challenge GK by increasing the distance or decreasing the width of activity





THROUGH THE LEGS

What is this activity trying to improve?

- Concentration
- Reactions
- Diving

KEY COACHING POINTS

Head



Leading forward so as to keep the weight through the toes

Hands



Controlling hand most important as ball is moving away from GK

Feet



Work feet so GK can dive on their side not belly flop

HOW TO DEVELOP

Technical

- Focus on Head
Hands Feet



Speed

- Encourage GK to smother the ball before it rolls away



Conditioning

- No breaks
- Higher reps



COACH BY ABILITY NOT AGE

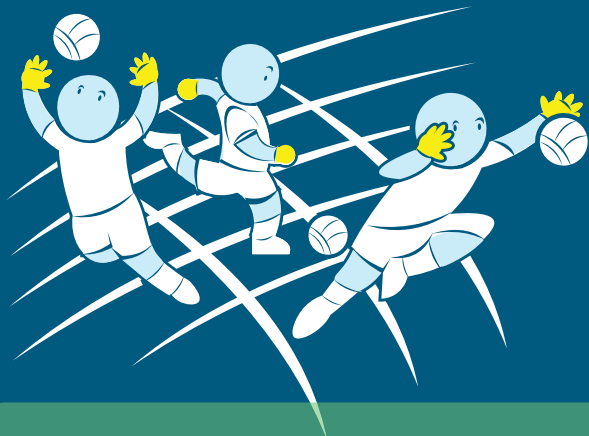


Progress

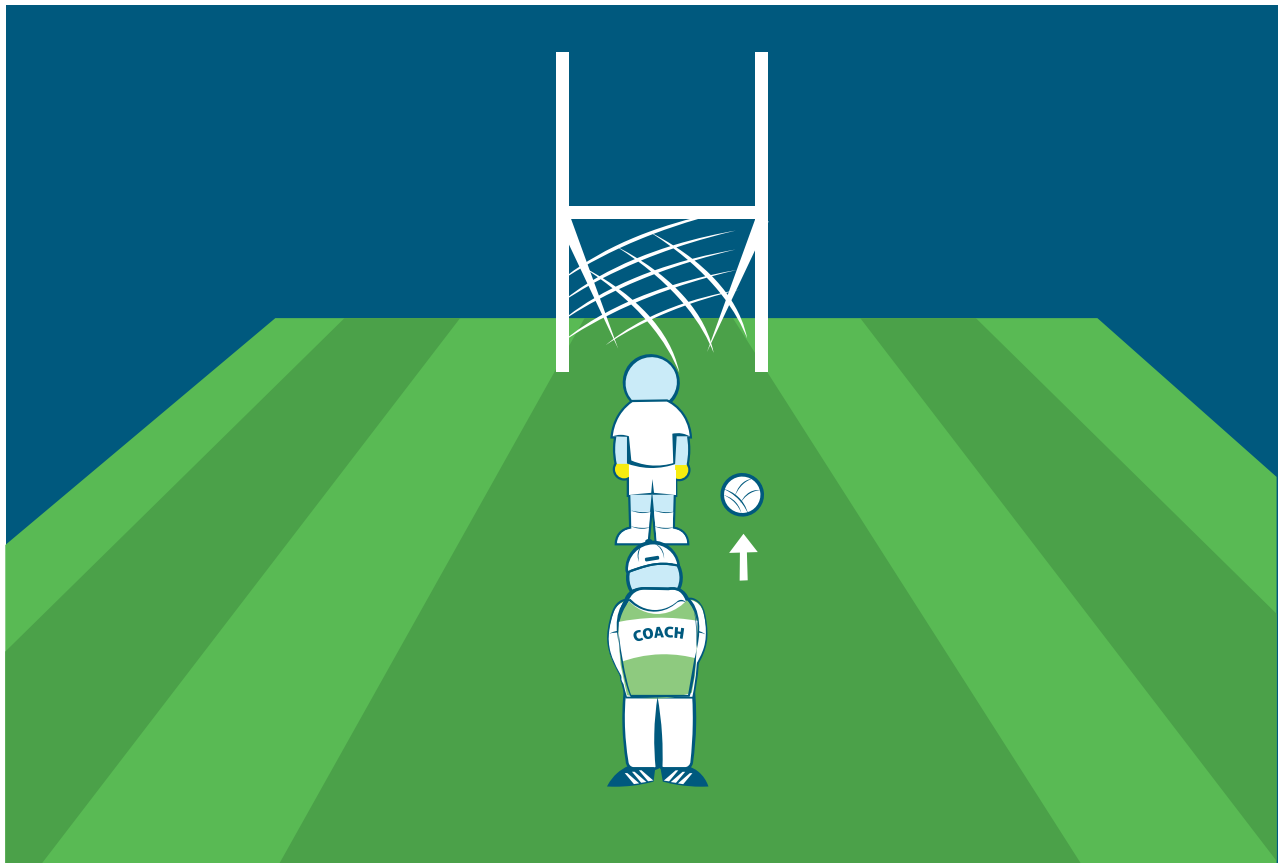
- Use smaller balls
- Play balls at wider angles to force the GK to widen their peripheral vision
- Roll the ball faster to ensure the GK has to work their feet
- Vary the throw or the roll
- Increase the pace

Regress

- Use bigger balls
- Set up in front of a wall so the GK saves the shot coming back from the wall
- Slower delivery of the ball
- Tell the GK when the ball is coming



THROUGH THE LEGS



- Coach stands behind the GK
- GK faces away from the coach and the ball with their legs open
- Coach rolls the ball between the GK legs
- GK reacts to the ball and dives on the ball before it gets away
- Coach can throw the ball over the GKs head or roll the ball to the GKs Left or Right

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

Encourage the GK by using positive language & energetic tone so the GK is motivated physically & mentally to save, recover and save again





SAVE WITH YOUR FEET

What is this activity trying to improve?

- Shot stopping with your feet
- Knowing your angles
- Decision making- Foot or Hand?

KEY COACHING POINTS

Head



Read the shooters body language

Hands



Gunslinger position

Feet



Set position

HOW TO DEVELOP

Technical

- Challenge the GK to save with their feet instead of their Hands



Speed

- Add cones around the line to force GK to move feet quickly with small powerful steps



Conditioning

- Use a time limit to increase workrate



COACH BY ABILITY NOT AGE



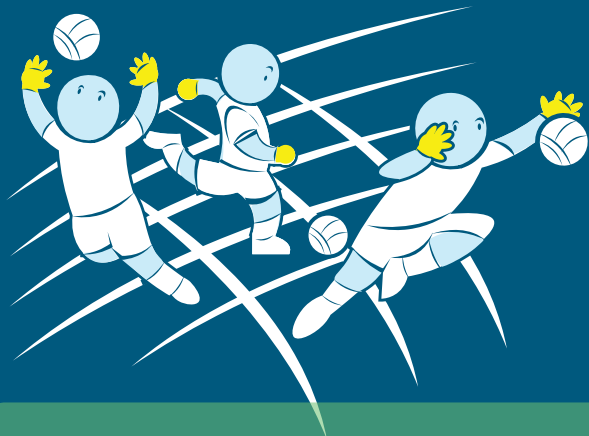
Progress

- Vary the type of shots
- Decrease time between shots (less thinking time)
- Add in distractions

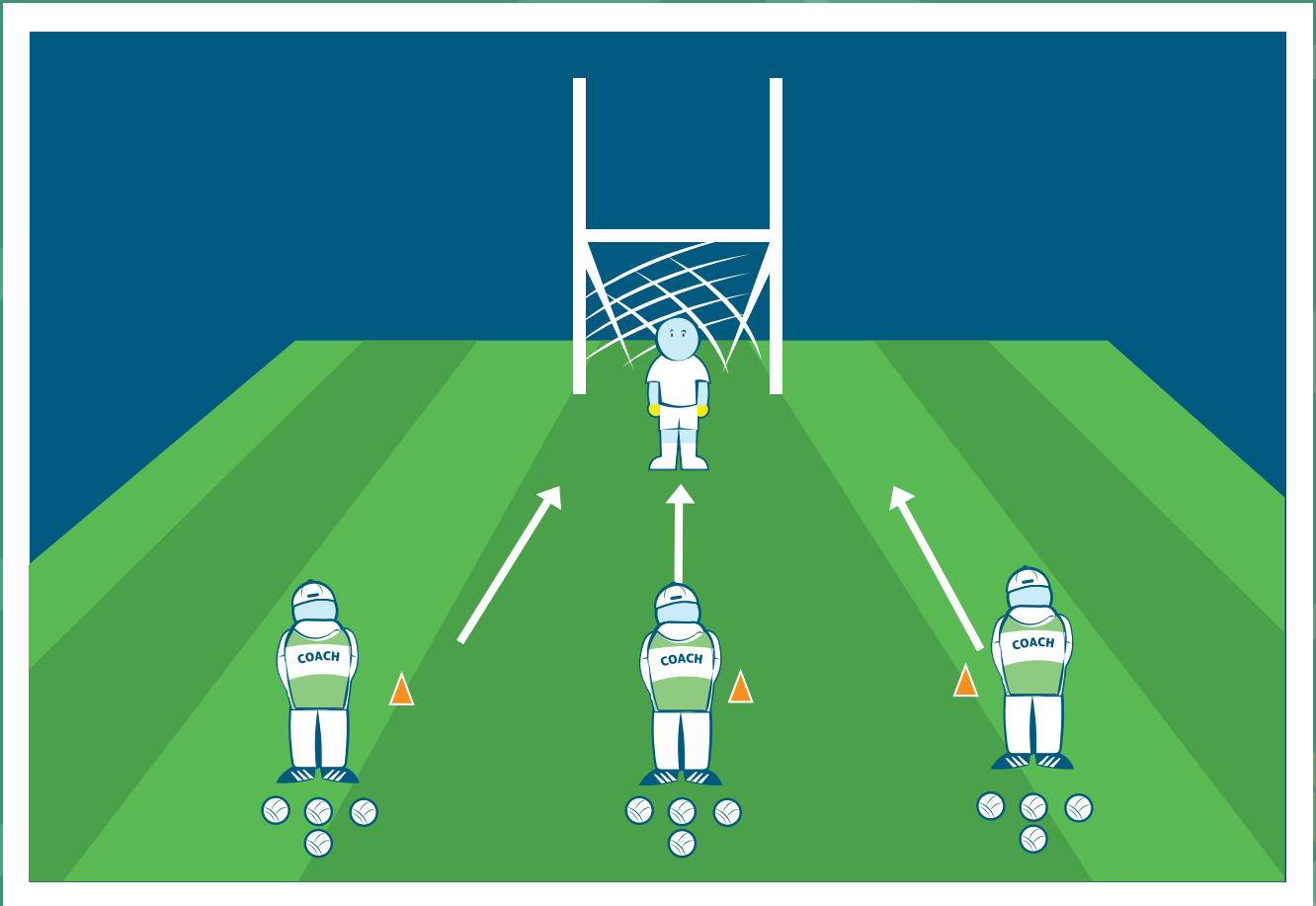


Regress

- Allow GK to set between shots
- Allow GK to use hands
- Keep shots on the ground
- Aim shots fairly central
- Overarm throws so the ball bounces just in front of the feet



SAVE WITH YOUR FEET



- GK faces 3 shots (L,M,R)
- GK not allowed use their hands
- Delivery of the ball must be near the GKs feet
- Repeat the sequence 5 times
- Reverse order

TURAS PRINCIPLES IN ACTION

All players involved, all the time; lots of touches, lots of decisions

GK engaged and challenged to save shots with their feet





FIND THE FORWARD

What is this activity trying to improve?

- Communication
- Clear instructions
- GK's positioning

KEY COACHING POINTS

Head



Watching the ball, seeing the other players & communicating throughout

Hands



Gunslinger position

Feet



Playing off the line & moving around mirroring ball movement relative to other players positions

HOW TO DEVELOP

Technical

- Review GK communication terminology and communication after each rep.
- Discuss with the defender and get feedback on how they felt the communication was.



Communication

- Clear, specific instructions.
- Be loud and firm.



Decision making

- Ensure the GK's position is correct in relation to where both the ball and attacker(s)/defender(s) are.



COACH BY ABILITY NOT AGE

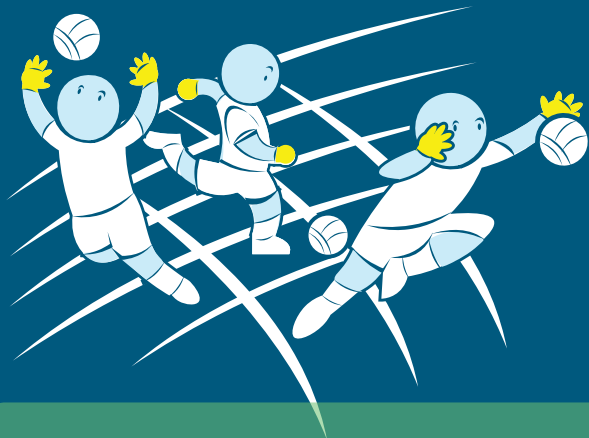


Progress

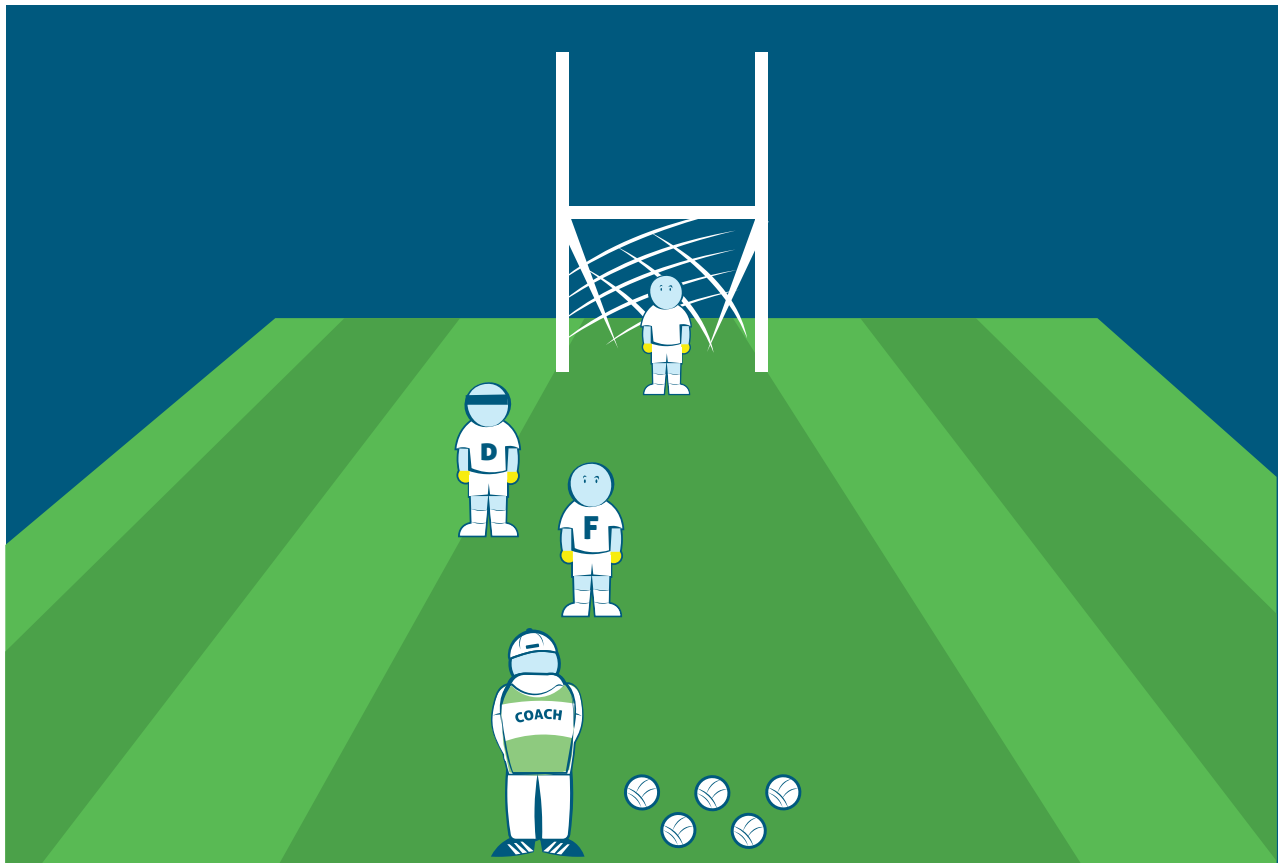
- Remove the blindfold & perform the activity at match pace
- Get defenders to repeat what they hear
- Record the activity & let GK listen back to what they say
- Add extra defenders &/or forwards
- Help GK & defenders to recognise when forwards are moving to create space for others & not to fall into following them

Regress

- Write out the key language/phrases for defenders & GK to know, learn & understand
- Do walkthroughs with no ball or opposition where GK communicates & defenders listen & do
- Walking pace or slow jog
- Restrict the size of the area



FIND THE FORWARD



- GK starts in goal with a forward and blindfolded defender in front of them
- As the forward makes runs looking for a pass, the GK instructs the defender where to move
- Forward only jogs at the start
- After 15 secs the ball is kicked to the forward, now the defender can remove the blindfold and try stop the forward
- Add multiple defenders/forwards to make harder

TURAS PRINCIPLES IN ACTION

Understands the player is at the centre of the game and provides individualised development

Allow GK plenty of opportunities to successfully find the forward





FIGURE OF 8

What is this activity trying to improve?

- Footwork
- Shotstopping
- Handling

KEY COACHING POINTS

Head



Head & chest facing the ball all the time

Hands



Gunslinger position

Feet



Keep toes pointed to the ball, feet under the hips (not big steps) & no crossing of feet

HOW TO DEVELOP

Technical

- Reinforce head, hands & feet throughout.
- Focus on staying tall, head up, chest out.



Speed

- Start slow, build up speed.
- Focus on good technique.



Conditioning

- Increase the time the GK is working (ensure technique/form stays at a high quality).
- Allow less rest between sets.



COACH BY ABILITY NOT AGE



Progress

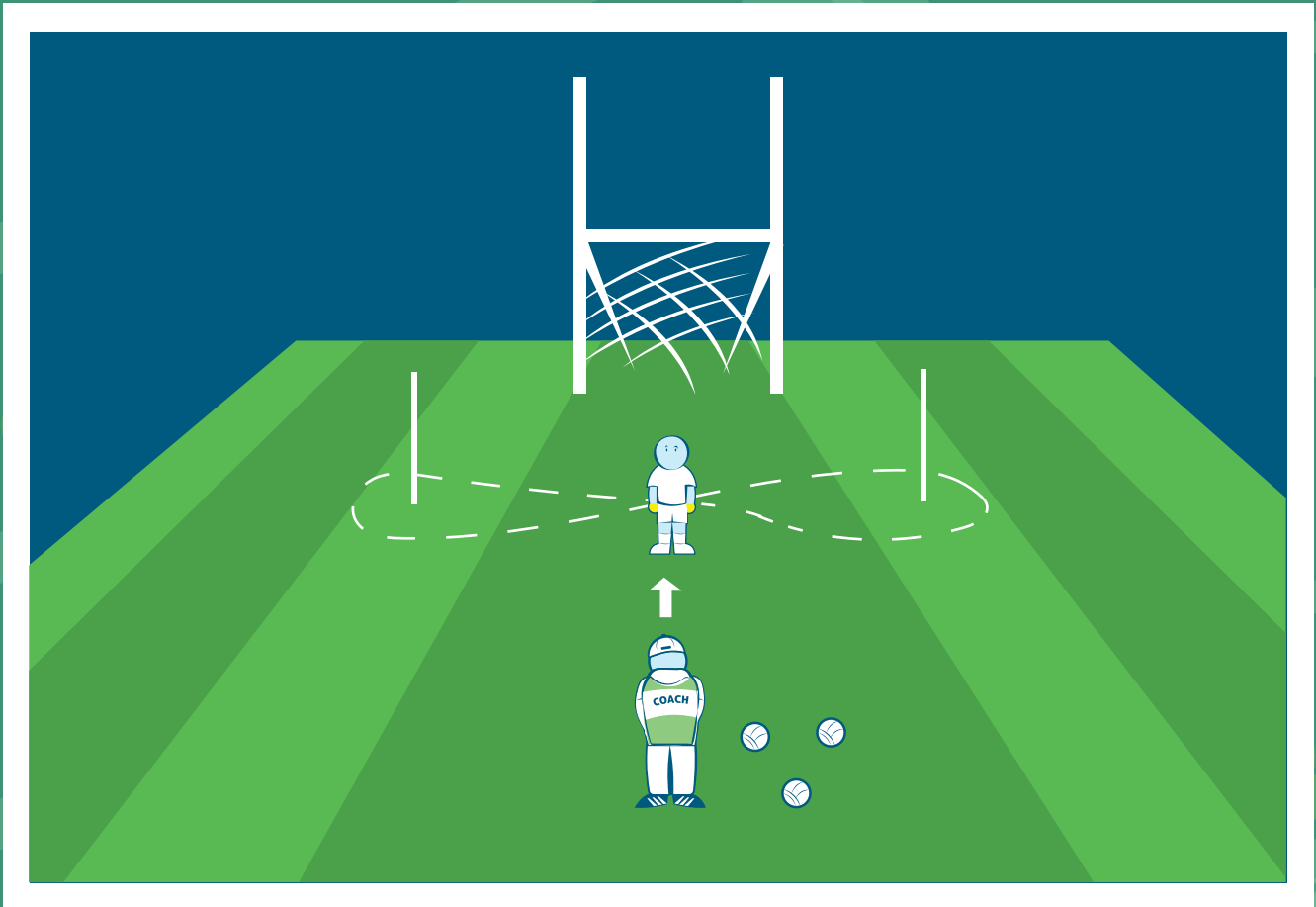
- Add in some low/high dives instead of chest catches.
- Place the poles further apart so the GK must cover a larger distance.
- Add an extra server so the GK has less rest between ball contacts.

Regress

- Bring the poles closer together and ask the GK to slow down (focus on technique).
- Rather than the server kicking the ball, work a simple handpass.
- Lower the amount of reps completed and review technique.



FIGURE OF 8



- GK starts in the middle of the two poles facing the server
- GK shuffles across the front of the pole, goes around the back and returns to the middle
- GK receives a punt kick, returns it and then goes to the opposite pole
- Progress the drill by adding in a low shot forcing the GK to dive

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

GK's should really enjoy this game. Encourage movement and fun in this activity





EXTRA MAN

What is this activity trying to improve?

- Supporting the outfielders
- Distribution
- Decision making

KEY COACHING POINTS

Head



Communicating to defence & looking to support defenders from behind (like a trailer behind a car)

Hands



Show the hand to where GK wants to receive the pass (Bench Press position)

Feet



Moving with the play & when on attack space with purpose to break the line

HOW TO DEVELOP

Decision Making

- Question the GK (Why did you pass/carry the ball?)
- Create scenarios where GK must carry the ball.



Communication

- Constantly talking to the person in possession (let them know where the outlet/space is).
- Organising defence if ball is turned over.



Technical

- Focusing on the basic skills for when in possession (confident soloing, handpassing, kickpassing).
- Always look to deliver ball to the player in the best position.



COACH BY ABILITY NOT AGE



Progress

- Additional goals can be added on the sidelines to encourage working the balls to the wings.
- Defenders can only take one touch of the ball.
- Additional forwards can be added every 5 seconds from the outside of the playing area
- Specific defenders can only play forward or backwards passes
- GK should continue to move about to ensure they create an angle to receive the ball (everyone freeze on the whistle & see if that angle is there)

Regress

- Attacker can only jog
- Make playing area larger
- Multiple scoring areas
- Remove a forward so that the defenders have an extra player along as the GK.

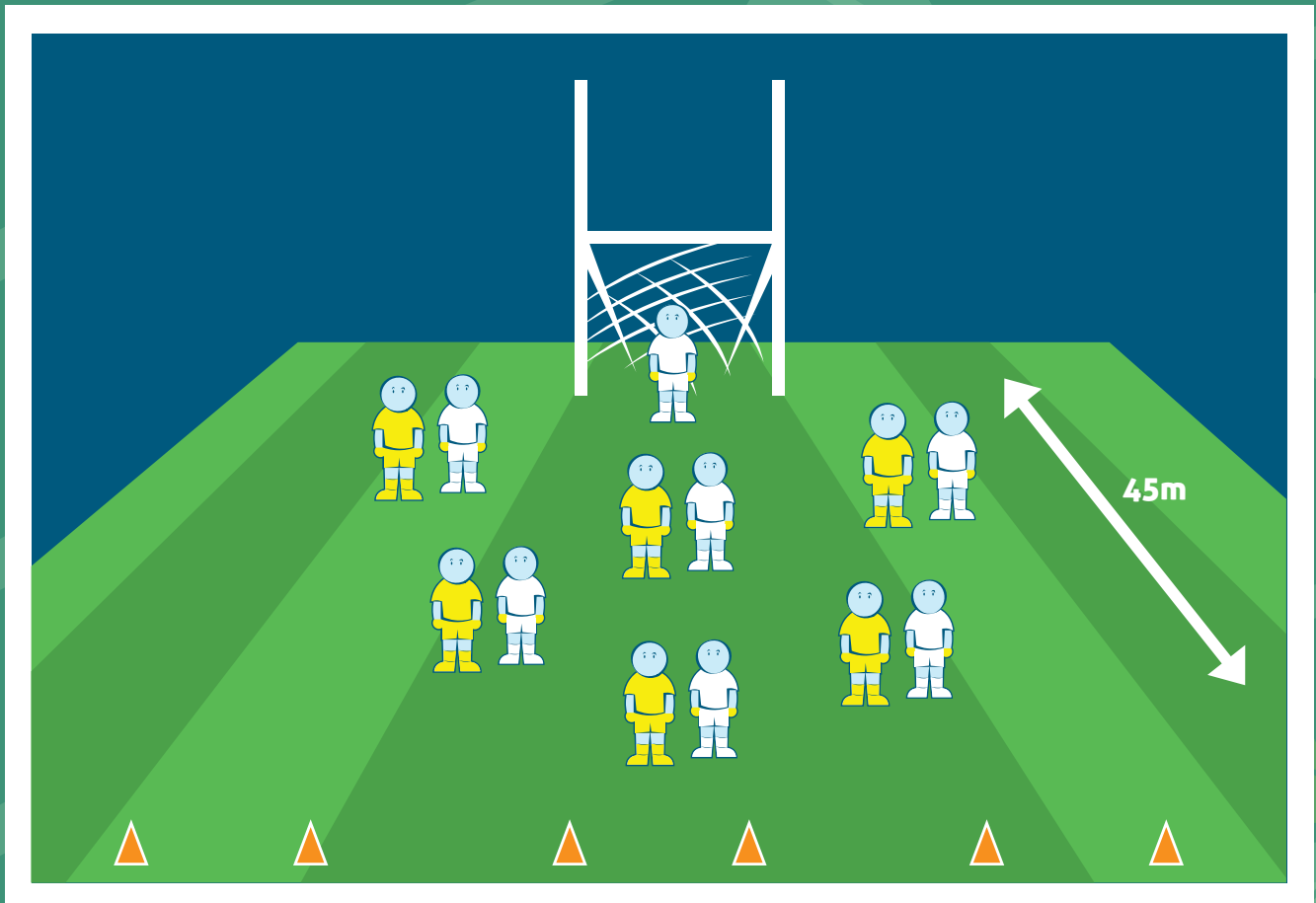


TURAS

GOALKEEPING



EXTRA MAN



- Ball starts with the GK who is with the defenders
- For the first 30 secs the defensive team must retain possession
- GK is always an outlet
- On coaches whistle the defensive team must work it into either of the 3 goals on the 45m line
- GK can join in when they feel its on

TURAS PRINCIPLES IN ACTION

Understands the player is at the centre of the game and provides individualised development

Between games question GK on how their individual decisions can help their team to improve





WALL BALL

What is this activity trying to improve?

- Reactions
- Saving with any part of the body
- Anticipating the shot

KEY COACHING POINTS

Head



Without looking understand where the shot is coming from (listen for cues). Spot the ball as quick as possible

Hands



Gunslinger position

Feet



Set position

HOW TO DEVELOP

Technical

- Work on maintaining good Set & Gunslinger positions
- Light feet so body trying to get inline with the ball



Speed

- Take 10 seconds between each rep



Conditioning

- Increase the number of reps per set.
- Decrease the time between sets to 5 seconds.



COACH BY ABILITY NOT AGE



Progress

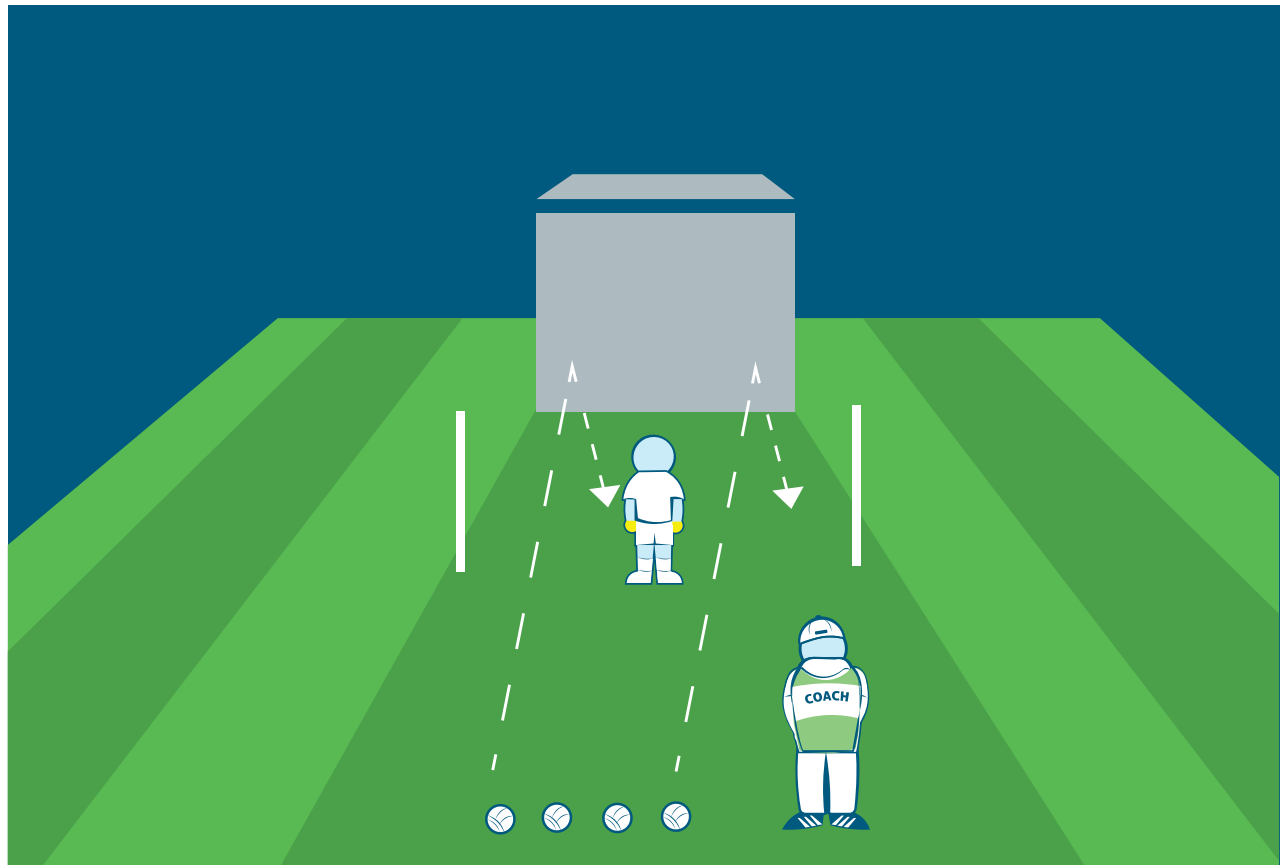
- Move closer to the wall
- Multiple servers
- Use reaction balls or tennis balls

Regression

- Footballs only
- Smaller goals
- If GK gets any touch it counts as a save



WALL BALL



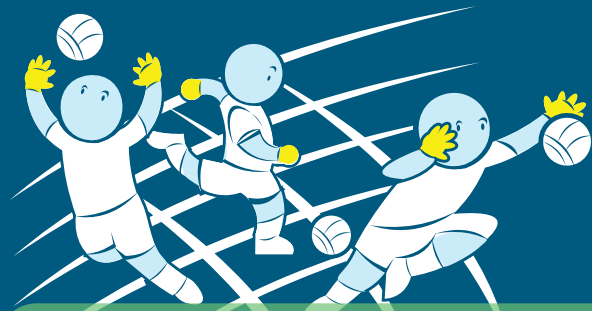
- Set goals up 5m away from a wall
- GK is in the goals facing the wall
- Feeder is behind the GK facing the wall
- Feeder throws/kicks a ball against the wall with the aim of getting it to rebound into the goals
- Ensure GK is not standing behind the line to buy more time
- If GK needs more time to react move goals back slightly

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

Positive coaching tone and praise provided by coach so GK enjoys the activity





FLICK BALL

What is this activity trying to improve?

- Reactions
- Changing direction
- Diving at the last minute

KEY COACHING POINTS

Head



Watching the ball & seeing the other players

Hands



Is GK going to catch, punch or wait to save..?

Feet



Playing off the line ready to attack the ball

HOW TO DEVELOP

Technical

- Allow the GK to reset after each save.
- Count any touch by the GK as a save.
- Discuss with GK, can they get a better vantage point?



Decision Making:

- Focus on the GK positioning and their starting point in the goals.
- Focus on getting any touch on the ball, you do not always need to catch it



Conditioning

- To work on conditioning run this drill for 15-20 reps.
- Make the goals larger to force the GK into some diving saves.



COACH BY ABILITY NOT AGE



Progress

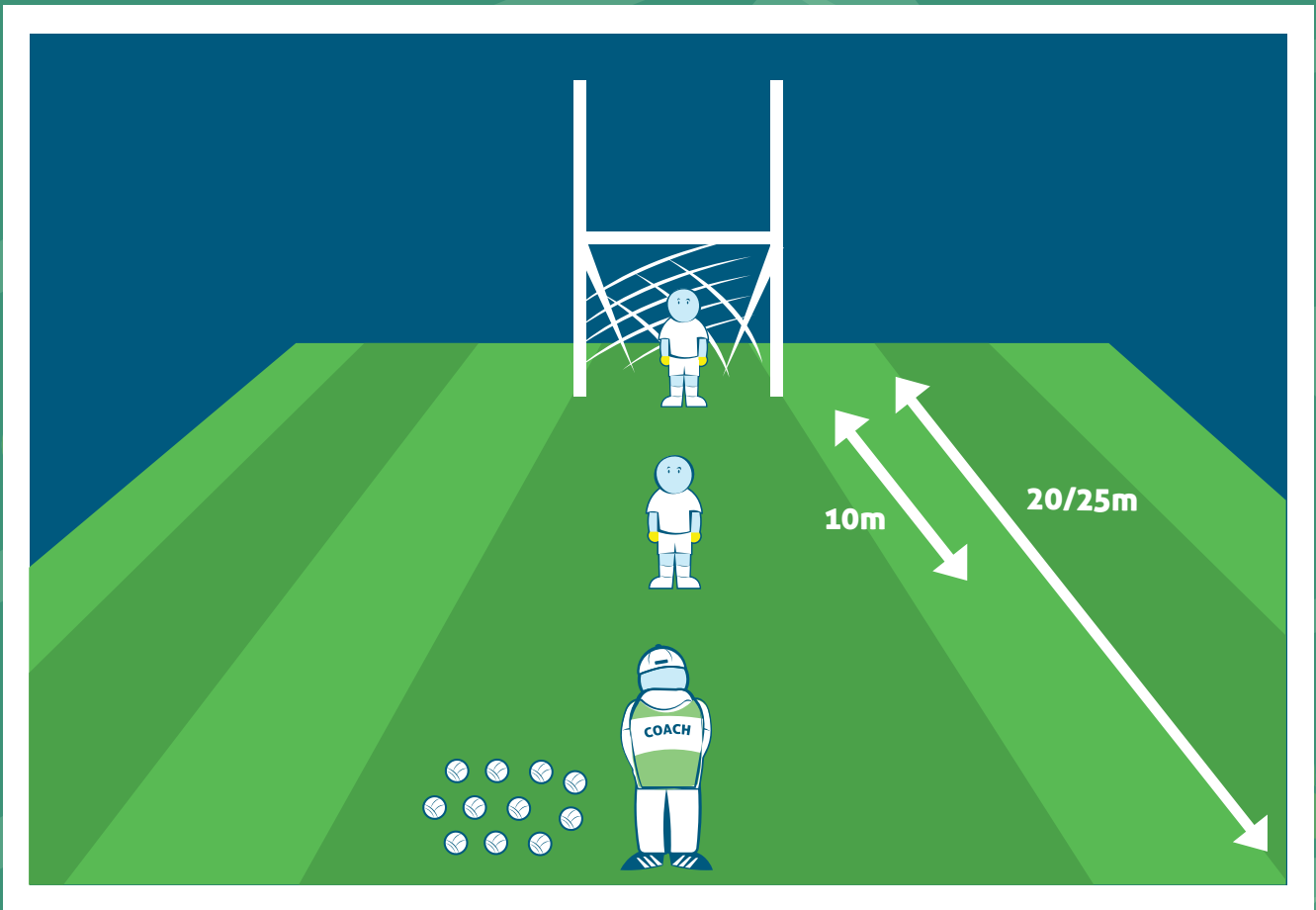
- Move "flicker" closer to the GK
- Vary delivery
- Widen goals
- Add in extra "flickers"

Regress

- Move flicker further from the goal
- Smaller goals
- Flicker does not play the ball just blocks the GK's view
- Flicker does shuttle runs the width of the posts being another form of a distraction while the shot is been taken (flicker & kicker need to ensure the flicker does not get hit)



FLICK BALL



- GK starts in goals with a player standing in front of them approx 10m away
- Both GK and flicker are facing a feeder who is on the 20
- Feeder punt kicks the ball towards the goals (close to the flicker)
- The flicker must either deflect the ball or move out of the way at the last minute acting as a distraction

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Test the GK at their level before challenging them with more progressive activities





BLIND GOALIE

What is this activity trying to improve?

- All Communication
 - Confidence talking
 - Shouting instructions
 - Understanding how the GK can help defender

KEY COACHING POINTS

Head



Concentrate on the blindfolded GKs movements & give clear, concise instructions (words not sentences, right, forward, fast, etc)

Hands



Practice Gunslinger position while communicating

Feet



Mirror the blindfolded GKs left & right movements as if they were an attacker with the ball

HOW TO DEVELOP

Communication

- How to use the most effective words to help you partner



Speed/Sharpness

- The words we use must be clear and sharp. In match we have split seconds to get a message across



Decision making

- "Move there" / "Step 1 to your left" Speed of thought and choice of words are essential



COACH BY ABILITY NOT AGE



Progress

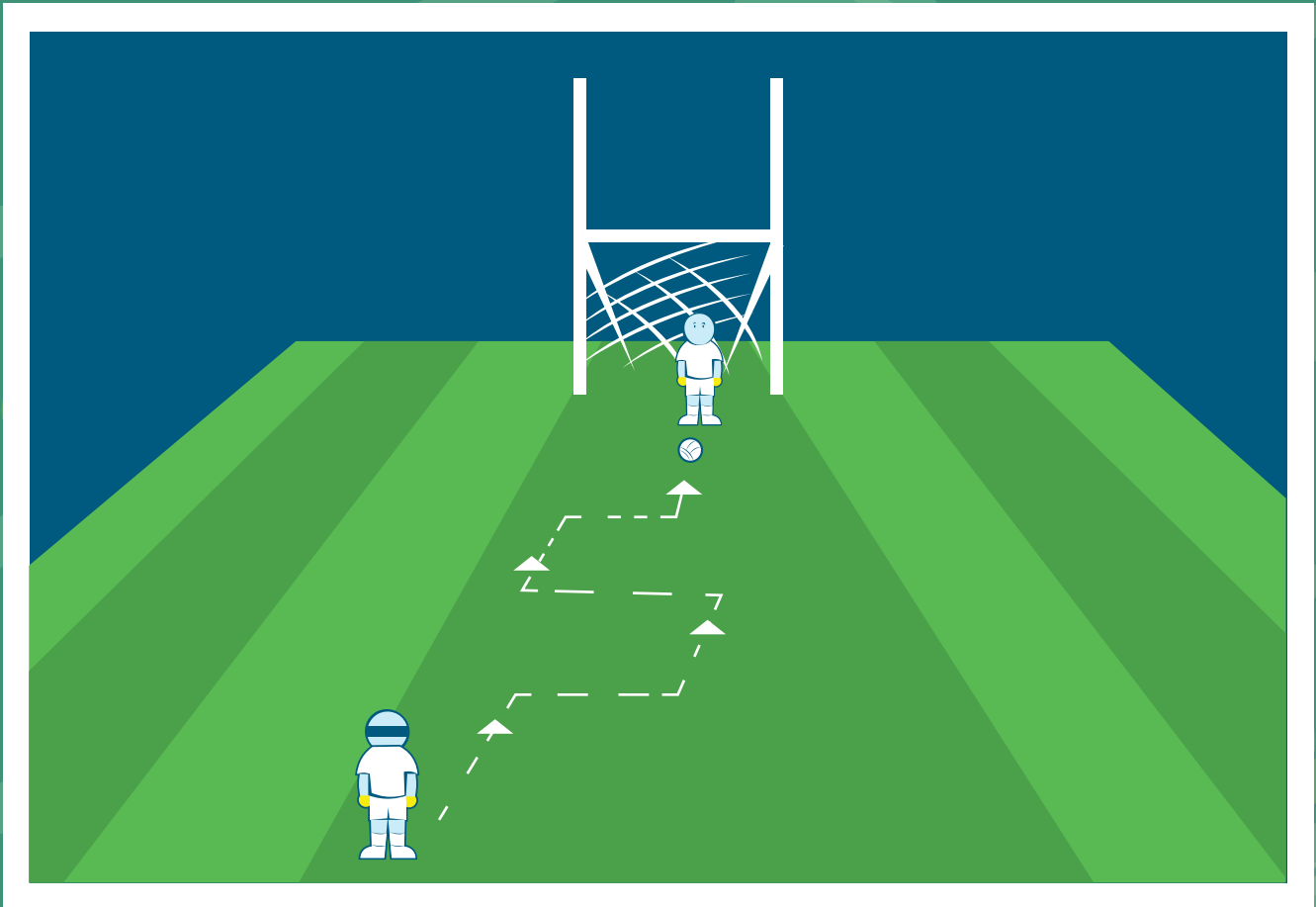
- Narrow the walking channel
- Longer Pathway
- Challenge the communicating GK to receive hand passes to distract them from the task
- Add a competitor to race against

Regress

- Allow the GK to walk alongside the blindfolded player
- Speak to the GK in advance of challenge to discuss words to be used
- Instead of using a line try using a 1 metre pathway so the blindfolded player walks between the lines



BLIND GOALIE



- GK has to give instructions to the blindfolded player so they can make their way through the track without going outside the cones.
- The blindfolded player has to try & pick up the ball at the end of the track
- The GK must use clear concise communication to guide the blindfolded player

TURAS PRINCIPLES IN ACTION

Resembles the game

The GK gets instant visual feedback as to the affect the words they use & what the defender hears & processes into an action. Expect this not to go well initially & for the GK & defender to be self-conscious so recognise that, reassure them & do it away from the large group





THE SCHMEICHEL

What is this activity trying to improve?

- Working angles of a save
- Shot Stopping

KEY COACHING POINTS

Head



Watching for the flight of the pass & the expected point of contact for the shot

Hands



Gunslinger Position

Feet



Moving to cut the angle where possible without reducing the reaction time too much

HOW TO DEVELOP

Technical

- Your body shape when closing down is like a starfish, widen your body



Speed

- Drive your body towards the ball, speed to close the angle



Decision Making

- Making an early decision whether you can close it down or not



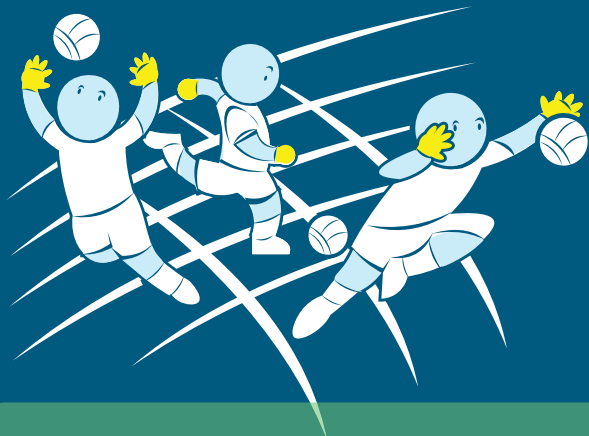
COACH BY ABILITY NOT AGE

Progress

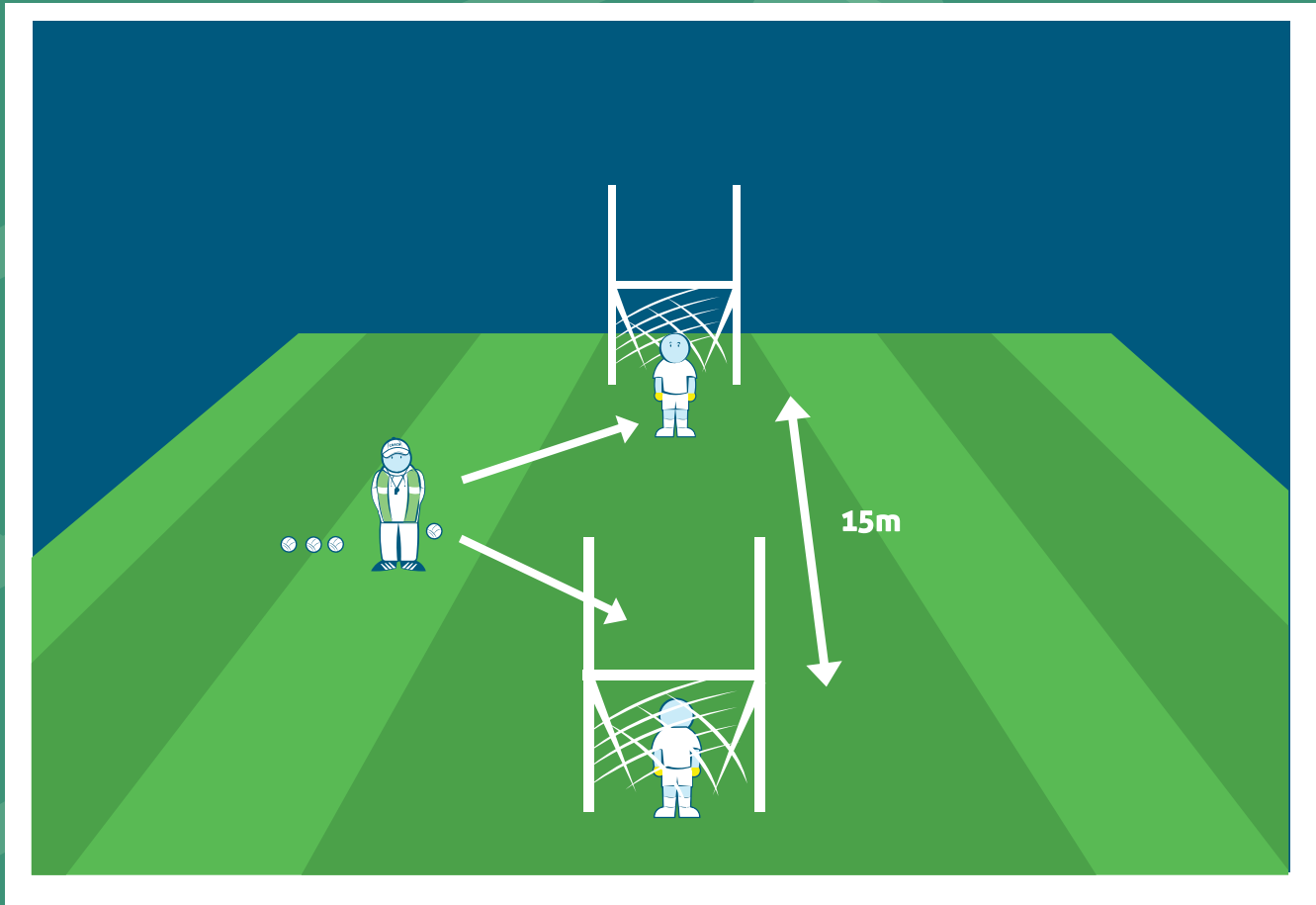
- Rapid fire as soon as a shot is take the saving GK or a 2nd outfielder sets up another shot
- Vary the types of shots
 - Bouncing in front of GK
 - Aimed high
 - Lobbed if off their line
 - Use a handheld rebounder to get more force
- Use foot volleys
- Use smaller balls

Regress

- Coach rolls the ball for a side foot shot
- Smaller goals
- Use plastic balls
- Shots must be below waist high



THE SCHMEICHEL



- Set up as drawn if you have 2 GK's but if only 1 just use 1 goal, the GK & an outfielder
- 1 GK or the outfielder advances to half way
- The coach pops up a ball for the player to hit at the goals (like a smash in volleyball or tennis)
- If 2 GK's repeat the opposite way
- Count the number of saves made
- Any shots off target count as a save

TURAS PRINCIPLES IN ACTION

Testing and Challenging; all players should be challenged to improve at their level

Can be done with GK's from different age grades by altering the size of the goal, the type of shot & from how far away the shot is take





QUICK HANDS

What is this activity trying to improve?

- Decision Making
- Quick Hands
- Hand Pass Technique

KEY COACHING POINTS

Head



Scanning to see all balls, knowing who has a ball & who doesn't

Hands



Bench press to receive the ball & good hand passing to play away

Feet



In the Set position & moving to ensure the body is always behind the ball

HOW TO DEVELOP

Technical

- Correct hand passing technique, use your peripheral vision



Decision making

- Being aware of the free player all the time while always watching the coach



Speed/Sharpness

- Speed of thought when the ball arrives to you to be aware of your next pass



COACH BY ABILITY NOT AGE

Progress

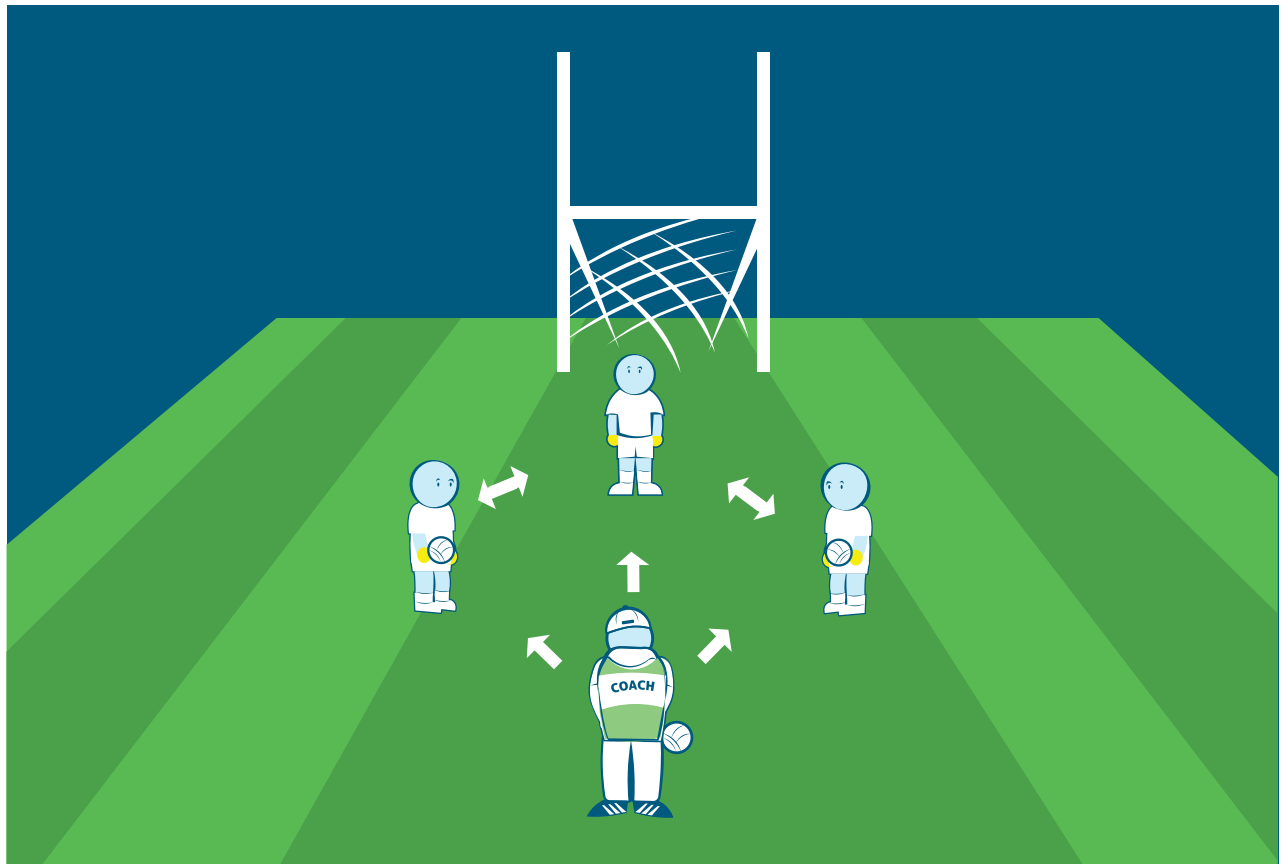
- Quicker delivery
- Add more players
- Players closer together
- Give players lives & when all lives are gone add a fun forfeit (fun for the players doing it not at their expense)
- Use heavier balls or smaller balls
- Play the ball with a bounce or for a high catch

Regress

- Remove 1 player
- Increase the distance between players
- Remove 1 ball
- Not as many passes in from the coach



QUICK HANDS



- GKs or GK & outfielders (3 players) set up in a diamond with the coach all facing in
- 2 of the 3 players have a ball as well as the coach
- The 3 players pass the 2 balls around always picking out the player without a ball
- The coach will play their ball in to any of the 3 players
- This player must catch the coaches ball & return to the coach as quick as possible
- If a player gets landed with 2 balls they need to control & pass on both balls
- Quick hands needed here

TURAS PRINCIPLES IN ACTION

All players involved, all the time; lots of touches, lots of decisions

A great activity for the entire panel (groups of 4's - 1 acts as the coach) to improve communication, concentration, teamwork & weak side hand passing. Give players the ownership to figure out their own problems





THE GRID

What is this activity trying to improve?

- Positioning
- High Ball
- Decision Making
- Agilty & Co Ordination

KEY COACHING POINTS

Head



Over the feet & looking at the feeder

Hands



Good stopping & controlling hands on the saves

Feet



Quick feet & no crossing, ready to react to the shot

HOW TO DEVELOP

Technical

- Quickly into Bench Press Position to receive the shot & lifting the knees while working the grid



Speed/Sharpness

- 100% to the grid
80% going through the grid, Focus on you technique



Conditioning

- How many reps can the GK do in 1 minute
- Alter time to end when GK is at 40% of their starting pace



COACH BY ABILITY NOT AGE



Progress

- Coach calls more grid colours prior to delivery
- Coach speeds up delievry
- Add more coloured zones
- Vary the delievry

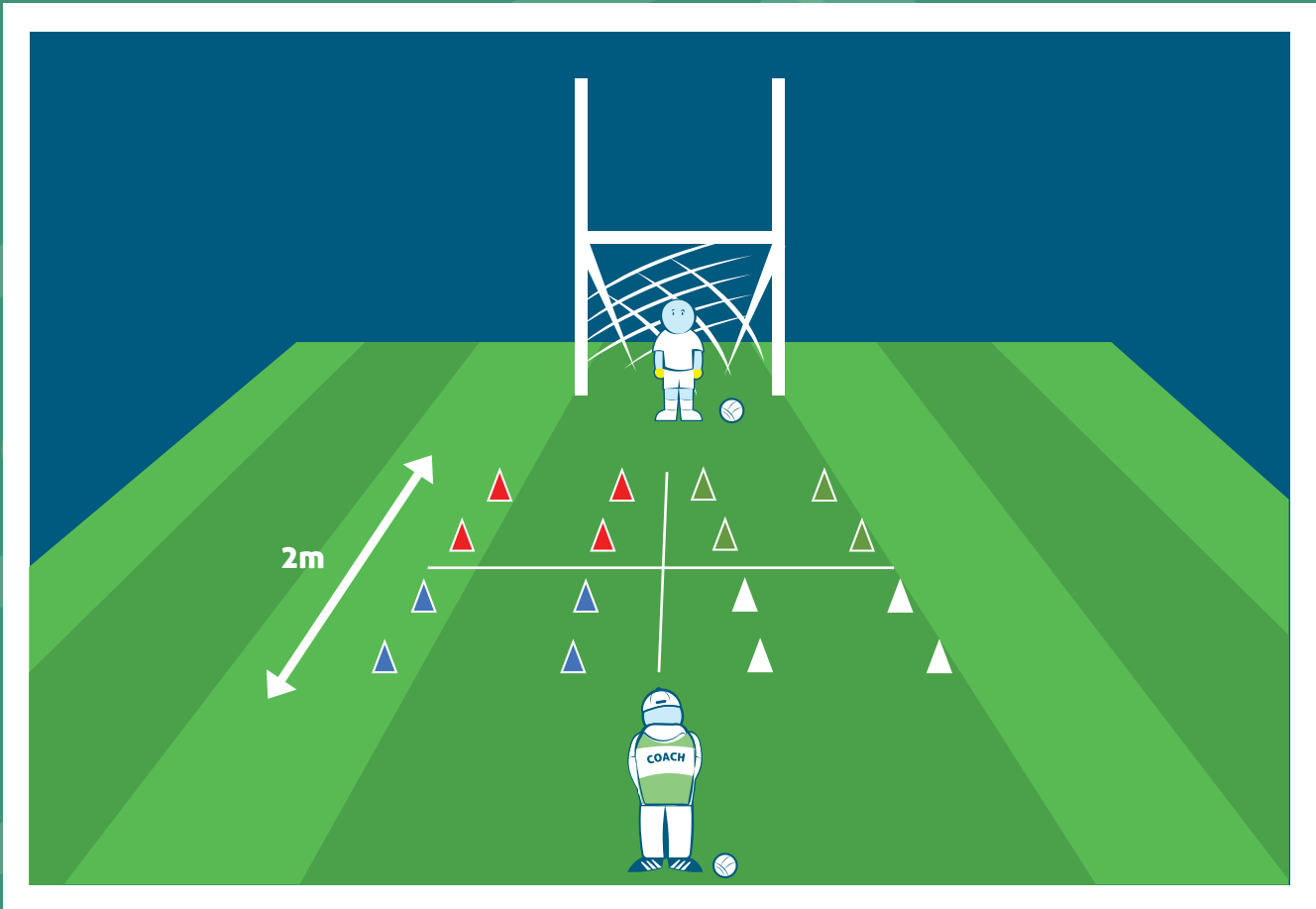


Regress

- Use 2 grids instead of 4
- Use 1 ball only
- Take out the ball



THE GRID



- GK starts with the ball in hand
- Coach calls 2 colours on the grid
- GK puts a foot in each and drops ball 1 at their feet
- Coach stikes ball 2 for GK to save
- GK passes ball 1 back to Coach
- GK side shuffles with ball 2 back to the start

TURAS PRINCIPLES IN ACTION

All players involved, all the time; lots of touches, lots of decisions

Lots of touches & movement in this activity but focus on the feet & help your GK understand good footwork for power & being centred so as they can move to the left or right





HOP SKIP AND DIVE

What is this activity trying to improve?

- Foot work
- Leg strength
- Diving technique

KEY COACHING POINTS

Head



Head up watching the coach/feeder

Hands



Good stopping & controlling hand on the save

Feet



Diving off the outside leg

HOW TO DEVELOP

Technical

- Use arms for power and balance throughout & using your legs to push you to the side for the dive



Speed

- To work through fast, think of how to best input your technique to the activity and try and understand what the activity is trying to improve



Conditioning

- How many reps can the GK do in 1 minute
- Is there a difference between the number of saves on one side over the other..?



COACH BY ABILITY NOT AGE

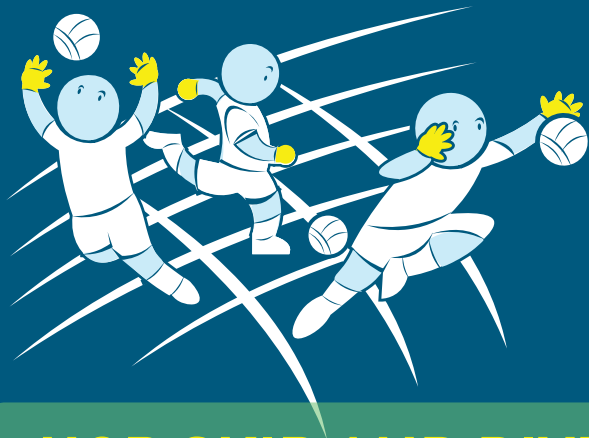


Progress

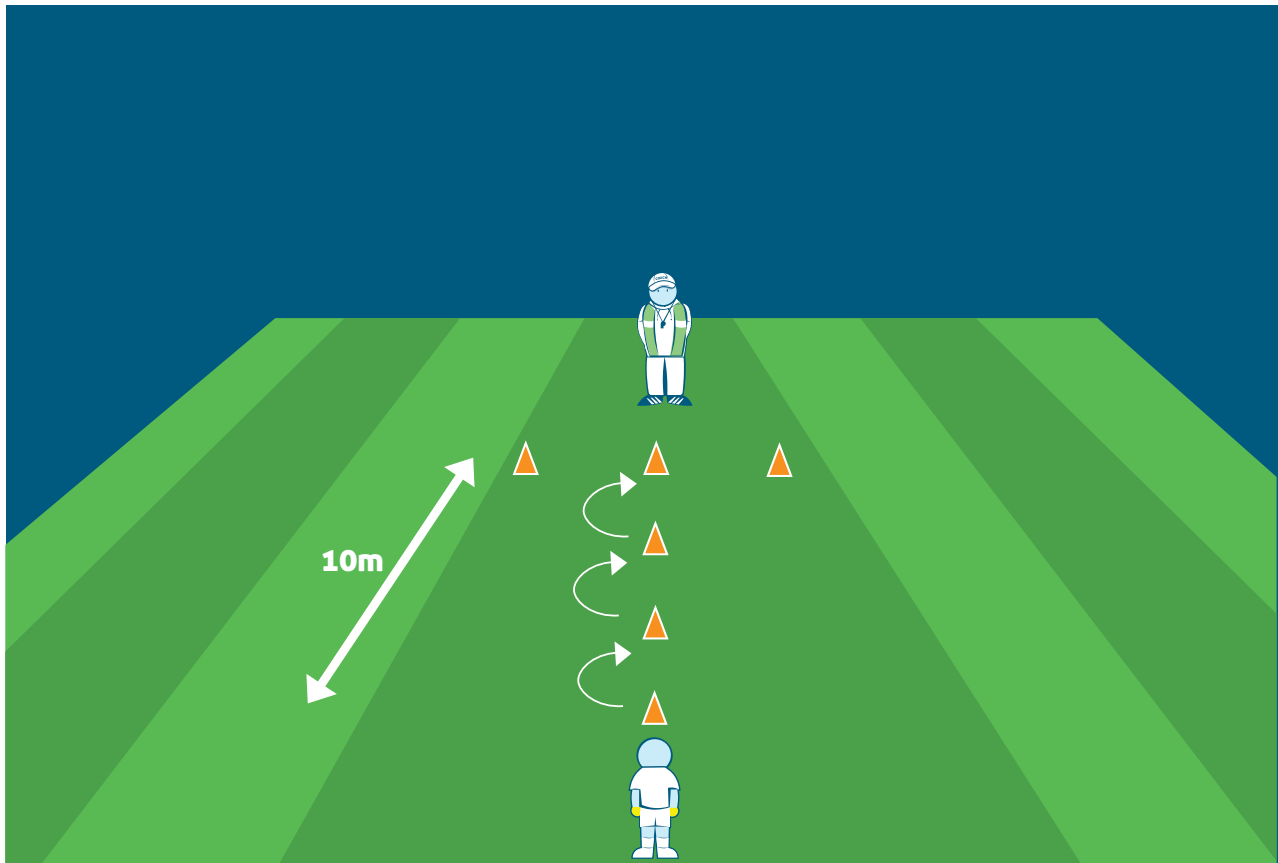
- Add a sharper shot
- Add a hurdle
- Add a medicine ball to the jumps
- Lengthen the cones for a longer spring

Regress

- Less jumps
- No save
- Shorter jumps



HOP SKIP AND DIVE



- When saving the ball on the right side,
 - GK works the left channel hopping on the right foot
 - At final cone, GK lands on left foot, pushing off to make the save.
- When saving the ball on the left side,
 - GK works the right channel hopping on the left foot
 - At the final cone, GK lands on the right foot pushing off to make the save.
- Coach calls the side at the start.
- The foot the GK is hopping on is always the one closest to the row of cones

TURAS PRINCIPLES IN ACTION

Understands the player is at the centre of the game and provides individualised development

This activity isolates 1 leg so it helps your GK understand the difference between both their legs & when going left & right so get your GK to describe to you what they feel the difference is. Now you have something new to work on





PLANT AND PASS

What is this activity trying to improve?

- Short chipped kick out
- Setting the ball up quickly on the tee
- Getting head up early to see options

KEY COACHING POINTS

Head



Over the ball when chipping like a wedge in golf

Hands



Getting the ball from the air on to the ground quickly & accurately

Feet



Striking foot like you are placing a penalty

HOW TO DEVELOP

Technical

- Think of this as placing a curler into top bins
- Or a little chip around the edge of the green in golf



Technical

- Practice getting the ball stable on the tee quickly (so it doesn't fall off, this is a skill in itself)
- Practice kicking off the grass, no tee

Speed/Sharpness

- How many accurate kicks can the GK do in 30 seconds



COACH BY ABILITY NOT AGE



Progress

- Increase distance
- Use other foot
- Have 2 options to pass to but also a piggy in the middle trying to intercept
- No stepping into the kick (stand & kick)
- Coach moves to a new stationary position to receive the kick
- Coach makes a little run when the GK is setting up the ball so GK plays ball to where the coach is going

Regress

- Decrease the distance
- Kick the ball on the ground
- Tee up 3 balls in a row & kick 1 after the other
- Knock over a portable goal & chip the ball into the back of the net
- Use plastic ball to help get under the ball & build up the standing kick technique

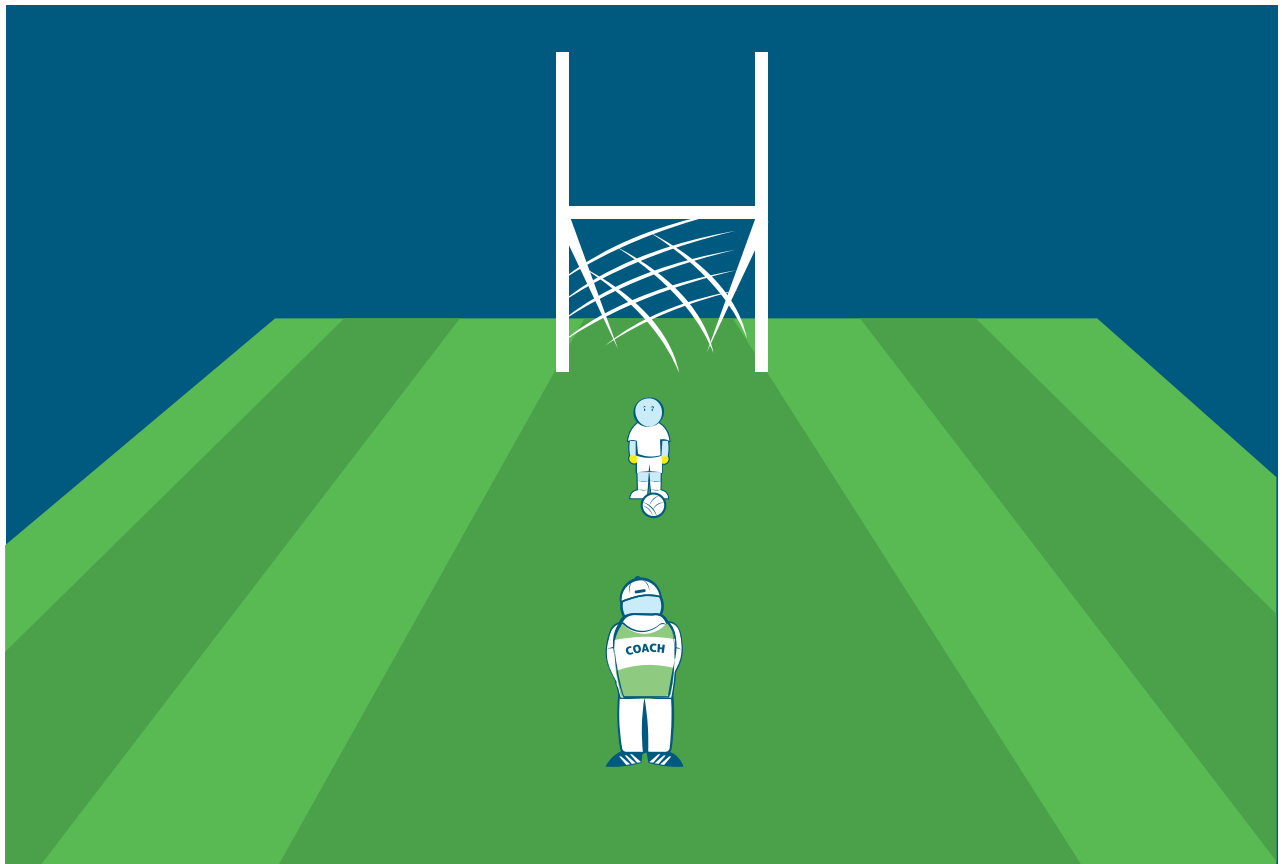


TURAS

GOALKEEPING



PLANT AND PASS



- GK plants the ball on the ground & plays a chipped pass to the coaches chest
- Coach plays the ball back to the GK
- The coaches pass does not have to be accurate as you want the GK to move their feet
- Pass should be high, low, dribbly, left & right but GK kicks from the same spot each time

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

This is the starting point for the quick KO and young GKs will achieve success quickly with this activity that will in turn build confidence & engagement in sessions ahead. Also the best activity to start work on the weaker foot





DOUBLE THE DRIBBLE

What is this activity trying to improve?

- Soloing
- Weak side
- Evasion when in possession

KEY COACHING POINTS

Head



Head over the ball

Hands



Palm facing up, drop the ball (dont pop it up a little). Left hand left foot, right hand right foot

Feet



Ball strikes the laces, make sure its back spinning particularly with the weak side

HOW TO DEVELOP

Technical

- Challenge our GK's to develop both sides of the body



Speed/Sharpness

- By working on our technique, speed follows which allow us GK's to be comfortable in possession



Decision Making

- Understanding the technique of soloing and evasion will aid better decision making in games



COACH BY ABILITY NOT AGE

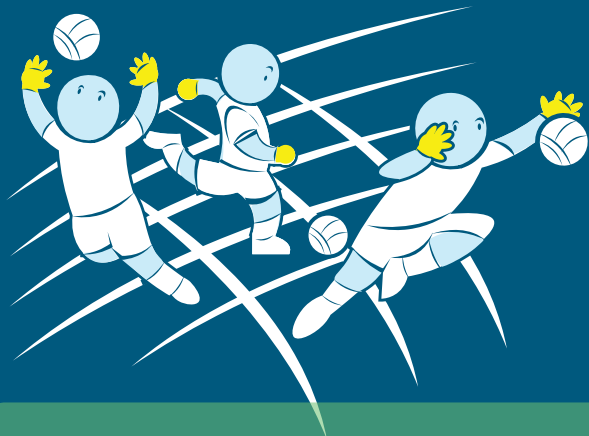


Progress

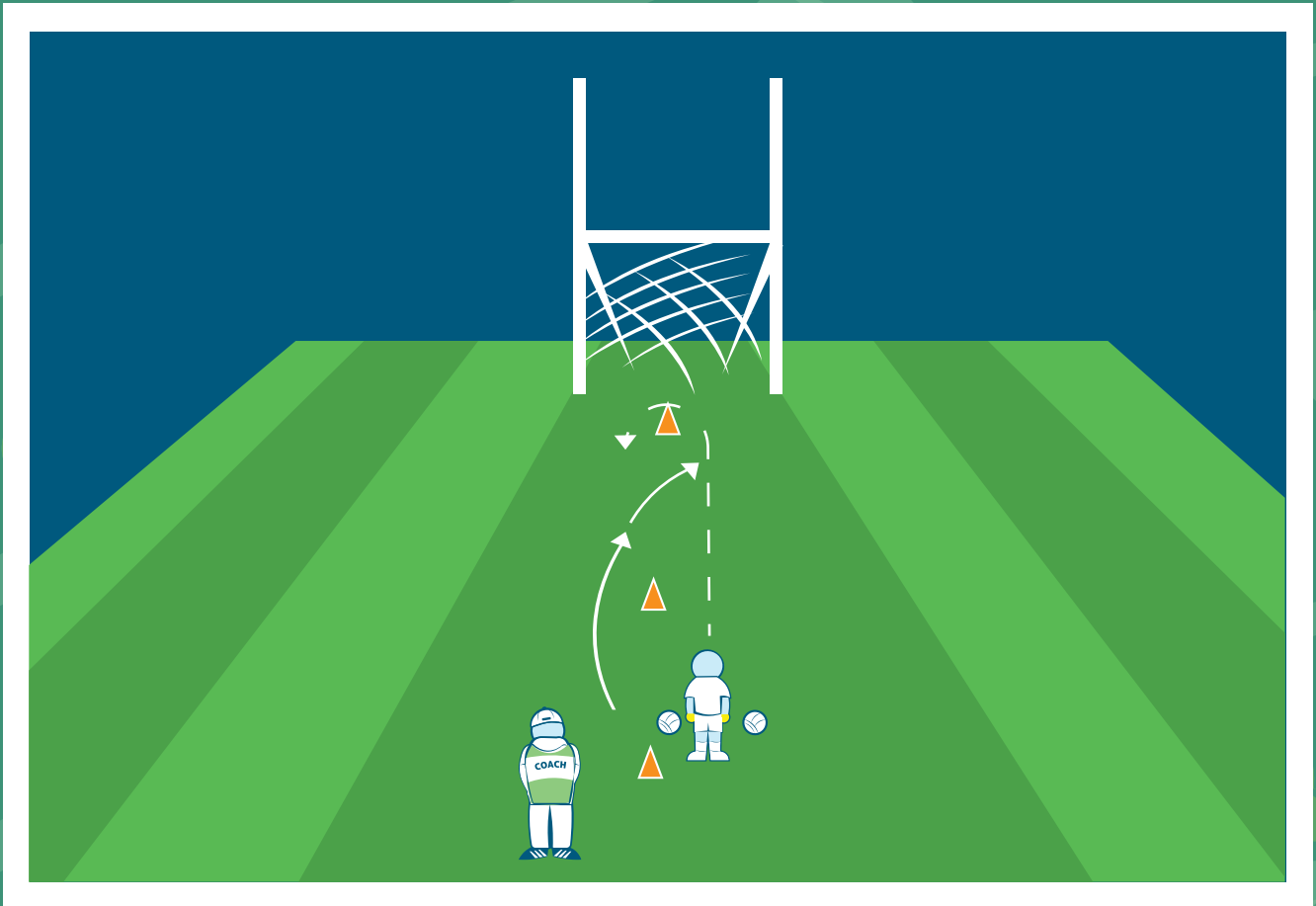
- Increase pace
- Make the course zig zag & not straight
- Use smaller balls
- Coach calls change of direction

Regress

- Use one ball
- Keep it in a straight line
- Stand still using both balls
- Do at walking pace



DOUBLE THE DRIBBLE



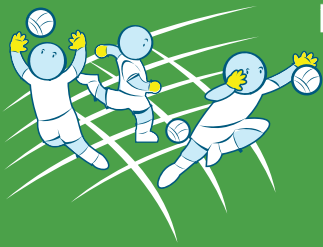
- GK starts with 2 footballs
- GK starts to move towards end cone, soloing and bouncing with both sides of the body
- Straight lines, weaving and kicking can all be added

TURAS PRINCIPLES IN ACTION

Should be an enjoyable, developmentally appropriate & holistic GAA experience

The GK realises there is more to the position than staying in their box so use your GK in outfield games & various positions to bring on their skill level, decision making & ability to read situations





GK RESOURCE MENU

MENU CODE	
Positioning	A
Catching	B
Kickouts	C
Diving	D
Shot Stopping	E
Reactions	F
Team Play	G
Hand Passing	H
Kicking From The Hand	I

VOLUME 1

No.	Activity Name	Technical	Conditioning	Decision Making	Speed Sharpness	Communication	Skills Covered
1	Speed Bumps	✓		✓	✓		A E F
2	3 & Out	✓		✓	✓		C
3	Keepers Crawl	✓	✓		✓		D E F
4	Saves Galore	✓	✓		✓		A B D E F I
5	4 Goals Game		✓	✓		✓	A D E F G
6	Big & Brave	✓	✓		✓		A B D E F H
7	Bodyshot	✓	✓		✓		A D E F
8	Cut The Angle	✓			✓		A D E F
9	Double Tap	✓	✓		✓		A D E F
10	React And Restart	✓		✓	✓		C F G
11	Stop Or Save	✓		✓	✓		A B F
12	The GK Triangle	✓			✓		A D E F
13	The Stinger	✓			✓	✓	C
14	To The Toe	✓		✓	✓		A D E F
15	Up And Out	✓		✓		✓	A B F G I
16	Should I Stay Or Should I Go?	✓		✓		✓	A B F
17	Over The Top (OTT)			✓	✓	✓	A B F
18	Target Practice	✓		✓		✓	C F
19	Positioning Under A High Ball	✓	✓	✓			A B F G
20	Near Post Positioning	✓	✓		✓		A D E F
21	Turn & Save	✓	✓		✓		A B D E F
22	Communication Under A High Ball	✓		✓		✓	A B F G
23	Hop Jump And Save	✓	✓		✓		A D E F
24	Endurance Saves	✓	✓		✓		D E F
25	Help The Lone Ranger	✓		✓		✓	A E F G
26	Catch And Deliver	✓		✓	✓		A B F I

VOLUME 2 FOR DOWNLOAD

No.	Activity Name	Technical	Conditioning	Decision Making	Speed Sharpness	Communication	Skills Covered
27	Goal Line Shuffle	✓	✓		✓		ABH
28	Point Savers	✓			✓		ABF
29	Break The Gate	✓		✓	✓		AGH
30	Building Blocks		✓	✓	✓		ADEF
31	Criss - Cross	✓	✓			✓	ABH
32	In The Breadbasket	✓		✓	✓		CFH
33	Quick Step	✓	✓		✓		ADEF
34	Step Step Save	✓	✓		✓		ABDEF
35	3V2	✓		✓		✓	ADEFG
36	Backwards High Ball	✓	✓		✓		ABDF
37	High Ball & Accelerate	✓	✓		✓		ABFHI
38	Hit The Blue	✓	✓	✓			C
39	Angles	✓	✓		✓		ABDEF
40	React & Save	✓	✓		✓		ADEF
41	Across The Goal	✓	✓		✓		DEF
42	Recovery Saves	✓		✓	✓		ADEF
43	5 Star Reactions	✓	✓		✓		ABDF
44	Dive X 5	✓	✓		✓		DEF
45	Pass The Buck	✓			✓	✓	BFH
46	Advice			✓	✓	✓	FG
47	Hit The Target	✓	✓		✓		CFG
48	The Retreat	✓	✓		✓		ABEF
49	Channels	✓	✓		✓		ABFH
50	Back Pedal And React	✓	✓		✓		ABDEFH
51	Read The Play		✓	✓	✓		ABFG

VOLUME 3 FOR DOWNLOAD

No.	Activity Name	Technical	Conditioning	Decision Making	Speed Sharpness	Communication	Skills Covered
52	Wobblers	✓	✓		✓		ABDEF
53	Slips			✓	✓	✓	ABFH
54	Distraction	✓	✓		✓		ADEF
55	Ricochet	✓	✓		✓		ADEF
56	Johnny Wilkinson	✓			✓		C
57	In And Out	✓	✓			✓	BFGH
58	Save The Spike	✓	✓	✓			ADEF
59	Catch And Kick	✓		✓	✓		ABGI
60	Side To Side High Ball	✓	✓		✓		ABH
61	Left Middle Or Right	✓	✓		✓		C
62	Donkey	✓	✓		✓		BCF
63	Through The Legs	✓	✓		✓		DF
64	Save With Your Feet	✓	✓		✓		AEF
65	Find The Forward	✓		✓		✓	AFG
66	Figure Of 8	✓	✓		✓		ABDEFH
67	Extra Man	✓		✓		✓	ABFGHI
68	Wall Ball	✓	✓		✓		ABDEF
69	Flick Ball	✓	✓	✓			ABDEF
70	Blind Goalie			✓	✓	✓	AFG
71	The Schmeichel	✓		✓	✓		ABDEF
72	Quick Hands	✓		✓	✓		BFH
73	The Grid	✓	✓		✓		ABDEFH
74	Hop Skip And Dive	✓	✓		✓		DEF
75	Plant And Pass	✓			✓		CF
76	Double The Dribble	✓	✓		✓		BFI



TUAS

GOALKEEPING



ACTIVITIES DESIGNED BY



Damien Sheridan

Longford Games Development

Longford Goalkeeper:
2000 – 2014



Robert Sansom

Carlow Games Development

Louth Goalkeeper: 2015-2016
Carlow Goalkeeper: 2019 – 2020



Anthony Masterson

Wexford Games Development

Wexford Goalkeeper:
2004 – 2016



Declan Campbell

Westmeath Games Development

Kildare Minor/u20
Goalkeeper 2014-2018



Craig Lynch

Louth Games Development

Louth Goalkeeper:
2014 – 2021



Alan Mulhall

Leinster GAA.

Offaly Senior Football
2002-2018

Graphic Design: Ian O'Shea