



MORRISON SCHOOL of GOALKEEPING

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TRAINING ADVICE

Below are some guidelines for preparing a competent goalkeeping training session:

- Must have a minimum of 30 - 45mins per session to work on goalkeeping.
- Plan sessions beforehand with coach or one player taking the lead each session.
- Every session must include footwork and kicking practice of some form.
- One session or more per week must include 10-15mins rehearsing Restarts with whole the team.
- Early week session should be your 'Work' session where you train hard. Your later week session is your 'Tuning' session which is less intensive and focuses more on techniques, handling, footwork techniques and game situations for game at the weekend.
- Make all training drills specific to Gaelic games. There is virtually no shot stopping in Gaelic football.
- Use any game experiences from the weekend to tailor your training for the following week.
- Set training goals for each day/week/month/year. They should be attainable, recorded and reviewed regularly.
- Mark each session/game based upon the first ten Goalkeeping Principles. Be honest with yourself and you will find improvement areas.
- Become students of your craft and learn how to better yourselves by creating/researching drills/training methods to improve you and your team.