



Training Centers Interactive Lesson Plan



Season: Winter 2017 Program: Goalkeeping Week: 4

Topic: Goalkeeping Footwork, Ball Handling and Angle Play

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>4 Cones:</p> <ul style="list-style-type: none"> GK is standing in between 2 cones. Place 4 markers in a half circle about 3 yards away from the central cones. Markers are numbers 1-4 GK must run to touch a marker, shuffle back to get set in front of the two cones and catch the serve Server then shouts out a new number Rotate after 8 serves <p>Services:</p> <ul style="list-style-type: none"> On the ground, Bouncing, mid-height 		<ul style="list-style-type: none"> Keep the eyes on the ball Get into line with the ball Keep the hands behind the ball Head still with eyes on the ball Handling technique (Diamond, Basket & Scoop)
Activity 1	<p>5 Cones:</p> <ul style="list-style-type: none"> Place the GK with the cones set up as the graphic show. Place one ball on top of a cone GK must run pick up the soccer ball, shuffle and place the soccer ball on the next cone Shuffle back around the cone, get set and catch the service Server then shouts out GO! Rotate after finishing all the cones 		<ul style="list-style-type: none"> Move quickly to get the ball Move quickly into set position Body weight on the balls of feet, hands in ready position Get in line with the ball Head still with eyes on the ball Handling technique (Diamond, Basket & Scoop)
Activity 2	<p>Get in Line:</p> <ul style="list-style-type: none"> Servers are numbered 1 through 3 Coach will call out a number and that server serves to the GK Servers are aiming from the knees and up Rotate after 8 serves <p>Services:</p> <ul style="list-style-type: none"> On the ground, Bouncing, mid-height 		<ul style="list-style-type: none"> Move quickly into set a position Body weight on the balls of feet, hands in ready position Get in line with the ball Head still with eyes on the ball Handling technique (Diamond, Basket & Scoop)
Conditioned Game	<p>Play 3v3, 4v4 or 5v5</p> <ul style="list-style-type: none"> All teams with a Goalkeeper Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques. Reinforce all the coaching points from all the activities. 		

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