



Training Centers Interactive Lesson Plan



Season: Winter 2015/16 Program: Goalkeeping Week: 2

Topic: Quick & Soft-Hands

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>Touch the Ball and Catch1:</p> <ul style="list-style-type: none"> Place a server with a soccer ball about 3 - 4 yards away Have a GK standing with a ball on the ground one yard in front of him/her. The GK steps forward, tags the ball then they get in ready position. The server will toss the ball about chest-head height The GK will catch the ball, toss it back and repeat the sequence again Repeat this ten times and switch 		<ul style="list-style-type: none"> Keep the eyes on the ball Keep the hands behind the ball Head still with eyes on the ball Handling technique (One hand catch- Soft hand)
Activity 1	<p>Touch the ball and Catch 2:</p> <ul style="list-style-type: none"> Place a server with a soccer ball about 3 - 4 yards away Have a GK standing with a ball in either side on top of a cone. Have the GK touch a ball with one hand. The server will toss the ball about chest-head height The GK will catch the ball with one hand (right only, left only), toss it back and repeat the sequence with the other hand Repeat this ten times and switch 		<ul style="list-style-type: none"> Keep the eyes on the ball Keep the hands behind the ball Head still with eyes on the ball Handling technique (One hand catch- Soft hand)
Activity 2	<p>Two Catches:</p> <ul style="list-style-type: none"> Place two servers about 3 - 5 yards away. One server will be on his knees to roll or bounce the ball. The other server will be standing to toss the ball chest-head height GK will catch the ball and toss it back then scoop the next one and bowl it back Repeat this ten times and switch 		<ul style="list-style-type: none"> Keep the eyes on the ball Keep the hands behind the ball Head still with eyes on the ball Handling technique (Diamond, Basket and 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. 		

Lock