



Training Centers Interactive Lesson Plan



Season: Winter 2015/16 Program: Goalkeeping Week: 1

Topic: Goalkeeping Footwork and Handling

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>On Your Knees Catching:</p> <ul style="list-style-type: none"> The goalkeeper starts on their knees The server throws or volleys the ball into the goalkeeper between the cones The goalkeeper catches the ball and then drops the ball to either side <p>Services:</p> <ul style="list-style-type: none"> On the ground, bouncing, or from the hands 		<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 & Scoop)
Activity 1	<p>Turn, Set & Catch:</p> <ul style="list-style-type: none"> Set up two cones about 3 yards apart. Place a GK near a one cone facing the cone sideways When server calls "turn" the GK has to turn, get set and save the shot or service GK then faces the opposite side cone, repeat 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 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>GK in the Middle:</p> <ul style="list-style-type: none"> Place 3 GKs in a line about 8-10 yards apart, the GK in the middle is in between two cones about 6 yards apart The GKs at each end has a few balls. One GK will shoot at the middle GK, he/she will catch or make a save and turn, set and catch the next service 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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