



# Training Centers Interactive Lesson Plan



Season: Winter 2015/16 Program: Goalkeeping Week: 3

Topic: Goalkeeping Footwork, Ball Handling and Angle Play

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

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