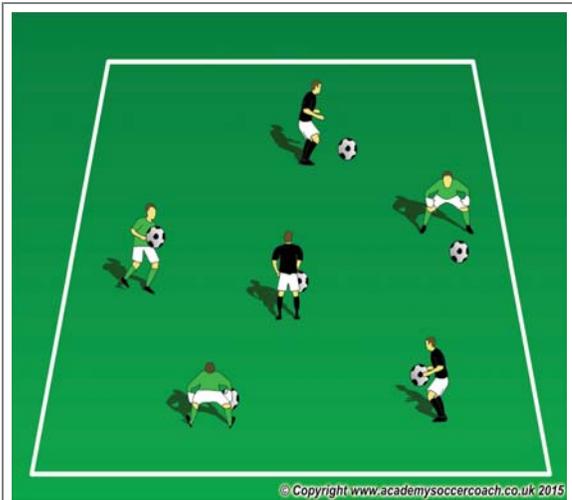


Season Fall 2015 Team/Age Group U10 Week 8

Topic Goalkeeping II

Objectives 5W's

Improve the Goalkeeper's ability to stop shots
WHO: The goalkeeper (#1), **WHAT:** Techniques of shot stopping that include catching all types of shots, **WHERE:** In front of the goal and in and around the goalmouth and penalty area, **WHEN:** During a goal scoring opportunity, a shot, cross, or any attempt to score, **WHY:** To improve the goalkeeper's ability to react and decide the proper, most efficient way to stop a shot and to catch and hold the save



1. WARM UP

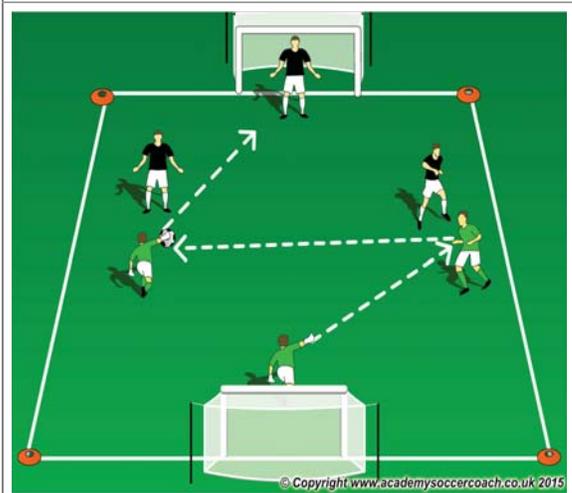
Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

Shuffle and Catch:
 In a 30Wx40L yard grid. GK's start shuffling in and out of each other within the practice box while bouncing a ball on the ground, when coach yells out:
 "Scoop" - Players will place their ball on the floor and go and scoop another ball
 "Toss" - Players will toss the ball slightly out in front of themselves, step to it and catch it before it hits the ground
 "Up" - Players will toss the ball high, jump and catch the ball
 Variation: The GK's quickly find a partner and either serve them a high ball & switch balls, or roll a ball to the left or right of a partner to scoop it up, switching balls again.

COACHING POINTS / KEY CONCEPTS

- Technique of catching the ball waist height and below are pinky fingers together, palms up, and shovel the ball in. The shape of the hands when catching a ball waist height or above is a diamond shape, or upside down heart shaped, curving the hands to the shape of the ball, arms out in front of the body and head, watch the ball into the hands. Position the body behind every shot, low, medium or high as a barrier for dropped shots.



2. SMALL SIDED ACTIVITY

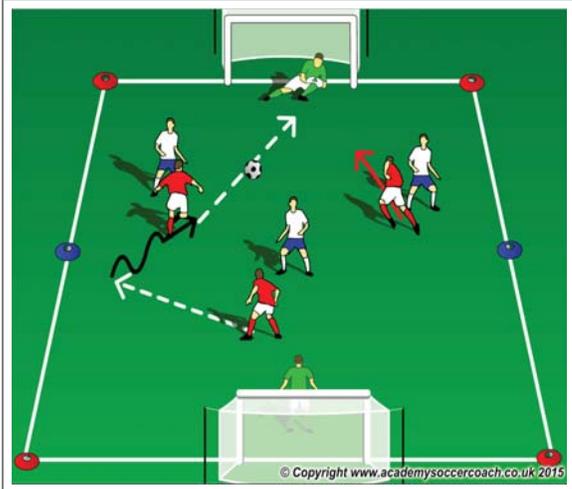
Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

3v3 Handball to Goal:
 In a 20Wx30L the GKs play handball, working on throwing techniques to pass the ball and proper catching. If the ball hits the ground or is dropped it's the other team gains possession.
 Score by throwing, rolling, drop kicking or shooting into either goal
 No player can travel more than 2 steps with the ball in their hands

COACHING POINTS / KEY CONCEPTS

- Technique of cutting angles and making the goal smaller the GK should be off the goal line and directly in front of the ball, in line between the ball and the center of the goal. Footwork across the goal is a quick shuffle or run into a "set" or ready position so hips, shoulders and hands are facing the shot
- Technique of distribution by throwing overhand or a baseball style throw, rolling (bowling), and drop kicking.



3. EXPANDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

4v4 Game:
 In a 30Wx40L field, play a live game. If the ball leaves the sideline, players can dribble or pass the ball back in. If the ball leaves the end-line restart from a corner or goal kick.
 Bonus points can be awarded for exceptional saves or organization of the defense by the Goalkeeper!

COACHING POINTS / KEY CONCEPTS

- Technique for 1v1 Breakaways - Come out of the goal quickly with arms forward, hands low to the sides of the body and getting in a "set" or ready position when the striker takes a prep touch and pulls their leg back to shoot or dribble past.
- Technique of a parry or punch - When GK can't safely catch the ball he/she must parry or punch the ball away from danger

4. GAME **6v6** Duration: Intensity: Activity Time: Intervals: Recovery Time:

ORGANIZATION On a 60Lx40W field, the Red team will play a 1-3-1-1 and the White team will play 1-2-2-1

COACHING POINTS / KEY CONCEPTS Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques.