



Training Centers Interactive Lesson Plan



Season: Winter 2015/16 Program: Goalkeeping Week: 8

Topic: Goalkeeping High Ball Catching, Boxing and Tipping

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	Tipping and Boxing 1: <ul style="list-style-type: none"> Put 4 GKs inside a 5v5 square Have them keep the ball in the air by: <ul style="list-style-type: none"> o Volleying the ball with the fingertips o Volleying the ball with the hands o Using the fists right & left o Using two fists together 		<ul style="list-style-type: none"> • Keep your eyes on the ball • Use the flat part of the fist • Make contact with the lower part of the ball • Follow through • When tipping use your fingertips to volley the ball
Activity 1	Tipping and Boxing 3: <ul style="list-style-type: none"> Place the GKs in between two cones or the goal with 3 servers as shown in the graphic GK is set. At coach's command the server will toss the ball and the GK will run, jump and Box the ball 		<ul style="list-style-type: none"> • Take off on one foot, driving the other knee up for height and protection • Keep your eyes on the ball • Use the flat part of the fist • Make contact with the lower part of the ball • Follow through • When tipping use your fingertips to volley the ball
Activity 2	Jump, Box & Clear: <ul style="list-style-type: none"> Place two GKs sideways on in between cones with a server in front and a player behind them as shown in the graphic Have the servers toss the ball for GK to box it back to the player behind: <ul style="list-style-type: none"> o Two Fist o Right fist o Left fist 		<ul style="list-style-type: none"> • Take off on one foot, driving the other knee up for height and protection • Keep your eyes on the ball • Use the flat part of the fist • Make contact with the lower part of the ball • Follow through
Conditioned Game	Play 3v3, 4v4 or 5v5 <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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