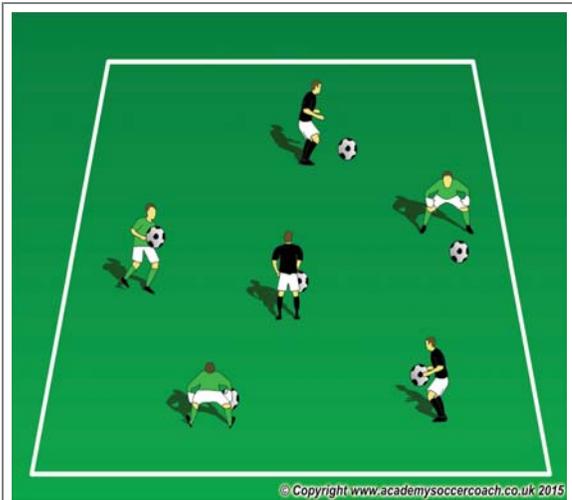


Season Fall 2015 Team/Age Group U10 Week 3

Topic Goalkeeping Part I

Objectives 5W's

To improve the technical aspects of proper handling of the ball and proper foot work.
 WHO: The Goalkeeper - WHAT: Technique of handling and foot work - WHERE: In the defensive third of the field - WHEN: Shot comes towards them - WHY: To secure the ball properly and distribute to teammates



1. WARM UP

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

ORGANIZATION - (Physical Environment / Equipment / Players)

SHUFFLE AND CATCH:

In a 30W x 40L 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:

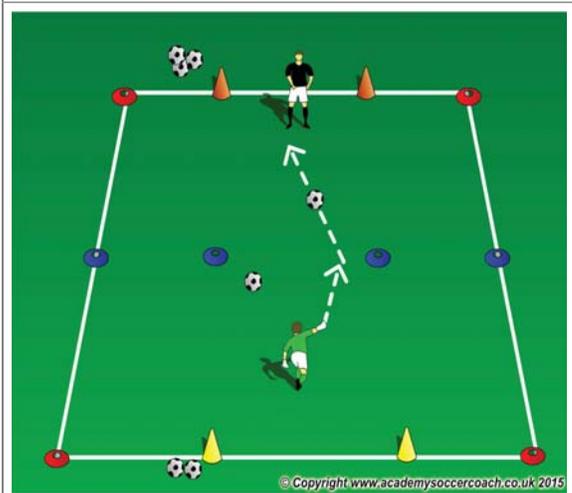
"Scoop" – Players will place their ball on the floor and go and scoop another ball

"Up" Players will toss the ball high, jump and catch the ball

-Variation: GK's can quickly find a partner and serve a high ball to each other, or a rolling ball.

COACHING POINTS / KEY CONCEPTS

- Technique of Handling: Hands in a diamond shape curving hands to the shape of the ball (when the ball is waist height and above), pinky fingers together and shovel the ball into the body (when the ball is waist height and below). Use footwork to get the body behind every shot.



2. SMALL SIDED ACTIVITY

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

ORGANIZATION - (Physical Environment / Equipment / Players)

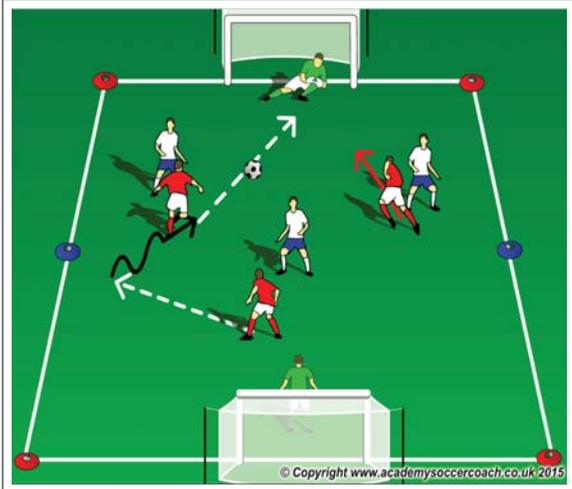
GK WARS (HANDS ONLY):

In a 15W x 20L yard grid with a halfway line, place a 4-6 yard goal at each end. GK's will throw the ball at each other, trying to score using any of the three services (Bowl, Baseball or Roundhouse)

-Play as a ladder format with 2 minute rounds.

COACHING POINTS / KEY CONCEPTS

- Technique of Handling - Technique of the ready position: when the shooter takes a prep touch and pulls their leg back for a shot, the GK should have their knees bent, shoulder width apart, hands relaxed, and their weight balanced on their toes.
- Tactics - When to use the different types of handling techniques. GK's should be on their "ball line" (a line drawn from the center of the ball to the center of the goal)



3. EXPANDED ACTIVITY

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

ORGANIZATION - (Physical Environment / Equipment / Players)

4v4 with GK'S:

In a 30Wx40L yard grid, one goal at each end line.

GK's will try to make as many saves as they can and distribute the ball to their team.

COACHING POINTS / KEY CONCEPTS

- Technique of handling and technique of being in a ready position
- Tactics- Proper positioning on the ball line, type of distribution to use after collecting the ball, and when to provide support on the ball

4. GAME Duration: Intensity: Activity Time: Intervals: Recovery Time:

ORGANIZATION

COACHING POINTS / KEY CONCEPTS