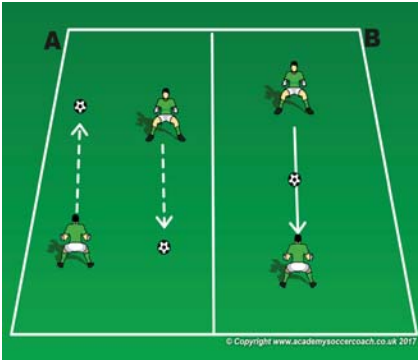
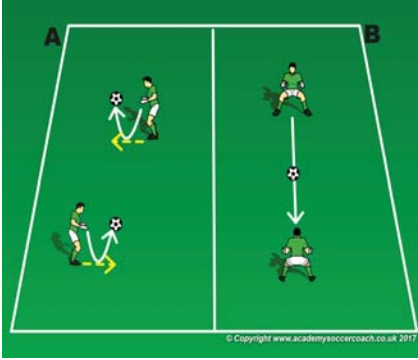
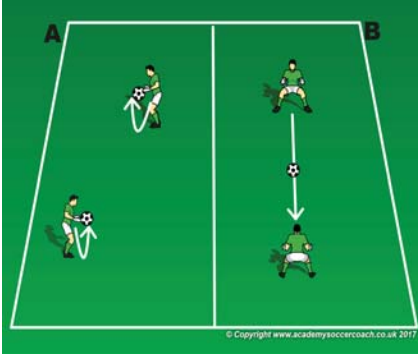


Season: Winter 2020 Program: Goalkeeping Week: 1

Topic: Basic Catching

| Stage | Activity Description | Diagram | Coaching Points |
|--------------------------|---|--|---|
| Technical Warm-up | <p>Scoop the ball A:</p> <ul style="list-style-type: none"> GK is about 4 yards behind the ball At coaches command the GK moves toward the ball and scoops the ball and secures it by bringing it to his/her chest GK Places the ball back on the same spot and lines up to scoop the other ball <p>Scoop the ball B:</p> <ul style="list-style-type: none"> Two GK's line up facing each other about 7-10 yards apart One GK will roll the ball towards the other GK, who will move towards the ball and scoop it secure it and toss the ball back to the server Each GK gets 5 goes then switch |  | <ul style="list-style-type: none"> Get in set position Get in line with the ball Keep your eyes on the ball and move towards it Head still with eyes on the ball Have hands together with fingers pointing toward the ground Pinky's together like a shovel scooping the ball into the body (Chest) to secure it. |
| Activity 1 | <p>Bag or Basket Catch A:</p> <ul style="list-style-type: none"> Each GK with a ball The GK will toss the ball about 1-2 yards in front, move towards it and Bag the ball by catching it between their knees and waist line <p>Bag or Basket Catch B:</p> <ul style="list-style-type: none"> Two GK's line up facing each other about 10 yards apart One GK will toss the ball toward the other GK, who will move toward the ball and Bag it at the first or second bounce, secure it and toss the ball back to the server Each GK gets 5 goes then switch |  | <ul style="list-style-type: none"> Get in set position Body weight on the balls of your feet Get in line with the ball Keep your eyes on the ball Hands together, fingers pointing towards the ground Secure the ball by bringing it to the chest |
| Activity 2 | <p>Diamond Catch A:</p> <ul style="list-style-type: none"> Each GK with a ball The GK will toss the ball about 1-2 yards in front, move toward it and bag the ball by catching it between their knees and waist line <p>Diamond Catch B:</p> <ul style="list-style-type: none"> Two GK's line up facing each other about 6-8 yards apart One GK will throw the ball towards the other GK, about face high, the receiving GK will catch the ball making a diamond with his/her hands, then securing the ball to throw it back to the other GK |  | <ul style="list-style-type: none"> Get in set position Body weight on the balls of your feet Get in line with the ball Keep your eyes on the ball Hands in a diamond shape formed by the thumbs and the index fingers curving hands to the shape of the ball Secure the ball by bringing it to the chest |
| 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. | | |

Lock