## Training Centers Interactive Lesson Plan

**Season:** Winter 2020  
**Program:** Goalkeeping  
**Week:** 2  
**Topic:** Goalkeeping Footwork, Quickness and Ball Handling

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| **Technical Warm-up** | Shuffle and Catch:  
- 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  
  - Basket – Players will toss the ball and basket catch it  
  - Players will toss the ball high, jump and catch the ball  
  - Version 2: 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 | ![Diagram](image1.png) | Catching  
- Catch the ball with a “Diamond”, “Contour”, or Close W” hand position on any ball chest height and above (formed by thumbs and index fingers  
- For low balls have hands together with fingers pointing towards the ground (pinky’s together like a shovel scooping into the body) |
| **Activity 1** | Quick Hands & Shuffle:  
- Place 2 cones about 1-2 yards apart, two GK’s near the cones each with a soccer ball in hand  
- At coach’s command the GK’s will toss or roll the ball and the GK’s will shuffle laterally to catch or scoop the ball  
- Change services: roll, drops, mid high and high | ![Diagram](image2.png) | Move quickly into set position  
- Body weight on the balls of feet  
- Get in line with the ball  
- Head still with eyes on the ball  
- Handling technique (Contour, Basket & Scoop) |
| **Activity 2** | Quick Shuffle:  
- Place the GK between 2 cones about 2 yards apart  
- Two servers in front of each cone will vary the service, one will toss a mid-high/high ball the other will bounce or roll the ball the GK’s will shuffle laterally to catch or scoop the ball  
- Change services: roll, drops, mid high and high | ![Diagram](image3.png) | Move quickly into set position  
- Body weight on the balls of feet  
- Get in line with the ball  
- Head still with eyes on the ball  
- Handling technique (Contour, Basket & Scoop) |
| **Conditioned Game** | Play 3v3, 4v4 or 5v5  
- 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. | ![Diagram](image4.png) |  |