

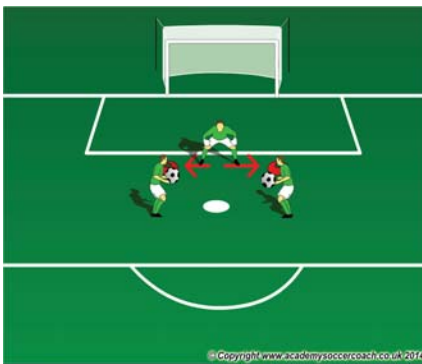


Season: Winter 2020 Program: Goalkeeping Week: 2

Topic: Goalkeeping Footwork, Quickness and Ball Handling

Stage	Activity Description	Diagram	Coaching Points
<b>Technical Warm-up</b>	<p><b>Shuffle and Catch:</b></p> <ul style="list-style-type: none"> <li>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:               <ul style="list-style-type: none"> <li>Scoop – Players will place their ball on the floor and go and scoop another ball</li> <li>Basket – Players will toss the ball and basket catch it</li> <li>Players will toss the ball high, jump and catch the ball</li> </ul> </li> <li>Version 2: The GK's quickly find a partner and either serve them a high ball &amp; switch balls, or roll a ball to the left or right of a partner to scoop it up, switching balls again</li> </ul>		<p><b>Catching</b></p> <ul style="list-style-type: none"> <li>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)</li> <li>For low balls have hands together with fingers pointing towards the ground (pinky's together like a shovel scooping into the body)</li> </ul>
<b>Activity 1</b>	<p><b>Quick Hands &amp; Shuffle:</b></p> <ul style="list-style-type: none"> <li>Place 2 cones about 1-2 yards apart, two GK's near the cones each with a soccer ball in hand</li> <li>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</li> <li>Change services: roll, drops, mid high and high</li> </ul>		<ul style="list-style-type: none"> <li>Move quickly into set position</li> <li>Body weight on the balls of feet</li> <li>Get in line with the ball</li> <li>Head still with eyes on the ball</li> <li>Handling technique (Contour, Basket &amp; Scoop)</li> </ul>
<b>Activity 2</b>	<p><b>Quick Shuffle:</b></p> <ul style="list-style-type: none"> <li>Place the GK between 2 cones about 2 yards apart</li> <li>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</li> <li>Change services: roll, drops, mid high and high</li> </ul>		<ul style="list-style-type: none"> <li>Move quickly into set position</li> <li>Body weight on the balls of feet</li> <li>Get in line with the ball</li> <li>Head still with eyes on the ball</li> <li>Handling technique (Contour, Basket &amp; Scoop)</li> </ul>
<b>Conditioned Game</b>	<p>Play 3v3, 4v4 or 5v5</p> <ul style="list-style-type: none"> <li>All teams with a Goalkeeper</li> <li>Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques.</li> <li>Reinforce all the coaching points from all the activities.</li> </ul>		

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