




Season: Winter 2020 Program: Goalkeeping Week: 3

Topic: Quick & Soft-Hands

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>Touch the Ball and Catch1:</p> <ul style="list-style-type: none"> <li>Place a server with a soccer ball about 3 - 4 yards away</li> <li>Have a GK standing with a ball on the ground one yard in front of him/her. The GK steps forward, tags the ball then they get in ready position. The server will toss the ball about chest-head height</li> <li>The GK will catch the ball, toss it back and repeat the sequence again</li> <li>Repeat this ten times and switch</li> </ul>		<ul style="list-style-type: none"> <li>Keep the eyes on the ball</li> <li>Keep the hands behind the ball</li> <li>Head still with eyes on the ball</li> <li>Handling technique ( One hand catch- Soft hand)</li> </ul>
Activity 1	<p>Touch the ball and Catch 2:</p> <ul style="list-style-type: none"> <li>Place a server with a soccer ball about 3 - 4 yards away</li> <li>Have a GK standing with a ball on either side on top of a cone</li> <li>Have the GK touch a ball with one hand. The server will toss the ball about chest-head height</li> <li>The GK will catch the ball with one hand (right only, left only), toss it back and repeat the sequence with the other hand</li> <li>Repeat this ten times and switch</li> </ul>		<ul style="list-style-type: none"> <li>Keep the eyes on the ball</li> <li>Keep the hands behind the ball</li> <li>Head still with eyes on the ball</li> <li>Handling technique (One hand catch- Soft hand)</li> </ul>
Activity 2	<p>Two Catches:</p> <ul style="list-style-type: none"> <li>Place two servers about 3 - 5 yards away. One server will be on his knees to roll or bounce the ball. The other server will be standing to toss the ball chest-head height</li> <li>GK will catch the ball and toss it back then scoop the next one and bowl it back</li> <li>Repeat this ten times and switch</li> </ul>		<ul style="list-style-type: none"> <li>Keep the eyes on the ball</li> <li>Keep the hands behind the ball</li> <li>Head still with eyes on the ball</li> <li>Handling technique (Diamond, Basket and Scoop)</li> </ul>
Conditioned Game	<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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