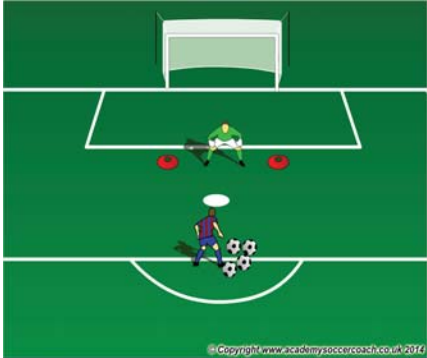
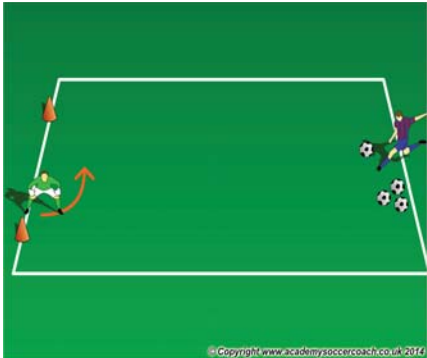


Season: Winter 2020 Program: Goalkeeping Week: 4

Topic: Goalkeeping Footwork and Handling

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p><b>On Your Knees Catching:</b></p> <ul style="list-style-type: none"> <li>The goalkeeper starts on his/her knees</li> <li>The server throws or volleys the ball into the goalkeeper between the cones</li> <li>The goalkeeper catches the ball and then drops the ball to either side</li> </ul> <p><b>Services:</b></p> <ul style="list-style-type: none"> <li>On the ground, bouncing, or from the hands</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 &amp; Scoop)</li> </ul>
Activity 1	<p><b>Turn, Set &amp; Catch:</b></p> <ul style="list-style-type: none"> <li>Set up two cones about 3 yards apart. Place a GK near a one cone facing the cone sideways</li> <li>When server calls "turn" the GK has to turn, get set and save the shot or service</li> <li>GK then faces the opposite side cone, repeat</li> <li>Rotate after 8 serves</li> </ul> <p><b>Services:</b></p> <ul style="list-style-type: none"> <li>On the ground, bouncing, mid-height</li> </ul>		<ul style="list-style-type: none"> <li>Move quickly into set position</li> <li>Body weight on the balls of feet, hands in ready position</li> <li>Get in line with the ball</li> <li>Head still with eyes on the ball</li> <li>Handling technique (Diamond, Basket &amp; Scoop)</li> </ul>
Activity 2	<p><b>GK in the Middle:</b></p> <ul style="list-style-type: none"> <li>Place 3 GKs in a line about 8-10 yards apart, the GK in the middle is in between two cones about 6 yards apart</li> <li>The GKs at each end have a few balls. One GK will shoot at the middle GK, he/she will catch or make a save and turn, set, and catch the next service</li> <li>Rotate after 8 serves</li> </ul> <p><b>Services:</b></p> <ul style="list-style-type: none"> <li>On the ground, bouncing, mid-height</li> </ul>		<ul style="list-style-type: none"> <li>Move quickly into a set position</li> <li>Body weight on the balls of feet, hands in ready position</li> <li>Get in line with the ball</li> <li>Head still with eyes on the ball</li> <li>Handling technique (Diamond, Basket &amp; Scoop)</li> </ul>
Conditioned Game	<p><b>Play 3v3, 4v4 or 5v5</b></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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