## Training Centers Interactive Lesson Plan

### Season: Winter 2020  
### Program: Goalkeeping  
### Week: 5  

**Topic:** Goalkeeping Footwork, Ball Handling and Angle Play

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| Technical Warm-up          | 4 Cones:                                                                                                     | ![Diagram](image1.png) | • Keep the eyes on the ball  
  • Get into line with the ball  
  • Keep the hands behind the ball  
  • Head still with eyes on the ball  
  • Handling technique (Diamond, Basket & Scoop)                                                                                       |
|                            | • GK is standing in between 2 cones. Place 4 markers in a half circle about 3 yards away from the central cones. Markers are numbers 1-4  
  • GK must run to touch a marker, shuffle back to get set in front of the two cones and catch the serve  
  • Server then shouts out a new number  
  • Rotate after 8 serves  
  Services:  
  • On the ground, bouncing, mid-height                                                                                                             |
| Activity 1                 | 5 Cones:                                                                                                     | ![Diagram](image2.png) | • Move quickly to get the ball  
  • Move quickly into set position  
  • Body weight on the balls of feet, hands in ready position  
  • Get in line with the ball  
  • Head still with eyes on the ball  
  • Handling technique (Diamond, Basket & Scoop)                                                                                             |
|                            | • Place the GK with the cones set up as the graphic shows. Place one ball on top of a cone  
  • GK must run, pick up the soccer ball, shuffle and place the soccer ball on the next cone  
  • Shuffle back around the cone, get set and catch the service  
  • Server then shouts out GO!  
  • Rotate after finishing all the cones                                                                                                           |
| Activity 2                 | Get in Line:                                                                                                 | ![Diagram](image3.png) | • Move quickly into a set position  
  • Body weight on the balls of feet, hands in ready position  
  • Get in line with the ball  
  • Head still with eyes on the ball  
  • Handling technique (Diamond, Basket & Scoop)                                                                                             |
|                            | • Servers are numbered 1 through 3  
  • Coach will call out a number and that server serves to the GK  
  • Servers are aiming from the knees and up  
  • Rotate after 8 serves  
  Services:  
  • On the ground, Bouncing, mid-height                                                                                                           |
| 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) |