# Training Centers Interactive Lesson Plan

**Season:** Winter 2020  
**Program:** Goalkeeping  
**Week:** 6

**Topic:** Goalkeeping: Footwork, Quickness and Ball Handling

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| **Technical Warm-up** | Triangle Catching:  
  - Make a triangle about 4 yards wide and place a GK in each side of the triangle  
  - GK’s receive from the server they are facing between knees and chest  
  - GK’s then rotate to their left and receive from the next server  
  - Rotate GK’s and servers after a set time  
  Services: On the ground, Bouncing, mid-height | ![Diagram](image1.png) | - Move quickly into set position  
- Body weight on the balls of feet, hands in a ready position  
- Get in line with the ball  
- Head still with eyes on the ball  
- Handling technique (Diamond, Basket & Scoop) |
| **Activity 1** | Go Fwd., Set Catch & Switch:  
  - Place 2-3 GKs per station. Squares are 3-4 yards as shown. Have 1 server per station  
  - The GK moves from the back line of cones to the front line between the cones and gets into a set position to catch the ball  
  Then the GKs move back to the back line  
  Variation: GK’s will shuffle backwards and then sideways toward the other station | ![Diagram](image2.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)  
- Come forward to save the shot, don’t wait for the shot to come to you |
| **Activity 2** | Get to the Goal. Set & Catch:  
  - Set up a 3-4 yard square with servers on three sides of the square. GK starts in middle of the square.  
  - Servers are numbered 1 through 3  
  - When coach calls out a number, the GK must move to that side of the square to receive from that server  
  - Coach then shouts out a new number  
  - Rotate after 8 serves  
  Services:  
  - On the ground, bouncing, mid-height | ![Diagram](image3.png) | - Move quickly into set position  
- Body weight on the balls of feet, hands in a ready position  
- Get in line with the ball  
- Head still with eyes on the ball  
- Handling technique (Diamond, 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) |  

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*Interactive Session Plan created by www.academysofcocach.com*  
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