## Training Centers Interactive Lesson Plan

**Season:** Winter 2020  
**Program:** Goalkeeping  
**Week:** 8  

**Topic:** Goalkeeping Distribution - Passing

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| **Technical Warm-up** | Pass, Set & Catch:  
• One outside server passes the ball into the GK’s right foot, the GK passes the ball back to the server and then turns quickly to handle a shot made from the central server  
• The goalkeeper then sets the ball on the ground and passes to the shooter and moves to the opposite side to receive a pass from the other wide server (played into their left foot)  

**Services:**  
• On the ground, Bouncing, Hands  
|                  | **Activity 1**  
Receive, First touch & Pass :  
• One server passes the ball into the GK. The GK receives it with a good directional first touch and passes to the players of the same color in the flank  
• The goalkeeper then gets back and gets ready for the next ball  

**Services:**  
• On the ground, Bouncing  
|                  | **Activity 2**  
Receive, First touch & Pass :  
• One server passes the ball into the GK. The GK receives it with a good directional first touch tries to pass to one of the receivers in the flank  
• The red players will put pressure on the Gk. If the red players gets the ball they can score in the goal  

**Services:**  
• On the ground, Bouncing  
|                  | **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.  

• Technique of passing  
• Quick feet  
• Reset position facing the ball  
• Keep the eyes on the ball  
• Get into line with the ball  
• Keep the hands behind the ball  
• Diamond catch for high ball  
• Basket catch for medium  
• Scoop for ground balls  

• Technique of passing  
• Technique of Receiving  
  • Get into the line of the ball  
  • Directional First touch  
  • Pace of the pass  
  • Accuracy of the pass  
  • What foot to pass to  

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