
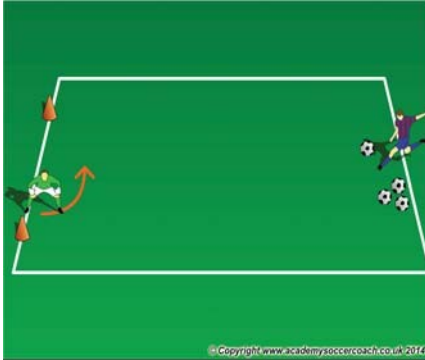
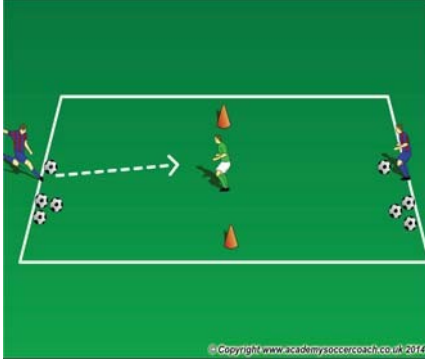


Training Centers Interactive Lesson Plan

Season: 2016 Program: Goalkeeping Week: 1

Topic: Goalkeeping Footwork and Handling

Stage	ActivityDescription	Diagram	Coaching Points
Technical Warm-up	<p>On Your Knees Catching:</p> <ul style="list-style-type: none"> • The goalkeeper starts on their knees • The server throws or volleys the ball into the goalkeeper between the cones • The goalkeeper catches the ball and then drops the ball to either side <p>Services:</p> <ul style="list-style-type: none"> • On the ground, bouncing, or from the hands 		<ul style="list-style-type: none"> • Keep the eyes on the ball • Keep the hands behind the ball • Head still with eyes on the ball • Handling technique (Diamond, Basket & Scoop)
Activity 1	<p>Turn, Set & Catch:</p> <ul style="list-style-type: none"> • Set up two cones about 3 yards apart. Place a GK near a one cone facing the cone sideways • When server calls “turn” the GK has to turn, get set and save the shot or service • GK then faces the opposite side cone, repeat • Rotate after 8 serves <p>Services:</p> <ul style="list-style-type: none"> • On the ground, bouncing, mid-height 		<ul style="list-style-type: none"> • 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)
Activity 2	<p>GK in the Middle:</p> <ul style="list-style-type: none"> • 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 • The GKs at each end has 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 • Rotate after 8 serves <p>Services:</p> <ul style="list-style-type: none"> • On the ground, bouncing, mid-height 		<ul style="list-style-type: none"> • Move quickly into set a 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)
Conditioned Game	<p>Play 3v3, 4v4 or 5v5</p> <ul style="list-style-type: none"> - 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. 		