Training Centers Interactive Lesson Plan

Season: _____2016_____ Program: _____Goalkeeping_____ Week: _____5_____

Topic: Goalkeeping Quickness, Footwork and Ball Handling

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	Quick Feet & Catch: • Make a GK working area as shown in the graphic • A – GK is set and will shuffle through the cones. Set feet and catch the ball. Then switch to area B • B – GK is set and runs through the obstacle. Set feet and catch the ball. Then switch to area A		• Move quickly through the cones or obstacles • Keep head up and eyes on the ball • Body weight on the balls of feet • Hands in ready position • Get in line with the ball
Activity 1	Quick Feet & Catch 2: • Make a GK working area as shown in the graphic • A – GK is set and will run through the cones. Set feet and catch the ball. Then switch to area B • B – GK is set and jumps through the obstacle. Set feet and catch the ball. Then switch to area A		• Move quickly through the cones or obstacles • Keep head up and eyes on the ball • Body weight on the balls of feet • Hands in ready position • Get in line with the ball
Activity 2	Catch, Quick Feet & Sprint: • Set a working area as shown in the graphic • GK will catch the service, roll back to server, shuffle sideways, touch the high cone, sprint 4 yards forwards, then slow jog back to first cone. • GK through the cones progression: o Shuffle (fwds/back) (left/right) o Run (one foot, two feet, in & out)		• Get Set • Use proper catching technique depending on service • Move quickly through the cones or obstacles • Explode to sprint • Hands in ready position
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.		