




Gospel Projects / Eastern Shore SC Practice Plans

Goalkeeper

Season: Winter 2017 Program: Goalkeeping Week: 8

Topic: Goalkeeping Distribution - Passing

Stage	Activity Description	Diagram	Coaching Points
<p>Technical Warm-up</p>	<p>Pass, Set & Catch:</p> <ul style="list-style-type: none"> • 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) <p>Services:</p> <ul style="list-style-type: none"> • On the ground, Bouncing, Hands 		<ul style="list-style-type: none"> • 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
<p>Activity 1</p>	<p>Receive, First touch & Pass :</p> <ul style="list-style-type: none"> • 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 <p>Services:</p> <ul style="list-style-type: none"> • On the ground, Bouncing 		<ul style="list-style-type: none"> • Technique of passing • Techniques of Receiving <ul style="list-style-type: none"> • Get into the line of the ball • Directional First touch • Pace of the pass • Accuracy of the pass • What foot to pass to
<p>Activity 2</p>	<p>Receive, First touch & Pass :</p> <ul style="list-style-type: none"> • 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 <p>Services:</p> <ul style="list-style-type: none"> • On the ground, Bouncing 		<ul style="list-style-type: none"> • Technique of passing • Techniques of Receiving <ul style="list-style-type: none"> • Get into the line of the ball • Directional First touch • Pace of the pass • Accuracy of the pass • What foot to pass to
<p>Conditioned Game</p>	<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. 		