


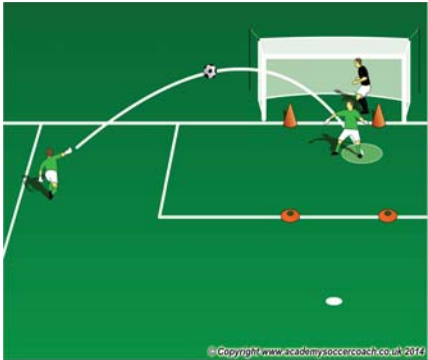

# Gospel Projects / Eastern Shore SC

## Practice Plans

## Goalkeeper

Season:     Fall     Program:     Goalkeeping     Week:     6    

Topic: Goalkeeping High Ball Catching, Boxing and Tipping

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>Tipping and Boxing 1:</p> <ul style="list-style-type: none"> <li>• Put 3 GKs inside a 5v5 square</li> <li>• Have them keep the ball in the air by:                             <ul style="list-style-type: none"> <li>o Volleying the ball with the fingertips</li> <li>o Volleying the ball with the hands</li> <li>o Using the fists right &amp; left</li> <li>o Using two fists together</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Keep your eyes on the ball</li> <li>• Use the flat part of the fist</li> <li>• Make contact with the lower part of the ball</li> <li>• Follow through</li> <li>• When tipping use your fingertips to volley the ball</li> </ul>
Activity 1	<p>Tipping and Boxing 3:</p> <ul style="list-style-type: none"> <li>• Place the GKs in between two cones or the goal with 3 servers as shown in the graphic</li> <li>• GK is set. At coach's command the server will toss the ball and the GK will run, jump and Box the ball</li> </ul>		<ul style="list-style-type: none"> <li>• Take off on one foot, driving the other knee up for height and protection</li> <li>• Keep your eyes on the ball</li> <li>• Use the flat part of the fist</li> <li>• Make contact with the lower part of the ball</li> <li>• Follow through</li> <li>• When tipping use your fingertips to volley the ball</li> </ul>
Activity 2	<p>Jump, Box &amp; Clear:</p> <ul style="list-style-type: none"> <li>• Place two GK's with to player next to them as shown in the graphic</li> <li>• Have the servers toss the ball for GK to punch it back:                             <ul style="list-style-type: none"> <li>o Two Fist</li> <li>o Right fist</li> <li>o Left fist</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Take off on one foot, driving the other knee up for height and protection</li> <li>• Keep your eyes on the ball</li> <li>• Use the flat part of the fist</li> <li>• Make contact with the lower part of the ball</li> <li>• Follow through</li> </ul>
Conditioned Game	<p>Play 3v3, 4v4 or 5v5</p> <ul style="list-style-type: none"> <li>- All teams with a Goalkeeper</li> <li>- Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques.</li> <li>- Reinforce all the coaching points from all the activities.</li> </ul>		