
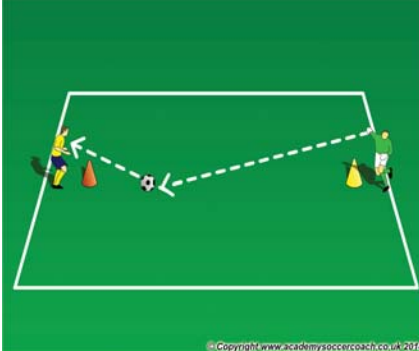
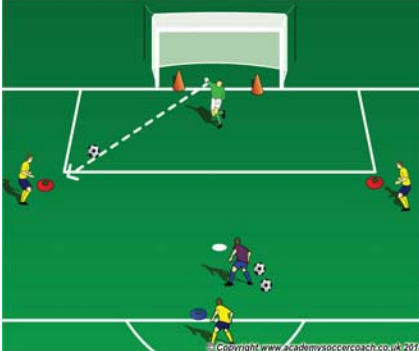


Gospel Projects / Eastern Shore SC Practice Plans

Goalkeeper

Season: Winter 2017 Program: Goalkeeping Week: 7

Topic: Goalkeeping Distribution

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>Hand Distribution:</p> <ul style="list-style-type: none"> • Have 2 GKs standing in front of 2 cones 6 yards apart opposite each other as shown • The GK with the ball rolls the ball to the opposite GK • GK receiving the ball scoops the ball and then rolls the ball back to the opposite GK • Progress to Baseball throw and Sling throw 		<ul style="list-style-type: none"> • Bowl: step with opposite foot to distribute, fingertips low to the ground, release the ball low, and follow through • Baseball: step with opposite foot to distribute, ball is up near ear, body bends lower, follow through with pointer and middle finger • Sling: stance begins sideways on, pin ball against forearm, step with opposite foot to distribute, elbow is locked with arm coming straight over the top, follow through by squaring up shoulders to target
Activity 1	<p>Accuracy and Competition:</p> <ul style="list-style-type: none"> • Place 2 cones about 15 yards apart and a GK behind each cone as shown • Each GK takes turns throwing the ball to try to and hit the opposite cone: <ul style="list-style-type: none"> o Bowl: 1 Point o Baseball throw, one bounce: 10 pts o For a sling throw you will need to set the cones further apart: 50pts 		<ul style="list-style-type: none"> • Head up to make sure target is open • Place ball in one hand with body turned so that the ball is behind • Step forward with opposite foot that the ball is in • Technique of Bowling, Baseball and Sling throws
Activity 2	<p>Save and Distribute:</p> <ul style="list-style-type: none"> • Place 2 cones about 15 yards apart and a GK behind each cone as shown • Each GK takes turns throwing the ball to try to and hit the opposite cone: <ul style="list-style-type: none"> • GK saves a shot from the central shooter and then distributes to the left. GK makes another save from central shooter and distributes to right side. • Progress from Bowl, to Baseball, to Sling throw 		<ul style="list-style-type: none"> • Head up to make sure target is open • Place ball in one hand with body turned so that the ball is behind • Step forward with opposite foot that the ball is in • Technique of Bowling, Baseball and Sling throws
Conditioned Game	<p>Play 3v3, 4v4 or 5v5</p> <ul style="list-style-type: none"> • Play the game encouraging goalkeepers to communicate with their teammates and use proper hand distribution after a save is made. • Reinforce all the coaching points from all the activities. 		