



Training Centers Interactive Lesson Plan



Season: Winter 2017 Program: Goalkeeping Week: 1

Topic: Goalkeeping Footwork, Quickness and Ball Handling

| Stage | Activity Description | Diagram | Coaching Points |
|--------------------------|--|---------|---|
| Technical Warm-up | <p>Shuffle and Catch:</p> <ul style="list-style-type: none"> GK's start shuffling in and out of each other within the practice box while bouncing a ball on the ground, when coach yells out: <ul style="list-style-type: none"> Scoop – Players will place their ball on the floor and go and scoop another ball Basket – Players will toss the ball and basket catch it Players will toss the ball high, jump and catch the ball Version 2: The GK's quickly find a partner and either serve them a high ball & switch balls, or roll a ball to the left or right of a partner to scoop it up, switching balls again | | <p>Catching</p> <ul style="list-style-type: none"> Catch the ball with a "Diamond", "Contour", or Close W" hand position on any ball chest height and above (formed by thumbs and index fingers) For low balls have hands together with fingers pointing towards the ground (pinky's together like a shovel scooping into the body) |
| Activity 1 | <p>Quick Hands & Shuffle:</p> <ul style="list-style-type: none"> Place 2 cones about 1-2 yards apart, two GK's near the cones each with a soccer ball in hand At coach's command the GK's will toss or roll the ball and the GK's will shuffle laterally to catch or scoop the ball Change services: roll, drops, mid high and high | | <ul style="list-style-type: none"> Move quickly into set position Body weight on the balls of feet Get in line with the ball Head still with eyes on the ball Handling technique (Contour, Basket & Scoop) |
| Activity 2 | <p>Quick Shuffle:</p> <ul style="list-style-type: none"> Place the GK between 2 cones about 2 yards apart Two servers in front of each cone will vary the service, one will toss a mid-high/high ball the other will bounce or roll the ball the GK's will shuffle laterally to catch or scoop the ball Change services: roll, drops, mid high and high | | <ul style="list-style-type: none"> Move quickly into set position Body weight on the balls of feet Get in line with the ball Head still with eyes on the ball Handling technique (Contour, 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. | | |

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