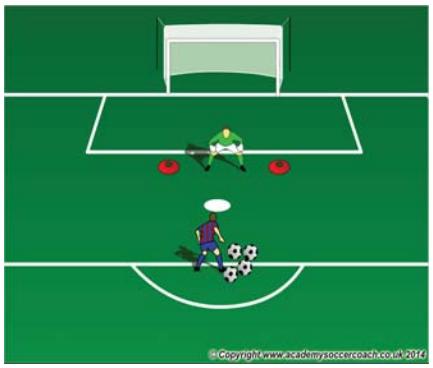
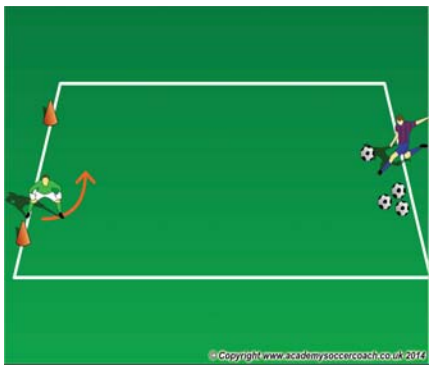
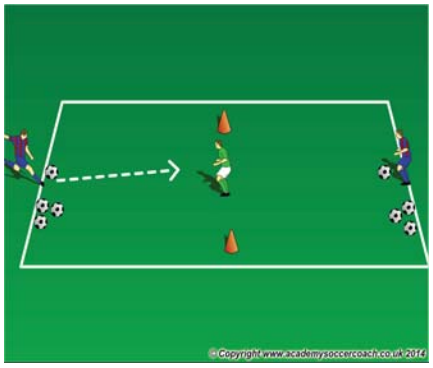
# Gospel Projects / Eastern Shore SC
# Practice Plans

## Goalkeeper

Season: Fall Program: Goalkeeping Week: 3

Topic: Goalkeeping Footwork and Handling

| Stage | Activity Description | Diagram | Coaching Points |
|---|---|---|---|
| Technical Warm-up | On Your Knees Catching:<br>• The goalkeeper starts on their knees<br>• The server throws or volleys the ball into the goalkeeper between the cones<br>• The goalkeeper catches the ball and then drops the ball to either side<br>Services:<br>• On the ground, bouncing, or from the hands |  | • Keep the eyes on the ball<br>• Keep the hands behind the ball<br>• Head still with eyes on the ball<br>• Handling technique (Diamond, Basket & Scoop) |
| Activity 1 | Turn, Set & Catch:<br>• Set up two cones about 3 yards apart. Place a GK near a one cone facing the cone sideways<br>• When server calls "turn" the GK has to turn, get set and save the shot or service<br>• GK then faces the opposite side cone, repeat<br>• Rotate after 8 serves<br>Services:<br>• On the ground, bouncing, mid-height |  | • Move quickly into set position<br>• Body weight on the balls of feet, hands in ready position<br>• Get in line with the ball<br>• Head still with eyes on the ball<br>• Handling technique (Diamond, Basket & Scoop) |
| Activity 2 | GK in the Middle:<br>• Place 3 GKs in a line about 8-10 yards apart, the GK in the middle is in between two cones about 6 yards apart<br>• The GKs at each end has a few balls. One GK will shoot at the middle GK, he/she will catch or make a save and turn, set and catch the next service<br>• Rotate after 8 serves<br>Services:<br>• On the ground, bouncing, mid-height |  | • Move quickly into set a position<br>• Body weight on the balls of feet, hands in ready position<br>• Get in line with the ball<br>• Head still with eyes on the ball<br>• Handling technique (Diamond, Basket & Scoop) |
| Conditioned Game | Play 3v3, 4v4 or 5v5<br>- All teams with a Goalkeeper<br>- Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques.<br>- Reinforce all the coaching points from all the activities. | | |