

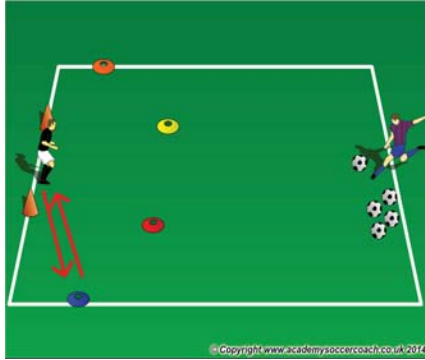
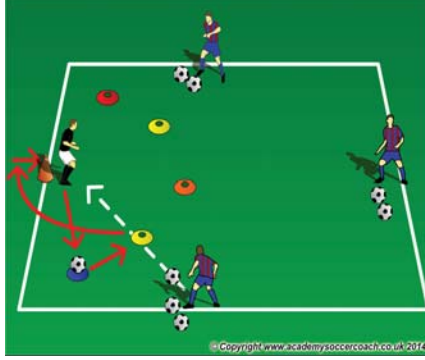

Gospel Projects / Eastern Shore SC

Practice Plans

Goalkeeper

Season: Fall Program: Goalkeeping Week: 4

Topic: Goalkeeping Footwork, Ball Handling and Angle Play

Stage	Activity Description	Diagram	Coaching Points
<p>Technical Warm-up</p>	<p>4 Cones: • GK is standing in between 2 cones. Place 4 markers in a half circle about 3 yards away from the central cones. Markers are numbers 1-4 • GK must run to touch a marker, shuffle back to get set in front of the two cones and catch the serve • Server then shouts out a new number • Rotate after 8 serves Services: • On the ground, Bouncing, mid-height</p>		<ul style="list-style-type: none"> • Keep the eyes on the ball • Get into line with the ball • Keep the hands behind the ball • Head still with eyes on the ball • Handling technique (Diamond, Basket & Scoop)
<p>Activity 1</p>	<p>5 Cones: • Place the GK with the cones set up as the graphic show. Place one ball on top of a cone • GK must run pick up the soccer ball, shuffle and place the soccer ball on the next cone • Shuffle back around the cone, get set and catch the service • Server then shouts out GO! • Rotate after finishing all the cones</p>		<ul style="list-style-type: none"> • Move quickly to get the ball • Move quickly into set position • Body weight on the balls of feet, hands in ready position • Get in line with the ball • Head still with eyes on the ball • Handling technique (Diamond, Basket & Scoop)
<p>Activity 2</p>	<p>Get in Line: • Servers are numbered 1 through 3 • Coach will call out a number and that server serves to the GK • Servers are aiming from the knees and up • Rotate after 8 serves Services: • On the ground, Bouncing, mid-height</p>		<ul style="list-style-type: none"> • Move quickly into set a position • Body weight on the balls of feet, hands in ready position • Get in line with the ball • Head still with eyes on the ball • Handling technique (Diamond, Basket & Scoop)
<p>Conditioned Game</p>	<p>Play 3v3, 4v4 or 5v5 - 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.</p>		