



# Training Centers Interactive Lesson Plan



Season: Fall 2014

Program: Goalkeeping

Week: 1

Topic: Goalkeeping Footwork and Handling

Stage	Activity Description	Diagram	Coaching Points
<b>Technical Warm-up</b>	<b>Shuffle and Catch:</b> <ul style="list-style-type: none"> <li>GKs start shuffling around each other within the practice box while bouncing a ball on the ground. When the coach yells out:               <ol style="list-style-type: none"> <li>"Scoop" – Players will place their ball on the floor and go and scoop another ball</li> <li>"Basket" – Players will toss the ball up and basket catch it</li> <li>"Up" – Players will toss the ball high, jump and catch the ball overhead</li> </ol> </li> <li>Version 2: The GKs quickly finds a partner and will either serve them a high ball &amp; switch balls in the air, or roll a ball to the left or right of their partner to scoop it up, switching balls again.</li> </ul>		<b>Catching</b> <ul style="list-style-type: none"> <li>Catch the ball with a "Diamond" or Close W" hand position on any ball chest height and above (formed by thumbs and index fingers)</li> <li>For low balls have hands together with fingers pointing towards the ground (pinky's together like a shovel scooping into the body.)</li> </ul>
<b>Activity 1</b>	<b>Quick Hands &amp; Shuffle:</b> <ul style="list-style-type: none"> <li>Place 2 cones about 1-2 yards apart, two GK's near the cones each with a soccer ball in hand</li> <li>At coach's command the GKs will toss or roll the ball and the GKs will shuffle laterally to catch or scoop the ball</li> <li>Change services: roll, drops, mid height and high tosses</li> </ul>		<ul style="list-style-type: none"> <li>Move quickly into set position</li> <li>Body weight on the balls of feet, hands in ready position</li> <li>Get in line with the ball</li> <li>Head still with eyes on the ball</li> <li>Handling technique (Diamond, Basket &amp; Scoop)</li> </ul>
<b>Activity 2</b>	<b>Quick Shuffle:</b> <ul style="list-style-type: none"> <li>Place the GK between 2 cones about 2 yards apart</li> <li>Two servers in front of each cone will vary the service, one will toss a mid-height or high ball, and the other will bounce or roll the ball. The GK will shuffle laterally to catch or scoop the ball</li> <li>Change services: roll, drops, mid height and high tosses</li> </ul>		<ul style="list-style-type: none"> <li>Move quickly into set position</li> <li>Body weight on the balls of feet, hands in ready position</li> <li>Get in line with the ball</li> <li>Head still with eyes on the ball</li> <li>Handling technique (Diamond, Basket &amp; Scoop)</li> </ul>
<b>Conditioned Game</b>	<b>Play 3v3, 4v4 or 5v5</b> <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>		

Print Form

Lock



# Training Centers Interactive Lesson Plan



Season: Fall 2014

Program: Goalkeeping

Week: 2




Topic: Goalkeeping Footwork and Handling

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p><b>On Your Knees Catching:</b></p> <ul style="list-style-type: none"> <li>The goalkeeper starts on their knees</li> <li>The server throws or volleys the ball into the goalkeeper between the cones</li> <li>The goalkeeper catches the ball and then drops the ball to either side</li> </ul> <p><b>Services:</b></p> <ul style="list-style-type: none"> <li>On the ground, bouncing, or from the hands</li> </ul>		<ul style="list-style-type: none"> <li>Keep the eyes on the ball</li> <li>Get into line with the ball</li> <li>Keep the hands behind the ball</li> <li>Head still with eyes on the ball</li> <li>Handling technique (Diamond, Basket &amp; Scoop)</li> </ul>
Activity 1	<p><b>Turn, Set &amp; Catch:</b></p> <ul style="list-style-type: none"> <li>Set up two cones about 3 yards apart. Place a GK near a one cone facing the cone sideways</li> <li>When server calls "turn" the GK has to turn, get set and save the shot or service</li> <li>GK then faces the opposite side cone, repeat</li> <li>Rotate after 8 serves</li> </ul> <p><b>Services:</b></p> <ul style="list-style-type: none"> <li>On the ground, bouncing, mid-height</li> </ul>		<ul style="list-style-type: none"> <li>Move quickly into set position</li> <li>Body weight on the balls of feet, hands in ready position</li> <li>Get in line with the ball</li> <li>Head still with eyes on the ball</li> <li>Handling technique (Diamond, Basket &amp; Scoop)</li> </ul>
Activity 2	<p><b>GK in the Middle:</b></p> <ul style="list-style-type: none"> <li>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</li> <li>The GKs at each end have a few balls. One GK will shoot and the middle GK, he/she will catch or make a save and turn, set and catch the next service</li> <li>Rotate after 8 serves</li> </ul> <p><b>Services:</b></p> <ul style="list-style-type: none"> <li>On the ground, bouncing, mid-height</li> </ul>		<ul style="list-style-type: none"> <li>Move quickly into set position</li> <li>Body weight on the balls of feet, hands in ready position</li> <li>Get in line with the ball</li> <li>Head still with eyes on the ball</li> <li>Handling technique (Diamond, Basket &amp; Scoop)</li> </ul>
Conditioned Game	<p><b>Play 3v3, 4v4 or 5v5</b></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>		

Print Form

Lock




Topic: Goalkeeping Quickness, Footwork and Ball Handling

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<b>Quick Feet &amp; Catch:</b> <ul style="list-style-type: none"> <li>• Make a GK working area as shown in the graphic</li> <li>• A – GK is set and will shuffle through the cones. Set feet and catch the ball. Then switch to area B</li> <li>• B – GK is set and runs through the obstacle. Set feet and catch the ball. Then switch to area A</li> </ul>		<ul style="list-style-type: none"> <li>• Move quickly through the cones or obstacles</li> <li>• Keep head up and eyes on the ball</li> <li>• Body weight on the balls of feet</li> <li>• Hands in ready position</li> <li>• Get in line with the ball</li> </ul>
Activity 1	<b>Quick Feet &amp; Catch 2:</b> <ul style="list-style-type: none"> <li>• Make a GK working area as shown in the graphic</li> <li>• A – GK is set and will run through the cones. Set feet and catch the ball. Then switch to area B</li> <li>• B – GK is set and jumps through the obstacle. Set feet and catch the ball. Then switch to area A</li> </ul>		<ul style="list-style-type: none"> <li>• Move quickly through the cones or obstacles</li> <li>• Keep head up and eyes on the ball</li> <li>• Body weight on the balls of feet</li> <li>• Hands in ready position</li> <li>• Get in line with the ball</li> </ul>
Activity 2	<b>Catch, Quick Feet &amp; Sprint:</b> <ul style="list-style-type: none"> <li>• Set a working area as shown in the graphic</li> <li>• GK will catch the service, roll back to server, shuffle sideways, touch the high cone, sprint 4 yards forwards, then slow jog back to first cone.</li> <li>• GK through the cones progression:                             <ul style="list-style-type: none"> <li>o Shuffle (fwd/back) (left/right)</li> <li>o Run (one foot, two feet, in&amp; out)</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Get Set</li> <li>• Use proper catching technique depending on service</li> <li>• Move quickly through the cones or obstacles</li> <li>• Explode to sprint</li> <li>• Hands in ready position</li> </ul>
Conditioned Game	Play 3v3, 4v4 or 5v5 <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>		

Print Form

Lock

Topic: Goalkeeping Footwork, Quickness and Ball Handling

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p><b>Shuffle, Catch:</b></p> <ul style="list-style-type: none"> <li>Set up the working area as shown in the graphic. The square is about 2 yards, place a cone different color cone about 4 yards apart from the square in between 2 cones. Cones are numbered</li> <li>At the coach's command the GK will be set, shuffle and touch a cone, come back to the middle of the square, get set and catch the service, then go to the outer cone and back, get set and catch the service</li> </ul>		<ul style="list-style-type: none"> <li>Get set and catch the service by using proper catching technique depending on service</li> <li>Move quickly to the cones</li> </ul>
Activity 1	<p><b>Set, Catch, Double Shuffle, Catch &amp; Sprint:</b></p> <ul style="list-style-type: none"> <li>Set up the working area as shown in the graphic. The square is about 2 yards; place a cone different color cone about 4 yards apart from the square in between 2 cones. Cones are numbered</li> <li>At the coach's command the GK will be set, shuffle and touch a cone, come back to the middle of the square, catch the service, shuffle and touch another cone, come back to the middle of the square, get set and catch the service, then sprint to the outer cone.</li> </ul>		<ul style="list-style-type: none"> <li>Get set and catch the service by using proper catching technique depending on service</li> <li>Move quickly to the cones</li> </ul>
Activity 2	<p><b>Set, Catch, Around the Cone, Shuffle, Catch, &amp; Double Sprint:</b></p> <ul style="list-style-type: none"> <li>Set up the working area as shown in the graphic. The square is about 2 yards, place a cone different color cone about 4 yards apart from the square in between 2 cones. Cones are numbered</li> <li>At the coach's command the GK will be set, Catch the service, shuffle around one cone and touching another, shuffle to the middle, set and catch and sprint two outer cones</li> </ul>		<ul style="list-style-type: none"> <li>Get set and catch the service by using proper catching technique depending on service</li> <li>Move quickly to the cones</li> </ul>
Conditioned Game	<p><b>Play 3v3, 4v4 or 5v5</b></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>		



Season: Fall 2014

Program: Goalkeeping

Week: 6

Topic: Goalkeeping Setting (Ready Position) and Catching

Stage	Activity Description	Diagram	Coaching Points
<p>Technical Warm-up</p>	<p><b>Triangle Catching:</b></p> <ul style="list-style-type: none"> <li>• Make a triangle about 4 yards wide and place a GK in each side of the triangle</li> <li>• GK's receive from the server they are facing between knees and chest</li> <li>• GK's then rotate to their left and receive from the next server</li> <li>• Rotate GK's and servers after a set time</li> </ul> <p><b>Services:</b> On the ground, Bouncing, mid-height</p>		<ul style="list-style-type: none"> <li>• Move quickly into set position</li> <li>• Body weight on the balls of feet, hands in a ready position</li> <li>• Get in line with the ball</li> <li>• Head still with eyes on the ball</li> <li>• Handling technique (Diamond, Basket &amp; Scoop)</li> </ul>
<p>Activity 1</p>	<p><b>Go Fwd., Set Catch &amp; Switch:</b></p> <ul style="list-style-type: none"> <li>• Place 2-3 GKs per station. Squares are 3-4 yards as shown. Have 1 server per station</li> <li>• The GK moves from the back line of cones to the front line between the cones and gets into a set position to catch the ball.</li> <li>• Then the GKs move back to the back line</li> </ul> <p><b>Variation:</b> GK's will shuffle backwards and then sideways toward the other station</p>		<ul style="list-style-type: none"> <li>• Keep the eyes on the ball</li> <li>• Get into line with the ball</li> <li>• Keep the hands behind the ball</li> <li>• Head still with eyes on the ball</li> <li>• Handling technique (Diamond, Basket &amp; Scoop)</li> <li>• Come forward to save the shot, don't wait for the shot to come to you</li> </ul>
<p>Activity 2</p>	<p><b>Get to the Goal. Set &amp; Catch:</b></p> <ul style="list-style-type: none"> <li>• Set up a 3-4 yard square with servers on three sides of the square. GK starts in middle of the square.</li> <li>• Servers are numbered 1 through 3</li> <li>• When coach calls out a number, the GK must move to that side of the square to receive from that server</li> <li>• Coach then shouts out a new number</li> <li>• Rotate after 8 serves</li> </ul> <p><b>Services:</b> • On the ground, bouncing, mid-height</p>		<ul style="list-style-type: none"> <li>• Move quickly into set position</li> <li>• Body weight on the balls of feet, hands in a ready position</li> <li>• Get in line with the ball</li> <li>• Head still with eyes on the ball</li> <li>• Handling technique (Diamond, Basket &amp; Scoop)</li> </ul>
<p>Conditioned Game</p>	<p><b>Play 3v3, 4v4 or 5v5</b></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>		

Print Form

Lock



# Training Centers Interactive Lesson Plan


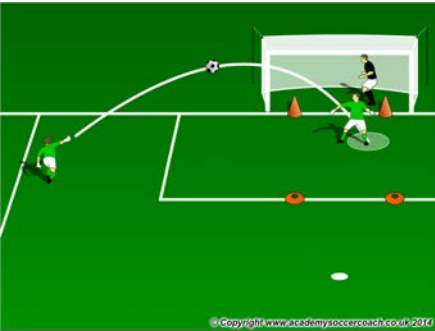



Season: Fall 2014

Program: Goalkeeping

Week: 7

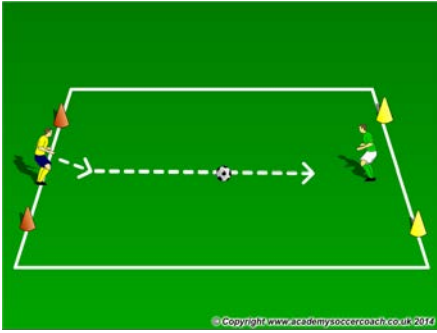
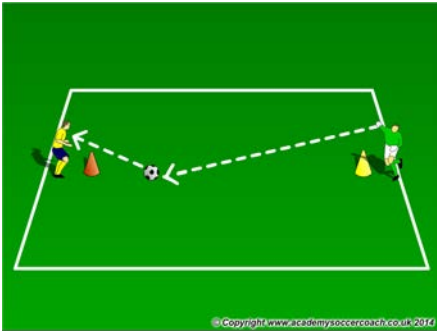

Topic: Goalkeeping High Ball Catching

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>Toss, Jump and Catch:</p> <ul style="list-style-type: none"> <li>Have all the GKs inside a 6 yard square as shown in the graphic</li> <li>Two of the three GKs have a ball.</li> <li>One of the two GKs with a ball tosses the ball in the air for the GK without a ball to jump and catch overhead</li> <li>As soon as that GK tosses the ball, the last GK tosses the ball for the GK without a ball to catch. Repeat the rotation.</li> <li>Continue until each GK has caught 10 high balls</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>Arms drive up and extend towards the ball</li> <li>Ball is caught using a high diamond, in front of head</li> <li>Eyes are fixed on the ball throughout</li> <li>Land and bring ball into chest</li> </ul>
Activity 1	<p>Jump &amp; Catch the Cross:</p> <ul style="list-style-type: none"> <li>Make a 6x6 box in front of a goal and place 2 GKs at the bottom edge</li> <li>Have a server about 6-8 yards away on one side of the box. The server will toss the ball for one GK to step up into the box and catch the cross. Rotate GKs and servers.</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>Arms drive up and extend towards the ball</li> <li>Ball is caught using a high diamond, in front of head</li> <li>Eyes are fixed on the ball throughout</li> <li>Land and bring ball into chest</li> </ul>
Activity 2	<p>Turn and Catch High:</p> <ul style="list-style-type: none"> <li>Place 2 cones about 3-4 yards apart, the GK stands by one cone and faces sideways</li> <li>On the coach's command the GK turns to face the server and get set</li> <li>Server tosses or volleys the ball high</li> <li>GK makes a save by jumping and catching the ball overhead</li> </ul>		<ul style="list-style-type: none"> <li>Visual contact with ball</li> <li>Stay in line with the ball</li> <li>Body shape (forward)</li> <li>Arms extended and both hands behind the ball</li> <li>Use knee and arms to get height</li> <li>Catch ball at the highest point</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>		

Print Form

Lock

Topic: Goalkeeping Distribution

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<b>Bowl and Scoop:</b> <ul style="list-style-type: none"> <li>Have 2 GKs standing in front of 2 cones 6 yards apart opposite each other as shown</li> <li>The GK with the ball rolls the ball to the opposite GK</li> <li>GK receiving the ball scoops the ball and then rolls the ball back to the opposite GK</li> </ul>		<ul style="list-style-type: none"> <li>Get in line with the ball</li> <li>Move towards the ball</li> <li>Get low towards the ball</li> <li>Place foot nearest the ball slightly to the side so head and body are behind the ball</li> <li>Move hands together towards the ball with fingers pointing down</li> <li>Scoop the ball up into chest</li> </ul>
Activity 1	<b>Bowl, Baseball and Sling Throws:</b> <ul style="list-style-type: none"> <li>Place 2 cones about 15 yards apart and a GK behind each cone as shown</li> <li>Each GK takes turns throwing the ball to try to and hit the opposite cone:                             <ul style="list-style-type: none"> <li>Bowl: 1 Point</li> <li>Baseball throw, one bounce: 10 pts</li> <li>For a sling throw you will need to set the cones further apart: 50pts</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>Head up to make sure target is open</li> <li>Place ball in one hand with body turned so that the ball is behind</li> <li>Step forward with opposite foot that the ball is in</li> <li>Technique of Bowling, Baseball and Sling throws</li> </ul>
Activity 2	<b>Catch and Distribute:</b> <ul style="list-style-type: none"> <li>Place the GK in between two cones about 4-6 yards apart</li> <li>GK receives a Service from the coach, then distributes to the one of the other goalkeepers who act as attackers</li> <li>GK must distribute to each attacker twice before rotating</li> </ul>		<ul style="list-style-type: none"> <li>Head up to make sure target is open</li> <li>Place ball in one hand with body turned so that the ball is behind</li> <li>Step forward with opposite foot that the ball is in</li> <li>Technique of Bowling, Baseball and Sling throws</li> </ul>
Conditioned Game	Play 3v3, 4v4 or 5v5 <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>		



# Training Centers Interactive Lesson Plan






Season: Fall 2014

Program: Goalkeeping

Week: 10

Topic: Goalkeeping Games

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>1v1 GK Tennis:</p> <ul style="list-style-type: none"> <li>In an 8x15 area place 2 GKs. Divide the area with a net, a cone line, or a rope to go across to play tennis</li> <li>GK will serve the ball from the end line and the opposing GK must catch it, after the catch the GK can volley it back.</li> <li>If the ball touches the ground it is 10 points for the serving player. Play to 50 points. GKs can't throw the ball</li> </ul>		<ul style="list-style-type: none"> <li>Striking the ball – Volleying</li> <li>Get in line with the ball</li> <li>Set position</li> <li>Keep the eyes on the ball</li> <li>Keep the hands behind the ball</li> <li>Head still with eyes on the ball</li> <li>Handling technique (Diamond, Basket )</li> </ul>
Activity 1	<p>2v2 GK Tennis:</p> <ul style="list-style-type: none"> <li>In a 15x20 area place 4 GKs. Divide the area with a net or a rope to go across to play tennis</li> <li>GK will serve the ball from the end line and the opposing team must catch it, after the catch the GK can volley it back.</li> <li>If the ball touches the ground it is 10 points for the serving team. Play to 50 points.</li> <li>In this game the GK can throw the ball</li> </ul>		<ul style="list-style-type: none"> <li>Striking the ball – Volleying</li> <li>Get in line with the ball</li> <li>Set position</li> <li>Keep the eyes on the ball</li> <li>Keep the hands behind the ball</li> <li>Head still with eyes on the ball</li> <li>Handling technique (Diamond, Basket )</li> </ul>
Activity 2	<p>GK Wars (Hands Only):</p> <ul style="list-style-type: none"> <li>In a rectangle with a halfway line, place a 6-8 yard goal at each end. GKs will throw the ball at each other trying to score using any of the three services (Bowl, Baseball or Roundhouse).</li> </ul>		<ul style="list-style-type: none"> <li>Be in a ready set position before every ball</li> <li>Go to the ball and carry momentum forward</li> <li>Quick lateral footwork to get body behind every ball to limit diving</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>		

Print Form

Lock