

Goalkeeping

“Technical warm-up” (as players arrive)

Set up-

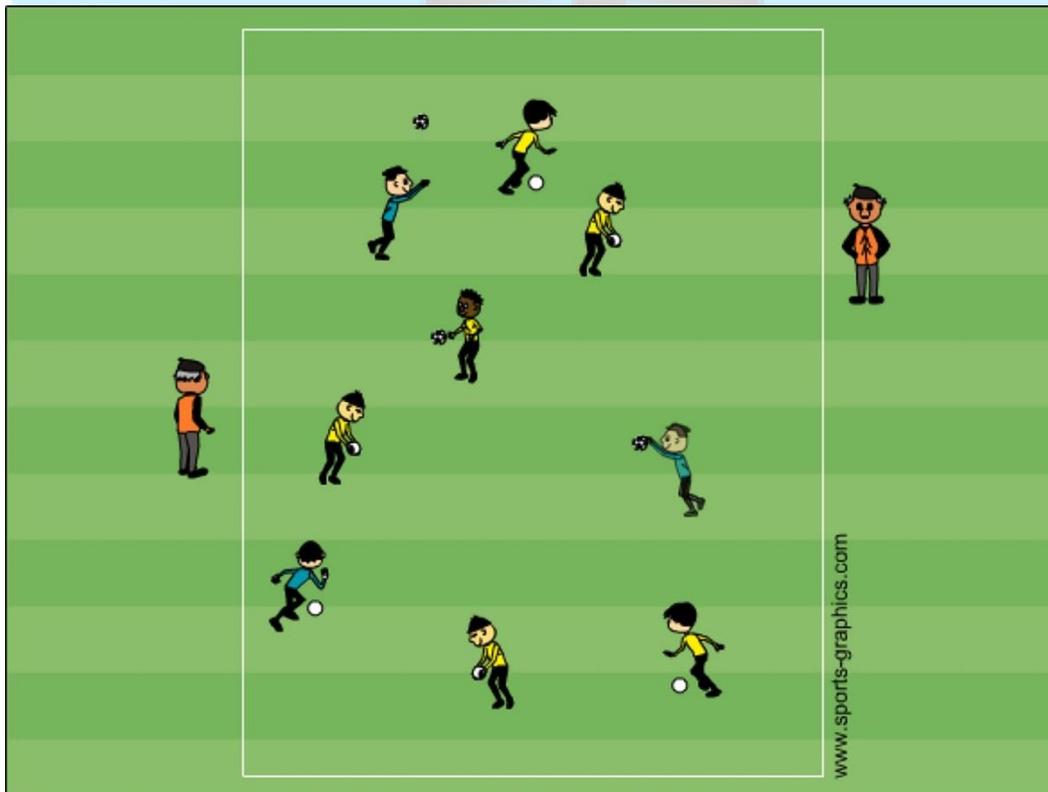
In a 15ydx25yd grid, all players with a ball, players dribble, toss, catch as coach instructs. Show “ready position” (Gorilla).

Play-

Players listen to coach’s commands as three basic catching techniques are covered. In Partners: Players partner up with one ball. One player lays on back with arms out to sides and other partner holds ball over partner’s face, while standing. On laying partner’s “Go”, standing partner drops ball and laying partner catches in front of face. Use three arm positions. Coaching points: Contour catch (High Piano).

Coaching points-

Review: “Scoop” (on the ground), “Basket Catch” (below the chest), and “W” (above the chest or overhead). Focus on getting as much of the body or hands behind the ball. Talk about putting the ball “in the bank” (hugging the ball to protect it).



“Small Sided Activity” – “Set Position”

Set up-

In as many 3yd x 3yd grids as necessary to accommodate groups of four players each. Coach (or player) positions self 5yds in front with a supply of balls. Four players line up and first in line enters 3x3 grid.

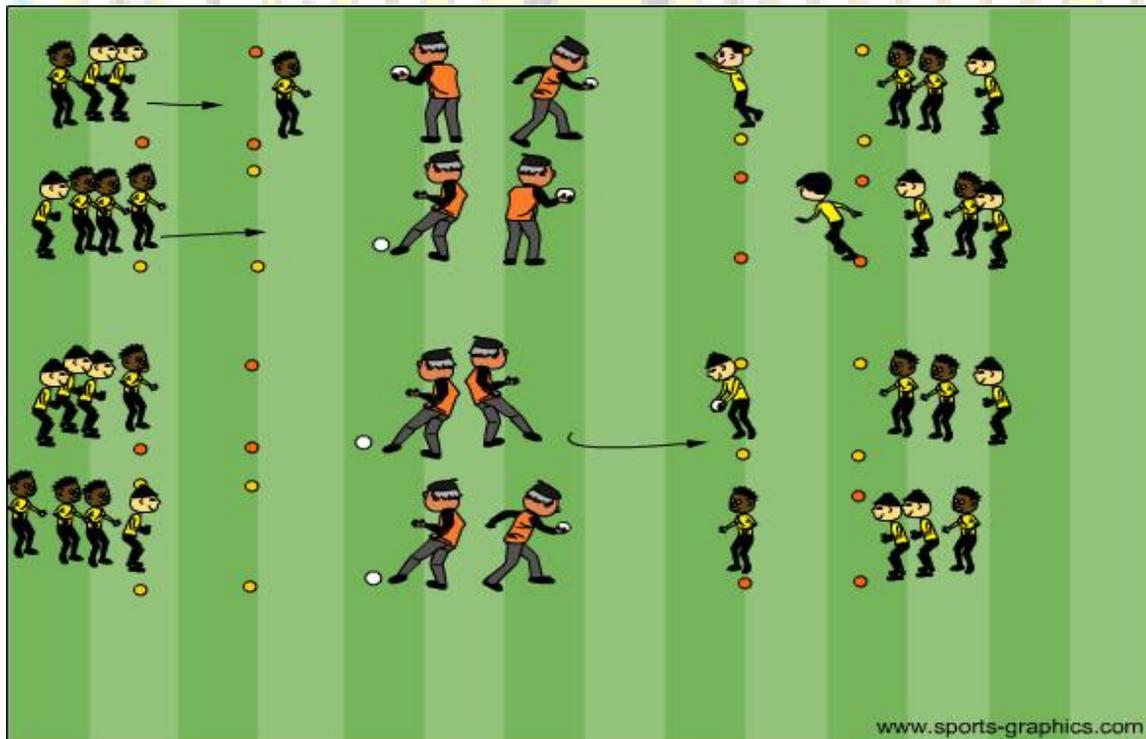
Play-

Coach (or designated server) takes a small touch toward 1st player in grid (Goalie). Goalie takes a big step forward and sets feet (Ready position-“Gorilla”), coach kicks ball at goalie who bends to scoop, using proper technique, and returns ball to server. Next player steps into grid and play continues.

Progression: Balls on ground, balls in air (server slaps ball to get goalie to get into set position, then tosses ball underhand), Hard throws toward goalies head (Quick hands! High Piano!)

Coaching points-

Hands behind the ball! Follow through after the catch and move away from goal!



“Expanded Small Sided Activity” Title here

Set up-

On a 10yd x 20yd field, place cone goals (12 feet wide) at each end of field. Four teams of two players on each field (use pinnies). Two teams at a time play while two teams wait their turn behind goals.

Play-

Teams assign a goalie and play 2v2 until someone scores (or until coach says, “rotate”). Those two teams go behind goals and the next two teams enter and play. Each time teams change, players take turns playing goalie.

Coaching points-

Focus on the goalkeepers! Watch for ready position (Gorilla). “Hands ready!”

