

Week #3 Goalkeeping

“Sponge Activity” (as players arrive)-Technical Box-Review catching

Set up-

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

Play-

Players listen to coach’s commands as three basic catching techniques are covered.

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” Team Handball

Set up-

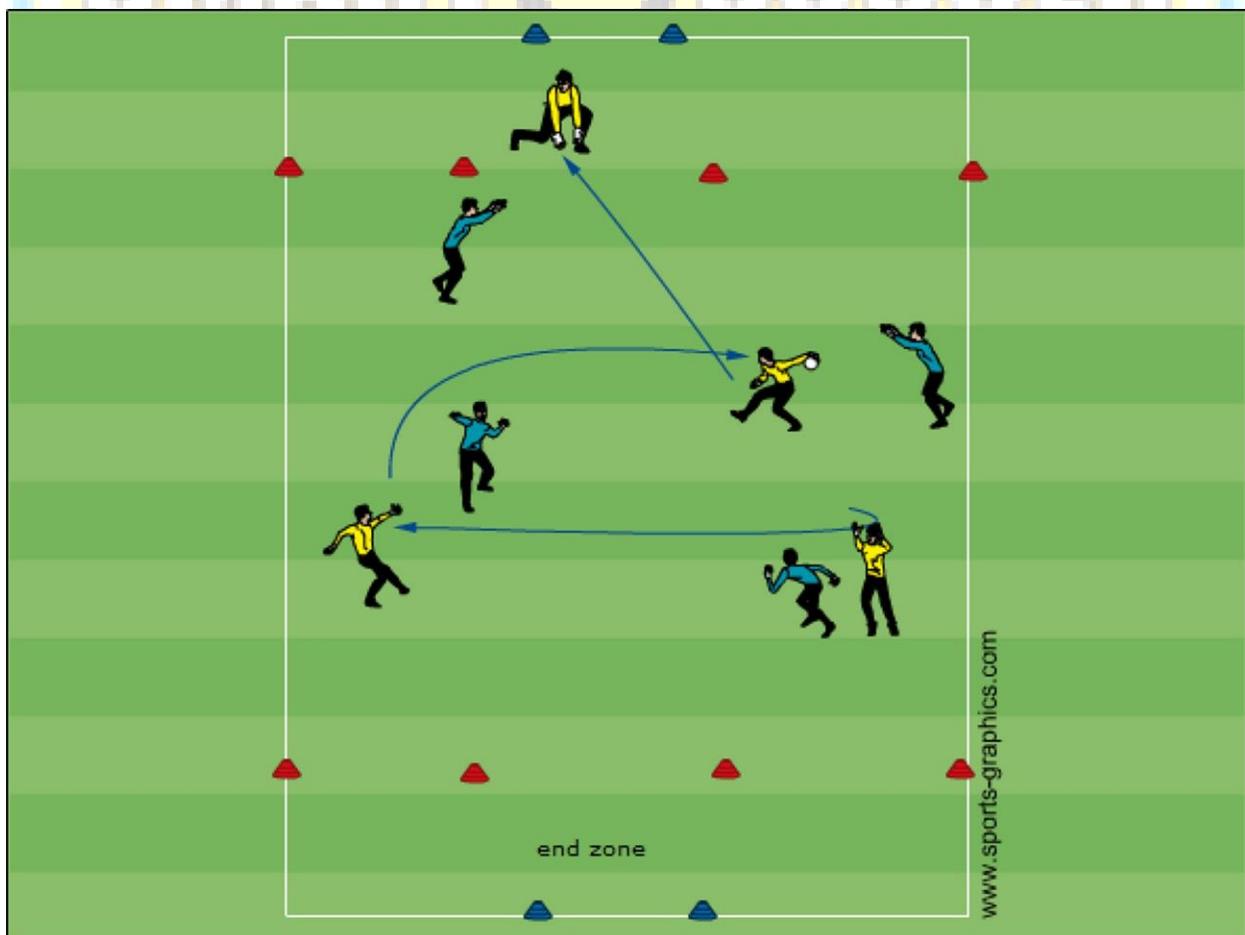
On a 15yd x 25yd field with end zones on each end, divide players into two teams of four, using vests.

Play-

Teams play 4v4 and keep possession by throwing (sling or round house throw) and catching (using the techniques reviewed). Players cannot run with the ball, but can only use enough steps to come to a stop. Defenders must defend at “arm’s length”. If the ball hits the ground when being passed (except for scoring pass), the ball changes possession. A goal is scored when a team bowls the ball into the end zone where a teammate “scoops” the ball up.

Coaching points-

Watch for correct catching technique.



“Expanded Small Sided Activity” 4v4 (3v3+GKs)

Set up-

On a 15ydx25yd field with goals (cones 4yds apart), divide players into two teams of four, using vests.

Play-

Teams play 4v4- 3v3 plus goalkeepers. Coaches rotate goalkeepers every few minutes.

Coaching points-

Focus is on the goalkeepers! Watch for all prior coaching points and pay attention to the goalkeeper’s distribution. Sling throws or bowling to open teammates. Try to play the ball wide or long when there is pressure. Watch for the “ready position”.

