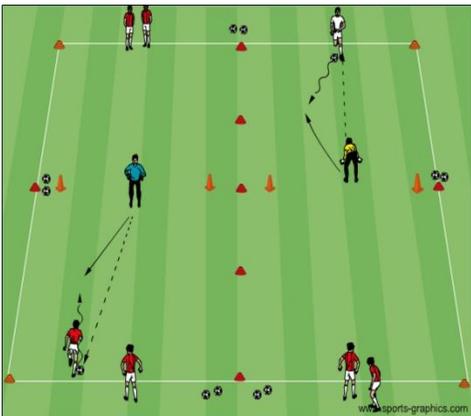


U12 - Lesson Plan - Week 7

Topic: Goalkeeping – Dealing with Breakaways

Objective: To improve the proper technique and decision making of goalkeepers when confronting an attacker in a 1v1 situation

Technical Warm up	Organization	Coaching Pts.
	<p>Breakaway Goalie Warm up: GK are standing in a cone goal in a 12x24 yard grid. Dribblers are at each end. The GK will roll the soccer ball to the dribbler that is 12 yards away. As the ball is traveling, the GK will close down the space and set his/her feet before the dribbler decides to release the shot/pass into the goal. The GK will then step and attack the ball hands first for a save.</p> <p>Coach: Concentrate on the proper GK technique</p> <p style="text-align: right;"><i>Time: 15 minutes</i></p>	<ul style="list-style-type: none"> • Coach should position behind the GK • Crouching Position <ul style="list-style-type: none"> ○ arms down with hands touching the ground ○ palms facing forward ○ bend knees ○ head and upper body forward • GK should explode to the ball with hands and upper body so they go in strong
<p style="text-align: center;">Small Sided Game</p>	<p style="text-align: center;">Organization</p>	
	<p>Game Situation Breakaway: A 40x50 yard grid is divided in three zones. Goal zones: 15 yards long by 40 yards wide with goals and GK's, and the middle zone 20 yards long by 40 yards wide. Two teams and all players with a ball. Number the players from 1-5. Each team will attack a goal. When the coach calls the number, the players with that number will try to score by dribbling out of the central zone and beating the GK.</p> <p>Version 2: Assign a couple of defenders to chase down the attackers.</p> <p style="text-align: right;"><i>Time: 15 minutes</i></p>	<ul style="list-style-type: none"> • Hands should be in a W shape, extended away from the body with elbows slightly bent and the nose behind the hands to protect the face • GK should go to the ground sideways to create a barrier behind the ball • Stay low. Do not stand up! Get closer to the ground and closer to the attacker • Approach the attacker at controlled speed
<p style="text-align: center;">Exp. Small Sided Game</p>	<p style="text-align: center;">Organization</p>	
	<p>5v5 Breakaway Game: Two teams will play to produce a breakaway by a through pass to the goal zones or dribbling out of the central zone inside a 20x40 yard central zone of a 40x50 yard grid. Once the player is inside the goal zone, he/she can beat the goalkeeper with a shot or dribbling by him/her. GK must come out to try to stop the attacker from scoring.</p> <p style="text-align: right;"><i>Time: 25 minutes</i></p>	<ul style="list-style-type: none"> • GK tries to force attacker to go around him/her. This way GK can try to win the soccer ball • GK should be off the goal line to engage the attacker as far away as possible
<p style="text-align: center;">Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
<p style="text-align: center;">6v6 to 8v8 Scrimmage</p>	<p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p>
<p style="text-align: center;">COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	