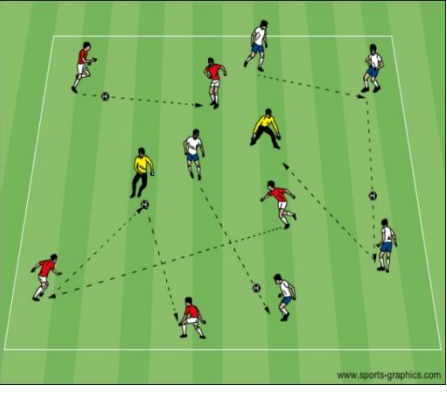
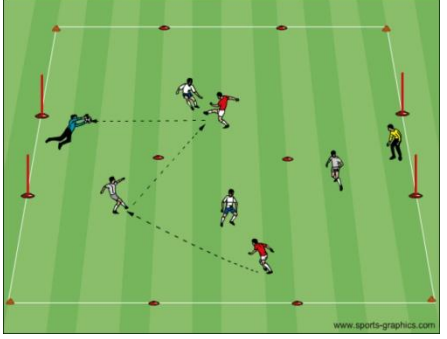
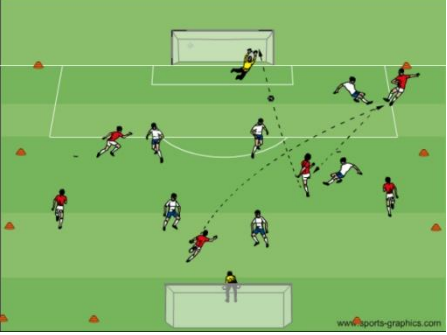


U12 - Lesson Plan - Week 10

Topic: Goalkeeping – Handling Long Range Shots

Objective: To improve the Goalkeeper's ability to anticipate, get into good position to handle long range shots

Technical Warm up	Organization	Coaching Pts.
	<p>Goalkeeper Technical Box: Divide the players into two teams (Red and Blue). Each group has two soccer balls. The players and GK's will be inside one half of the field, passing and moving freely. GK's will call for the ball.</p> <p>Coach: Start with...</p> <p>A. GK passing and receiving with their feet B. GK collecting balls on the ground. All passes are low C. GK collect medium height and high balls. All passes are from a distance.</p>	<ul style="list-style-type: none"> • Make sure that all passing & receiving, catching and distribution techniques are clean • GK must communicate with field players <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p style="text-align: center;">Small Sided Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
	<p>2v2 or 3v3 + Targets and GK's: The teams to score from a distance after a player has passed and received the soccer ball from the target player.</p> <p>Version 2: The players can shoot without using the targets. Targets can finish rebounds.</p>	<ul style="list-style-type: none"> • Coaches should position behind the GK's • Proper Starting position • Cut down the angle of the shooter and get set as he/she prepares to shoot • Communicate with defenders to prevent the shot <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p style="text-align: center;">Exp. Small Sided Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
	<p>4v4, 5v5 or 6v6 : Play in a 45x 60 yard grid with goals. Players will be awarded points on the goals they scored depending on the distance from goal:</p> <ul style="list-style-type: none"> • From outside the box: 5 points • From the inside the 12 to 18 yard line: 3points • From inside the 12 yard line: 1point 	<ul style="list-style-type: none"> • Coaches should position behind the GK's • Command their box • Communicate with defenders • GK in corners and free kicks <ul style="list-style-type: none"> ○ Organize defenders quickly ○ Be commanding ○ Maintain vision of the ball <p style="text-align: right;"><i>Time: 20 minutes</i></p>
<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. During this game, the coach will award each team several corner kicks and free-kicks from about 20-25 yards out.</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>	