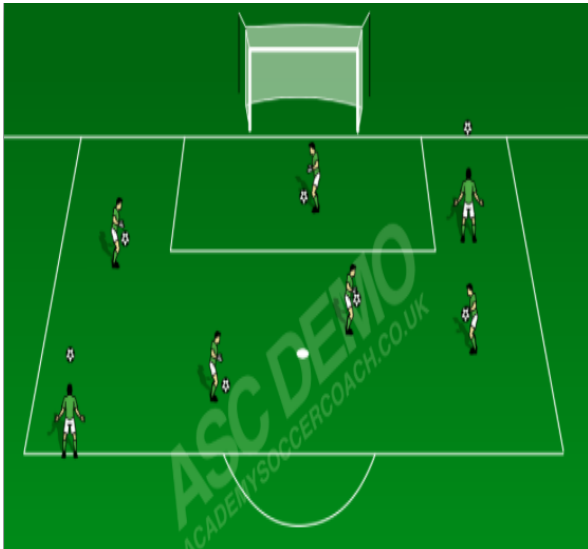



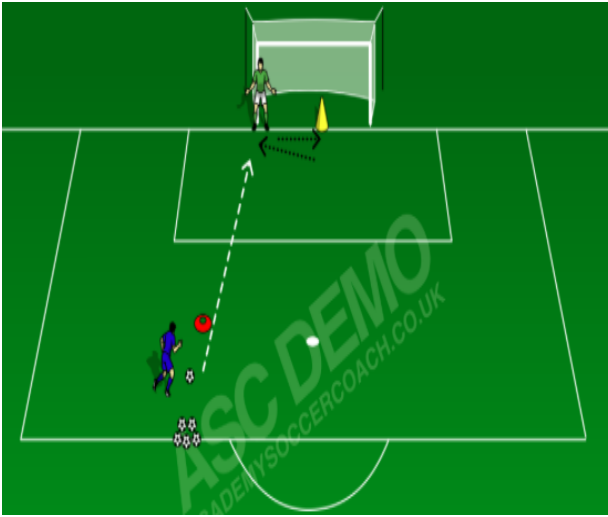



Goalkeeping Session Plan 2

Practice	Diagram	Explanation
Arrival Activity		<p>As players arrive get them to do the following:</p> <p>Dribble the soccer ball around the penalty box like a basketball.</p> <p>Crouch down, using both hands can you create a figure of Eight going through/ around the players legs</p> <p>Run around throwing the ball in the air and catching someone else's using last week's techniques</p>
Practice 1 (Handball)		<p>Create two teams. The game Handball is only to be played with their hands. If they have possession of the ball they cannot move, only their team mates can.</p> <p>To score a goal you must throw the ball into the opponent's goal.</p> <p>Around each goal, create a coned off area that no one is allowed in to stop people standing in the goal.</p> <p>Opponents cannot tackle they can only intercept or if the ball hits the ground and isn't caught, it's a</p>

		turnover.
<p>Practice 2 (Triangle game)</p>		<p>Set up a triangle with a keeper in the middle.</p> <p>The idea is the triangle creates 3 goals.</p> <p>There are shooters on the outside to shoot at each goal.</p> <p>The shooters take it in turns going around in a rotation. After 2 shots each swap the keeper's around</p>
<p>Practice 2 (triangle game) Continued...</p>		<p>Progression:</p> <p>Each side is a different shot on your command.</p> <p>For example, one player always drop kicks the ball/ throws it high. One player might aim for the chest and the last player could aim for a low corner.</p>

Practice	Diagram	Explanation
<p>Practice 3 (Near post saving)</p>		<p>On the coaches command the Goalkeeper runs from the goalpost to the cone in the middle of the goal and back.</p> <p>As soon as the keeper is back the attacker strikes the ball towards the post.</p> <p>Can the keeper save the ball and make it safe.</p>
<p>Practice 3 (Near post saving) Continued...</p>		<p>Repeat game above but from the other side of the goal.</p>

Practice 4
(The deflection game)



Scatter loads of cones near the goal line. Get the player shooting to shoot along the floor. The reason for the cones is it should make the ball change direction or harder to save.

Practice 4
(The deflection game)

Continued...



Same game as above but now add in two gates either side of the penalty box. encourage the keeper to throw or kick the ball between the cones for a bonus point. This is to resemble 'Playing out from the back' in a match.

The FA Four Corner model

