

# TOPIC: Goalkeeping - Stopping Shots and Playing with your Feet

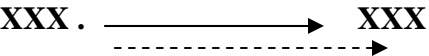
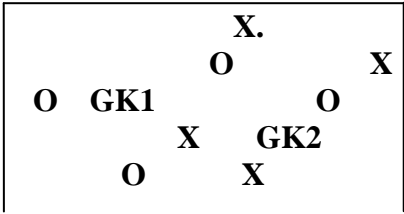
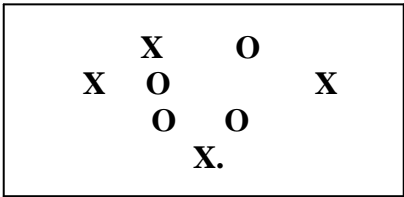
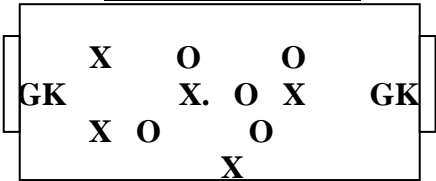
## MYSA 'D' License Course

Key:

Running without the ball 

Running with the ball 

Pass 

<p align="center"><b><u>Fundamental Warm-Up</u></b></p> 	<p align="center"><b><u>ORGANIZATION</u></b></p> <p><b>Follow the Pass (Groups of 5-6)</b></p> <ul style="list-style-type: none"> <li>- 2 touch</li> <li>- 1 touch</li> <li>- Receiving out of the air</li> </ul> <p><b>GKs use feet and progress to using hands.</b></p>	<p align="center"><b><u>KEY COACHING POINTS</u></b></p> <ul style="list-style-type: none"> <li>✓ Positive 1<sup>st</sup> touch</li> <li>✓ Accuracy, weight of pass</li> <li>✓ GK Points:</li> <li>✓ Getting Set / Balanced / Ready</li> <li>✓ Shape of hands (high v low)</li> <li>✓ Body Behind Ball</li> </ul>
<p align="center"><b><u>Small Sided Activity</u></b></p> 	<p><b>Possession: 4v4+GKs (36 x 24)</b></p> <ul style="list-style-type: none"> <li>- 5 passes = 1 pt, one must be to GKs</li> <li>- HANDS</li> <li>- GKs are neutral</li> <li>- GKs can use feet to help maintain possession</li> </ul>	<ul style="list-style-type: none"> <li>✓ Technical Shot Stopping points as above</li> <li>✓ Communication to demand ball and give information to teammate with ball (e.g. "Ball" "Man on" "Turn")</li> <li>✓ Speed of play, play out of pressure</li> </ul>
<p align="center"><b><u>Expanded Small Sided Activity</u></b></p> 	<p><b>4v4 To Targets (36v24)</b></p> <ul style="list-style-type: none"> <li>- Play into GK for a point</li> <li>- Directional</li> <li>- GK can be a pass back option</li> <li>- Opponent can't pressure GK until ball enters endzone</li> </ul>	<ul style="list-style-type: none"> <li>✓ Communication as mode of shot stopping (directing specific defenders, e.g. "Step" "Push R/L")</li> <li>✓ Initiating the attack</li> <li>✓ Proper flight/pace/spin delivered to proper foot/space</li> <li>✓ Decision to possess v penetrate</li> <li>✓ Supporting the play, physically and verbally</li> </ul>
<p align="center"><b><u>Game to Big Goals</u></b></p> 	<p><b>6v6 to Goal (45 x 30)</b></p> <ul style="list-style-type: none"> <li>- The Game</li> </ul>	<ul style="list-style-type: none"> <li>✓ Positional play</li> <li>✓ Communication</li> <li>✓ Proper handling techniques</li> <li>✓ Staying connected in support</li> </ul>