



14U-18U *** Week 15

Topic: Goalkeeper Handling Crosses

Technical Warm up	Organization	Coaching Pts.
	<ul style="list-style-type: none"> • Partners tossing ball at each other practicing contour catch. • Box juggling to self, then with partner • 2 handed boxing in groups of 4. After box, dive down to one side, get back up and ready for another box. • Same progression with tipping the ball. 	<ul style="list-style-type: none"> • Boxing: elbows close to body, height of ball (then distance and accuracy), present a flat surface (thumbs tucked under) • Tipping: stiff fingers, not much spin, sideways on, get height, tip bottom of ball <p style="text-align: right;"><i>Time: 20 minutes</i></p>
Small Sided Game	Organization	Coaching Pts.
	<p><u>3v3 to Goals with Outside Servers</u> Two teams of 3 attack and defend one goal. Grid is 45 yards wide by 30 yards long. Each team has an outside server on each sideline. Ball must be played into server before a goal is scored.</p> <p>1pt=goal 3pts=goal off of a cross</p>	<ul style="list-style-type: none"> • Height, distance, and accuracy of box • Box in direction of momentum • Loud, early “Keeper” call or “Away” call • Attack the ball and go up strong <p style="text-align: right;"><i>Time: 20 minutes</i></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><u>6v6 Scrimmage with Channels</u> Ball must be played into either channel before a goal is scored. If ball is played into channel, the other team cannot defend in the channel. Then take this restriction off.</p>	<ul style="list-style-type: none"> • Loud, early GK call • Go up strong and hold ball if possible • Get at highest point • Leg up for protection <p style="text-align: right;"><i>Time: 20 min</i></p>
Game	Organization	Coaching Pts.
11v11 Scrimmage	Play with Goalkeepers. Encourage keepers to communicate with teammates.	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes	