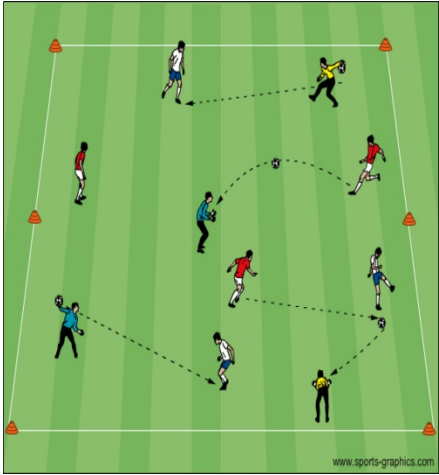
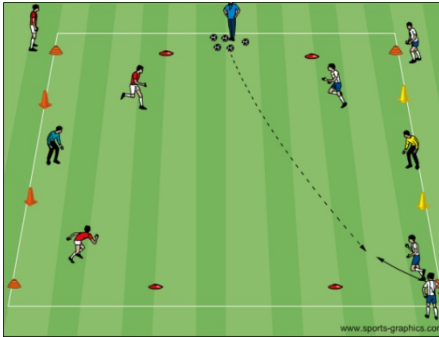
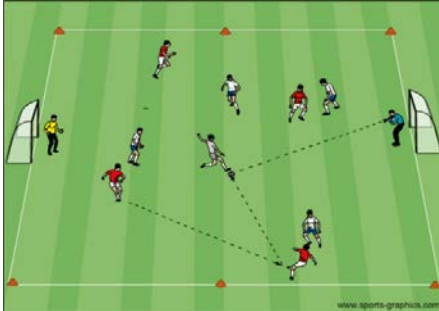


14U-18U *** Week 18

Topic: Goalkeeping (Training with the Team)

Technical Warm up	Organization	Coaching Pts.
	<p>Group Passing and Moving with GK's: Players will pass and move and GK will call for the ball and play it first with:</p> <ul style="list-style-type: none"> • Feet (2 touches) • Scoop and throw • Catch and throw <p>Coach needs to work the techniques of catching and distributing the ball properly to the appropriate side/ player on the field</p>	<ul style="list-style-type: none"> • How to receive and pass the ball • What type of catch Body shape, balanced • Lead with hands • W hand position waist and above, pinky's together waist and below • Highest point on high balls yelling Keeper • Meet the ball, don't wait • Types of throws: <ul style="list-style-type: none"> ✓ Bowl ✓ Baseball ✓ Sling <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>4 Corner Shooting: Two equal teams playing 2v2 with GK's. The remaining players start at corners behind their own goal. Coach begins the play from the sideline by serving a ball to player in any corner. Players try to score on their opponent's goal. Play continues until ball is out of bounds or a goal is scored. Players return to their corners. Keepers stay on. Coach starts next group of 4.</p>	<ul style="list-style-type: none"> • Starting position off line • Cut down angle • Communication with defenders • Feet set, body balanced • Lateral footwork <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+1/5v5+1 to Goals with GK's: Two teams of 5 players each plus a neutral will play to score as many goals as they can, taking as many shots and creating goal scoring opportunities. The neutral player will play with the team in possession and he can also score. Encourage players to shoot from distance.</p>	<p>All of the above</p> <ul style="list-style-type: none"> • Quick, accurate distribution • Be an option for a pass back <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;">11v11 Scrimmage</p>	<p>Play with Goalkeepers. Encourage keepers 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>	