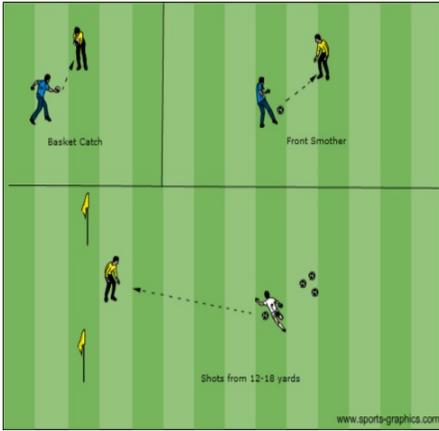
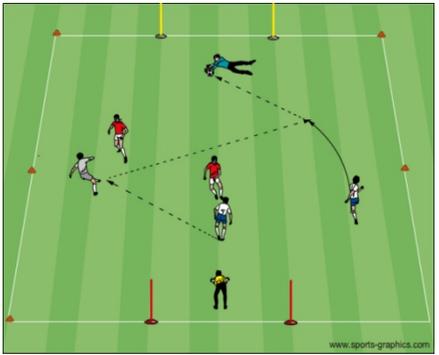
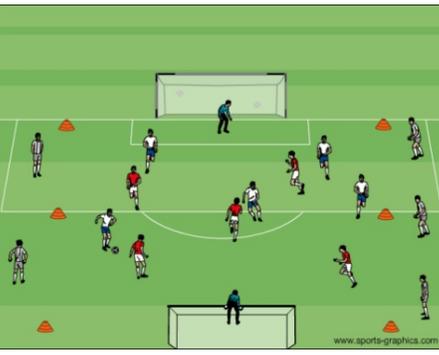


14U-18U *** Week 5

Topic: Training the Goalkeeper for Shot Stopping

Technical Warm up	Organization	Coaching Pts.
	<p><u>Basket Catch/Front Smother</u></p> <ul style="list-style-type: none"> GKs in net with coach tossing underhand with pace a hard ball into their mid/low section for basket catch. Then downwards towards feet GKs in a line, front smother a stationary ball one after the other using proper technique. Then coaches serving low hard ball on ground to GKs. Shots from 12-15 yds. out driving low hard shots towards the GK. 	<ul style="list-style-type: none"> Set feet for shot 2 sounded catch Momentum coming forward Hands in front of body Body high then low Secure ball then bring to ground in staggered feet stance <p style="text-align: right;"><i>Time: 20 minutes</i></p>
Small Sided Game	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
	<p><u>2v2 +1 to Goals</u></p> <p>Two teams of two players each attacking and defending one goal with a goalkeeper. Neutral player plays for whatever team has possession.</p>	<ul style="list-style-type: none"> Set feet for shot Front smother on low, hard driven shots towards feet Communication with field players Be on the ball line <p style="text-align: right;"><i>Time: 20 minutes</i></p>
Exp. Small Sided Game	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
	<p><u>5v5 +5 on Deck to Goals</u></p> <p>Two teams of 5 attack and defend one goal with a goalkeeper. Game played to 1pt. Winning team stays on, team that was scored upon rotates to being the team on deck (surrounding the field)</p>	<ul style="list-style-type: none"> Proper technique when making a save Attack the ball, don't wait for it Organize defenders <p style="text-align: right;"><i>Time: 20 minutes</i></p>
Game	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
11v11 Scrimmage	<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>
COOL DOWN	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	