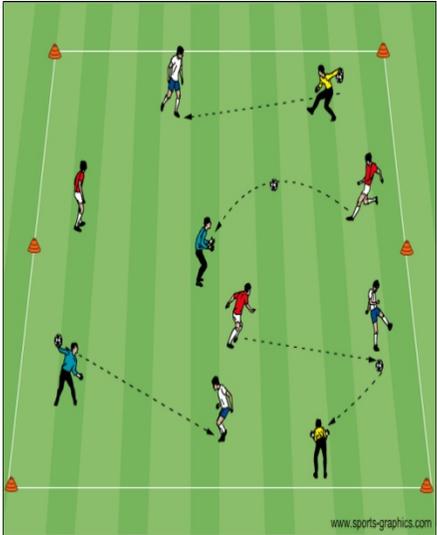
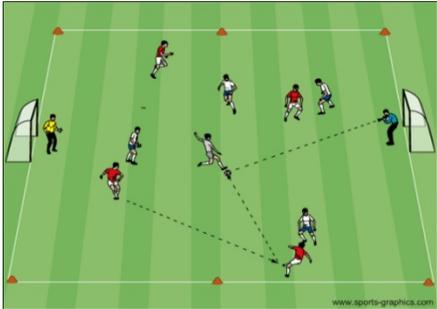




14U-18U *** Week 8

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 the 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>	<p>Coaching Pts.</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>
Small Sided Game	Organization	Coaching Pts.
	<p>3v3/4v4 + Bumpers (Stand by players) 3 Teams, two playing on serving as bumpers. As soon as one team scores the bumper team is in playing. Coach the GK and opportunities of goal scoring, as well as GK in attacking transition</p>	<p>All of the above plus</p> <ul style="list-style-type: none"> • Starting position off line • Communication • Shooting crossing position of GK <p style="color: red;">After a goal always start from the opposite GK</p> <p style="text-align: right;"><i>Time: 15 minutes</i></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<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>
Game	Organization	Coaching Pts.
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;">Time: 30 minutes</p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes	