

**PLAY — PRACTICE — PLAY**

**“Goalkeeper shot stopping”**

**Dribbling move**  
Double scissors

<b>PLAY</b> 10 mins.	<b>Play-</b> as players arrive have them join in a small sided game.	<b>Set Up-</b> 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed	Let them play
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	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
<b>#1</b> 15 mins	<p><b><u>Basket Catch/Front Smother</u></b></p> <p>GKs in net with coach tossing underhand with pace a hard ball into their mid/ low section for basket catch. Then downwards towards feet</p> <p>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.</p> <p>Shots from 12-15 yds. out driving low hard shots towards the GK.</p>		<ul style="list-style-type: none"> <li>• Set feet for shot</li> <li>• 2 sounded catch</li> <li>• Momentum coming forward</li> <li>• Hands in front of body</li> <li>• Body high then low</li> <li>• Secure ball then bring to ground in staggered feet stance</li> </ul>
<b>#2</b> 15 mins	<p><b><u>2v2 +1 to Goals</u></b></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"> <li>• Set feet for shot</li> <li>• Front smother on low, hard driven shots towards feet</li> <li>• Communication with field players</li> <li>• Be on the ball line</li> </ul>
<b>#3</b> 15 mins	<p><b><u>5v5 +5 on Deck to Goals</u></b></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"> <li>• Proper technique when making a save</li> <li>• Attack the ball, don't wait for it</li> <li>• Organize defenders</li> </ul>
<b>PLAY</b> 25 mins	<p><b><u>Scrimmage</u></b></p> <p>11V11 Scrimmage</p>		Let them play

**5 Elements**

**Organized**-set up and ready to go  
**Game like**-activity must be game like  
**Repetitions**-repetition on what you are trying to achieve

**Challenging**-players need to be challenged  
**Coaching**-the right coaching based on the age/level of the players