Name:	Hasla	PTSCma	Team:	mesT	PTSC	Hasla	Name
Date: W	eek 1	Topic: Goalk	eeping	alkeepin	Topic GO	Pentana	1E
	Mesocycle:	In Season	Microcy	Microcycle/I	Day: Wedn	nesday	
Goalkeeper back \	Where? In front Why? To prevent g	of goal/Defending oal against and bu	third Whild possession	en? Defendin on out of the l	g against an a oack Wha	Who? attack and building front? Good decisions/G	ood d
more allows of the	4 A A A A A A A A A A A A A A A A A A A	Dynamic So when set (s	15 TION (Physical et Positioning - start cofidence	Groups of 3/4 - contour catch)	els: Equipment / Pla	Activity Time: Recovery Time: ayers) up - Coach serves ball to	keeper
Missing Constitution of the Constitution of th	©°	Keeper ste	the balls of fee	tion NOT jumpi		ver knees/knees over toe not is taken - Movement i	
\triangle \longrightarrow \longrightarrow	Δ-7A - ,	Duration: ORGANIZA Ball Line Set F	ositioning - Ball lin	Interva Environment / e (angle of shot) sta	els: Equipment / Pla	he frame of the goal - Coach ar	nd spare
- greignm at forte for 200 Quiz	TON cost long less comi sego	COACHIN Keeper sets 3 Shoulders ove	G POINTS / KE	- Travels in an arc acr toes - Weight forv	ross goal - Keeper st	teps into set position NOT jump eet - Legs "pulse" not hop until	
		III. EXPAN	DED ACTIVITY	Y Intens		Activity Time: Recovery Time:	
10 omi on		Keeper WA midfield ca	R - 2 goals 20y	ds apart - Enter Keeper that sco		exit from left post - Cone	line for
- golgtni zi. Karla Hzm		Keeper sets 3 Shoulders over	yds from goal line - er knees/knees ove	- Travels in an arc ac	cross goal - Keeper st ward on the balls of f	teps into set position NOT jump eet - Legs "pulse" not hop until	ning - shot is
	2 0 0/5	IV. GAME Duration: ORGANIZA	30	Intens Intervi Environment /		Activity Time: Recovery Time: ayers)	10 5
200	6	Scrimm	age G POINTS / KI	EY CONCEPTS	102 / A	-3.	,
3	7 23 2	2		/Game Play	Fun		

Haslam

Team:

PTSCmslash

Date: Week 2

Topic: Goalkeeping - Handling

Mesocycle: In Season

Microcycle/Day: Wednesday

Goalkeeper Where? In front of goal/ back Why? To prevent goal again	Defending third When? Defending against an attack and building from the nst and build possession out of the back What? Good decisions/Good cation/Good ball control/Good first touch HANDS OVER KNEES-KNEES OVER					
A A	I. WARM-UP Intensity: LOW Activity Time:					
404	Duration: 15 Intervals: Recovery Time:					
1,000 \ 800	ORGANIZATION (Physical Environment / Equipment / Players)					
	Footwork to Handling - keeper steps through cones to set and handle a shot - Coach serves - starts with confidence contour catch and goes through to basket and scoop catches					
000	COACHING POINTS / KEY CONCEPTS					
Indianal a social association as social as social association as sociation as social association as social association as sociation as social association	Keeper steps into set position NOT jumping - Shoulders over knees/knees over toes - Weight forward on the balls of feet - Legs "pulse" not hop until shot is taken - Movement is forward and through the ball - See the hands/See the ball					
MED ? - A IST - IST	II. SMALL-SIDED ACTIVITY Intensity: MED Activity Time:					
	Duration: 15 Intervals: Recovery Time:					
97464	ORGANIZATION (Physical Environment / Equipment / Players)					
NO 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Basic Handling - All shots at the keeper to encourage footwork not diving - Coach and spare keepers serve balls from various angles - keepers rotate through goal					
9 - 00 A	COACHING POINTS / KEY CONCEPTS					
al both limit of the self-level and called regard to should be	Keeper sets 3yds from goal line - Travels in an arc across goal - Keeper steps into set position NOT jumping - Shoulders over knees/knees over toes - Weight forward on the balls of feet - Legs "pulse" not hop until shot is taken - Movement is forward and through the ball - Footwork/lead with correct foot - Shuffle/cross step to set position					
HIGH I CONTROL	III. EXPANDED ACTIVITY Intensity: HIGH Activity Time:					
Δ	Duration: 30 Intervals: Recovery Time:					
1. 2 (210000) 1000	ORGANIZATION (Physical Environment / Equipment / Players)					
700	Keeper WAR - 2 goals 20yds apart - Enter from right post/exit from left post - Cone line for					
s other keeper r.K.	midfield can not go past - Keeper that scores stays other keeper rotates					
	COACHING POINTS / KEY CONCEPTS					
	Keeper sets 3yds from goal line - Travels in an arc across goal - Keeper steps into set position NOT jumping - Shoulders over knees/knees over toes - Weight forward on the balls of feet - Legs "pulse" not hop until shot is taken - Movement is forward and through the ball					
	IV. GAME Intensity: HIGH Activity Time: 10					
2 (2) (3)	Duration: 30 Intervals: 2 Recovery Time: 5					
(anayaia) tra	ORGANIZATION (Physical Environment / Equipment / Players)					
5 8	Scrimmage 999mmino?					
10	COACHING POINTS / KEY CONCEPTS					
	Fun/Game Play					

Haslam

Team:

PTSCmalzaH

Date: Week 3

Topic: Goalkeeping - Collapse Dive



Mesocycle: In Season

Microcycle/Day: Wednesday

palkeeper Where? In front of good ock Why? To prevent goal ag	the abilities of the Goalkeeper al/Defending third When? Defending against an attack and building from the gainst and build possession out of the back What? Good decisions/Good nication/Good ball control/Good first touch HANDS OVER KNEES-KNEES OVER				
company Wo	I. WARM-UP Intensity: LOW Activity Time:				
R (covery Time)	Duration: 15 Intervals: Recovery Time: ORGANIZATION (Physical Environment / Equipment / Players)				
	Collapse diving - Players in pairs facing each other - 2 soccer balls on a line - Starts from knees with players diving opposite to ball - progresses to diving from feet				
	COACHING POINTS / KEY CONCEPTS				
the - See the herds	One hand on the top-back/one hand on the back/ground helps secure the ball - Arms sho out to the ball - Proper sequence = Ball/Shoulder/hip/leg				
ED A A BE	II. SMALL-SIDED ACTIVITY Intensity: MED Activity Time:				
	Duration: 15 Intervals: Recovery Time:				
n / Fayers)	ORGANIZATION (Physical Environment / Equipment / Players)				
tel - remoderation of pode E- panel for it	Collapse diving - Players in half of the goal - Coach varies service to right and left - Keepers rotate through goal				
	COACHING POINTS / KEY CONCEPTS				
esper steps into set position WOT jumping - rolls of feet - Lags "public until shot lis	One hand on the top-back/one hand on the back/ground helps secure the ball - Arms sho out to the ball - Proper sequence = Ball/Shoulder/hip/leg - Re-stand and distribute				
IGH Times	III. EXPANDED ACTIVITY Intensity: HIGH Activity Time:				
S A A	Duration: 30 Intervals: Recovery Time:				
A	ORGANIZATION (Physical Environment / Equipment / Players)				
O A	Move the ball to shoot - Coach and spare keepers pass ball until coach yells shot - Keeper rotate turns in goal - Shots come from various angles and players on ground				
<u> </u>	COACHING POINTS / KEY CONCEPTS				
- And Committee of the	Keeper sets 3yds from goal line - Travels in an arc across goal - Keeper steps into set position NOT jumping - Shoulders over knees/knees over toes - Weight forward on the balls of feet - Legs "pulse" not hop until shot is taken - Movement is forward and through the ball - BALL/SHOULDER/HIP/LEGS				
DE PROPERTY NO.	IV. GAME Intensity: HIGH Activity Time: 10				
(2) (6/5) (3	Duration: 30 Intervals: 2 Recovery Time: 5				
d players)	ORGANIZATION (Physical Environment / Equipment / Players)				
	Scrimmage egemmins2				
10	COACHING POINTS / KEY CONCEPTS				
(3) (7) (A) (2)	Fun/Game Play ys/9 sms@\nu3				

Date: Week 4

Topic: Goalkeeping - Shot Handling and Footwork

Mesocycle: In Season

Microcycle/Day: Wednesday

Goalkeeper Where? In front of goal/Defending third When? Defending against an attack and boack Why? To prevent goal against and build possession out of the back What? Good decotwork/Good hands/Good communication/Good ball control/Good first touch HANDS OVER KNEE TOES ELBOWS in front of the Chest A	cisions/Good S-KNEES OVER					
Why? To prevent goal against and build possession out of the back What? Good de potwork/Good hands/Good communication/Good ball control/Good first touch HANDS OVER KNEE OES ELBOWS in front of the Chest I. WARM-UP Intensity: LOW Active Control/Good first touch HANDS OVER KNEE OES ELBOWS in front of the Chest ORGANIZATION (Physical Environment / Equipment / Players)	cisions/Good S-KNEES OVER					
Why? To prevent goal against and build possession out of the back What? Good de potwork/Good hands/Good communication/Good ball control/Good first touch HANDS OVER KNEE OES ELBOWS in front of the Chest I. WARM-UP Intensity: LOW Active Control Players Intervals: Recovery Control Players Intervals: Recovery Control Players Intervals: Recovery Control Players Intervals: C	cisions/Good S-KNEES OVER					
OES ELBOWS in front of the Chest I. WARM-UP Duration: 15 Intervals: ORGANIZATION (Physical Environment / Equipment / Players)	S-KNEES OVER					
OES ELBOWS in front of the Chest I. WARM-UP Intensity: LOW Active Recovery Companies of the Chest Intervals: Recovery Companies of the Chest Intervals: Recovery Companies of the Chest Intervals: Recovery Companies of the Chest Intensity: LOW Active Recovery Companies of the Chest Intensity: LOW Intens	vity Time:					
I. WARM-UP Intensity: LOW Active Recovery Companies of the Companies of th						
Duration: 15 Intervals: Recover ORGANIZATION (Physical Environment / Equipment / Players)						
ORGANIZATION (Physical Environment / Equipment / Players)						
	ery Time:					
Footwork - Side to side and front to back set then snot from coach - square grid - groups	of 2/4					
/ /2 spic-cite to but spicestes to diving from tens.	Footwork - Side to side and front to back set then shot from coach - square grid - groups or 3/4					
COACHING POINTS / KEY CONCEPTS	COACHING POINTS / KEY CONCEPTS					
©°						
Footwork/Shuffle/Cross step/Drop and turn/Side-on/Contour cathc - See the hands See t	he ball					
Tour so the bail - Proper sequence = bailt shoulder impries						
II. SMALL-SIDED ACTIVITY Intensity: MED Activ	vity Time:					
Duration: 15 Intervals: Recov	ery Time:					
ORGANIZATION (Physical Environment / Equipment / Players)						
Shot Handling and Footwork - Balls served to encourage footwork not diving - 3 shot the	n rotate keeper - 1st					
sequence is 1-2-3 next is 1-3-2	■ 「					
COACHING POINTS / KEY CONCEPTS	COACHING POINTS / KEY CONCEPTS					
Keeper sets 3yds from goal line - Travels in an arc across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set positions are set across goal - Keeper steps into set across goal - Keeper steps into set positions are set across goal - Keeper steps into set across goal - Keeper steps goal - Keep	tion NOT jumping -					
Shoulders over knees/knees over toes - Weight forward on the balls of feet - Legs "pulse'	not hop until shot is					
taken - Movement is forward and through the ball	1					
III. EXPANDED ACTIVITY Intensity: HIGH Activ	vity Time:					
Duration: 30 Intervals: Recov	ery Time:					
ORGANIZATION (Physical Environment / Equipment / Players)	CAL					
meet engage has the object of the engage has the object of the engage of	Many the half to them. Coach and them leans					
1 v 1 v keeper - goals in middle of frame 2points/corners 1 point						
COACHING POINTS / KEY CONCEPTS						
Keeper sets 3yds from goal line - Travels in an arc across goal - Keeper steps into set posi	tion NOT jumping -					
Shoulders over knees/knees over toes - Weight forward on the balls of feet - Legs "pulse"	" not hop until shot is					
taken - Movement is forward and through the ball - Shoulders over Knees/Knees over to	es					
IV. GAME Intensity: HIGH Activ	vity Time: 10					
Duration: 30 Intervals: 2 Recov	ery Time: 5					
ORGANIZATION (Physical Environment / Equipment / Players)						
11 7	ALC:					
Scrimmage						
COACHING POINTS / KEY CONCEPTS	COACHING POINTS / KEY CONCEPTS					
/3 (7) (AB) /3 (B)						
Fun/Game Play vsl9 emsə\mu3						