

Name:

Haslam

Team:

PTSC



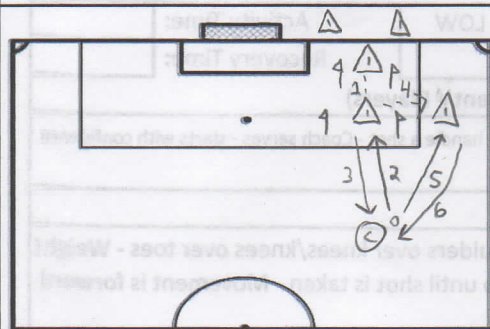
Date: Week 1

Topic: Goalkeeping

Mesocycle: In Season

Microcycle/Day: Wednesday

TRAINING OBJECTIVE(S): To improve the abilities of the Goalkeeper **Who?**
 Goalkeeper **Where?** In front of goal/Defending third **When?** Defending against an attack and **building from the back**
Why? To prevent goal against and build possession out of the back **What?** Good decisions/Good footwork/Good hands/Good communication/Good ball control/Good first touch

**I. WARM-UP**

Intensity: LOW

Activity Time:

Duration: 15

Intervals:

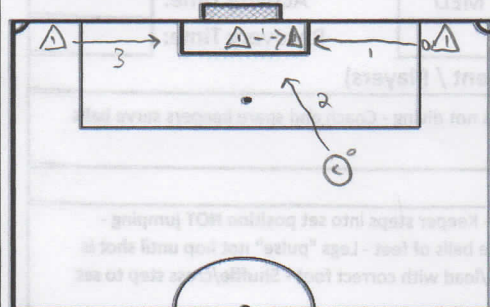
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Dynamic Set Positioning - Groups of 3/4 - 4 cones per group - Coach serves ball to keeper when set (start confidence contour catch)

COACHING POINTS / KEY CONCEPTS

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

**II. SMALL-SIDED ACTIVITY**

Intensity: MED

Activity Time:

Duration: 15

Intervals:

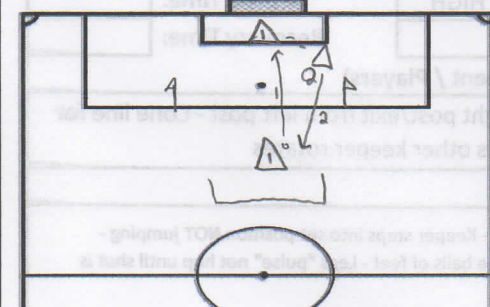
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Ball Line Set Positioning - Ball line (angle of shot) starts in the center of the frame of the goal - Coach and spare keepers take turns serving ball (confidence contour catch) - Keepers rotate

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

**III. EXPANDED ACTIVITY**

Intensity: HIGH

Activity Time:

Duration: 30

Intervals:

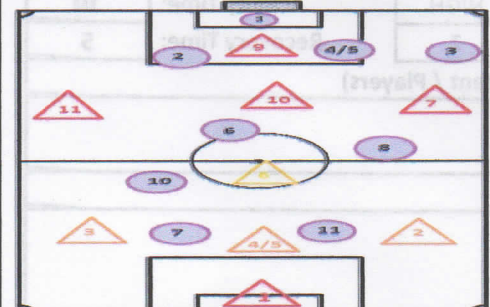
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Keeper WAR - 2 goals 20yds apart - Enter from right post/exit from left post - Cone line for 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

Duration: 30

Intervals: 2

Recovery Time: 5

ORGANIZATION (Physical Environment / Equipment / Players)

Scrimmage

COACHING POINTS / KEY CONCEPTS

Fun/Game Play

Name:

Haslam

Team:

PTSC

Date: Week 2

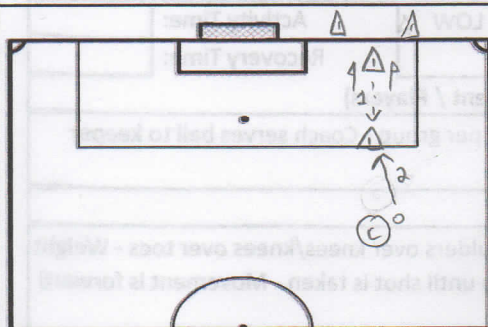
Topic: Goalkeeping - Handling



Mesocycle: In Season

Microcycle/Day: Wednesday

TRAINING OBJECTIVE(S): To improve the abilities of the Goalkeeper **Who?** Goalkeeper **Where?** In front of goal/Defending third **When?** Defending against an attack and building from the back **Why?** To prevent goal against and build possession out of the back **What?** Good decisions/Good footwork/Good hands/Good communication/Good ball control/Good first touch **HANDS OVER KNEES-KNEES OVER TOES**

**I. WARM-UP**

Intensity: LOW

Activity Time:

Duration: 15

Intervals:

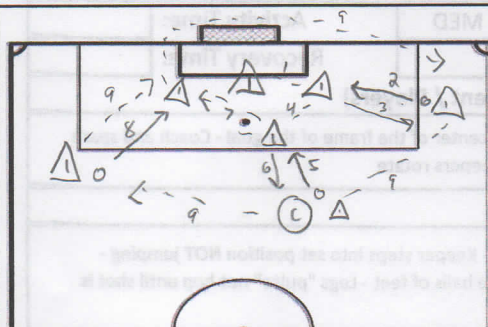
Recovery Time:

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

COACHING POINTS / KEY CONCEPTS

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

**II. SMALL-SIDED ACTIVITY**

Intensity: MED

Activity Time:

Duration: 15

Intervals:

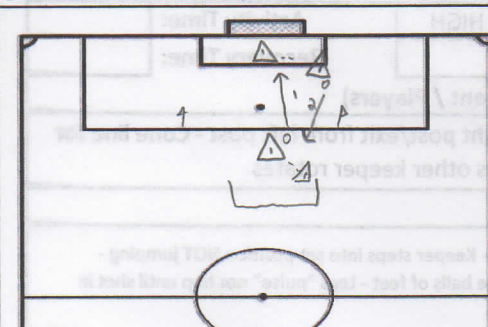
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

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

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 - Footwork/lead with correct foot - Shuffle/cross step to set position

**III. EXPANDED ACTIVITY**

Intensity: HIGH

Activity Time:

Duration: 30

Intervals:

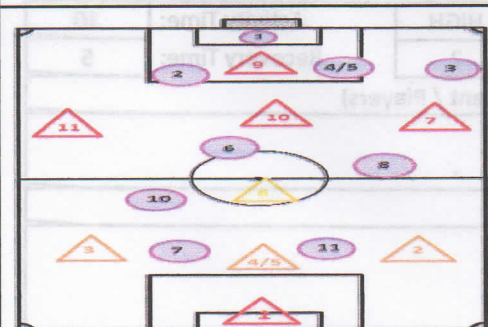
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Keeper WAR - 2 goals 20yds apart - Enter from right post/exit from left post - Cone line for 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

Duration: 30

Intervals: 2

Recovery Time: 5

ORGANIZATION (Physical Environment / Equipment / Players)

Scrimmage

COACHING POINTS / KEY CONCEPTS

Fun/Game Play

Name:

Haslam

Team:

PTSC

Date:

Week 3

Topic:

Goalkeeping - Collapse Dive



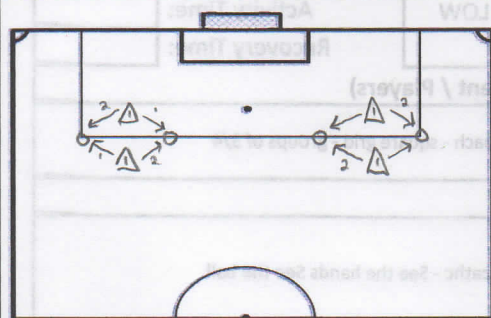
Mesocycle:

In Season

Microcycle/Day:

Wednesday

TRAINING OBJECTIVE(S): To improve the abilities of the Goalkeeper **Who?** Goalkeeper **Where?** In front of goal/Defending third **When?** Defending against an attack and building from the back **Why?** To prevent goal against and build possession out of the back **What?** Good decisions/Good footwork/Good hands/Good communication/Good ball control/Good first touch **HANDS OVER KNEES-KNEES OVER TOES**

**I. WARM-UP**

Intensity: LOW

Activity Time:

Duration: 15

Intervals:

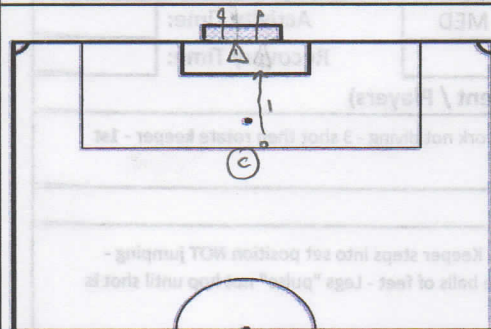
Recovery Time:

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

One hand on the top-back/one hand on the back/ground helps secure the ball - Arms shoot out to the ball - Proper sequence = Ball/Shoulder/hip/leg

**II. SMALL-SIDED ACTIVITY**

Intensity: MED

Activity Time:

Duration: 15

Intervals:

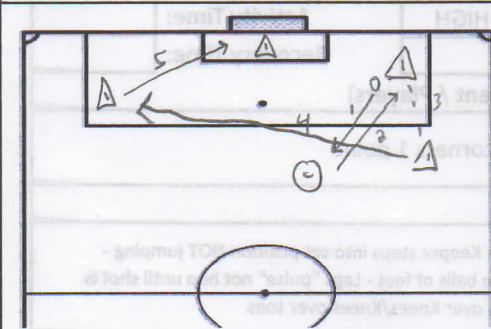
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Collapse diving - Players in half of the goal - Coach varies service to right and left - Keepers rotate through goal

COACHING POINTS / KEY CONCEPTS

One hand on the top-back/one hand on the back/ground helps secure the ball - Arms shoot out to the ball - Proper sequence = Ball/Shoulder/hip/leg - Re-stand and distribute

**III. EXPANDED ACTIVITY**

Intensity: HIGH

Activity Time:

Duration: 30

Intervals:

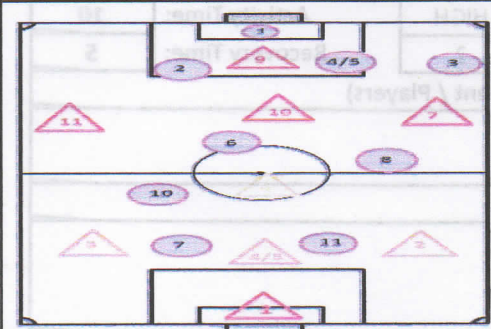
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Move the ball to shoot - Coach and spare keepers pass ball until coach yells shot - Keepers rotate turns in goal - Shots come from various angles and players on ground

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 - BALL/SHOULDER/HIP/LEGS

**IV. GAME**

Intensity: HIGH

Activity Time: 10

Duration: 30

Intervals: 2

Recovery Time: 5

ORGANIZATION (Physical Environment / Equipment / Players)

Scrimmage

COACHING POINTS / KEY CONCEPTS

Fun/Game Play

Name:

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Team:

PTSC

Date: Week 4

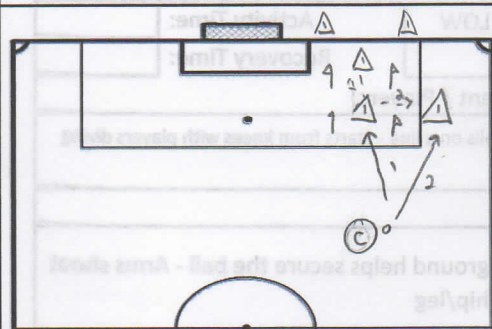
Topic: Goalkeeping - Shot Handling and Footwork



Mesocycle: In Season

Microcycle/Day: Wednesday

TRAINING OBJECTIVE(S): To improve the abilities of the Goalkeeper **Who?** Goalkeeper **Where?** In front of goal/Defending third **When?** Defending against an attack and building from the back **Why?** To prevent goal against and build possession out of the back **What?** Good decisions/Good footwork/Good hands/Good communication/Good ball control/Good first touch **HANDS OVER KNEES-KNEES OVER TOES ELBOWS** in front of the Chest

**I. WARM-UP**

Intensity: LOW

Activity Time:

Duration: 15

Intervals:

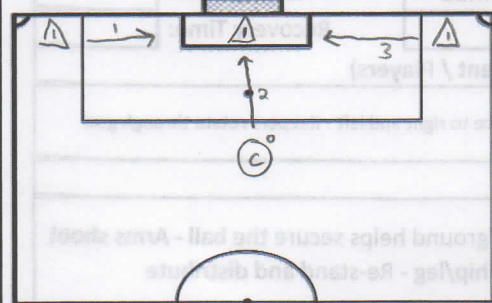
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Footwork - Side to side and front to back set then shot from coach - square grid - groups of 3/4

COACHING POINTS / KEY CONCEPTS

Footwork/Shuffle/Cross step/Drop and turn/Side-on/Contour catc - See the hands See the ball

**II. SMALL-SIDED ACTIVITY**

Intensity: MED

Activity Time:

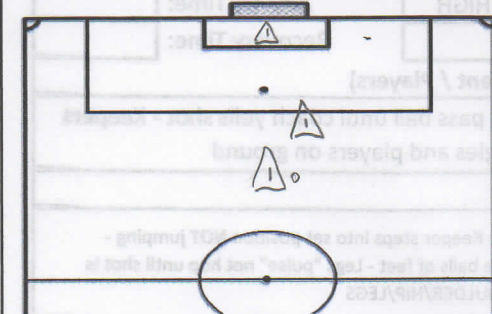
Duration: 15

Intervals:

Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Shot Handling and Footwork - Balls served to encourage footwork not diving - 3 shot then rotate keeper - 1st sequence is 1-2-3 next is 1-3-2

COACHING POINTS / KEY CONCEPTSKeeper 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**III. EXPANDED ACTIVITY**

Intensity: HIGH

Activity Time:

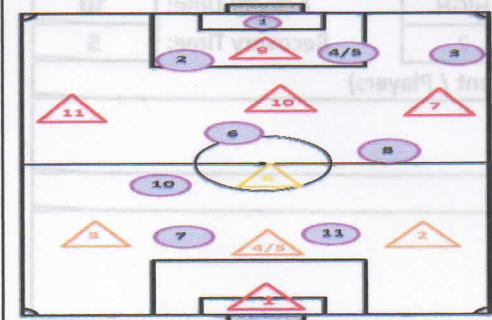
Duration: 30

Intervals:

Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

1 v 1 v keeper - goals in middle of frame 2points/corners 1 point

COACHING POINTS / KEY CONCEPTSKeeper 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 - Shoulders over Knees/Knees over toes**IV. GAME**

Intensity: HIGH

Activity Time: 10

Duration: 30

Intervals: 2

Recovery Time: 5

ORGANIZATION (Physical Environment / Equipment / Players)**Scrimmage****COACHING POINTS / KEY CONCEPTS****Fun/Game Play**