Training Centers Interactive Lesson Plan

Season: _____ Winter 2015/16 _____ Program: _____ Goalkeeping _____ Week: _____ 2 _____

Topic: Quick & Soft-Hands

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	Touch the Ball and Catch1: • Place a server with a soccer ball about 3 - 4 yards away • Have a GK standing with a ball on the ground one yard in front of him/her. The GK steps forward, tags the ball then they get in ready position. The server will toss the ball about chest-head height • The GK will catch the ball, toss it back and repeat the sequence again • Repeat this ten times and switch		• Keep the eyes on the ball • Keep the hands behind the ball • Head still with eyes on the ball • Handling technique (One hand catch- Soft hand)
Activity 1	Touch the ball and Catch 2: • Place a server with a soccer ball about 3 - 4 yards away • Have a GK standing with a ball in either side on top of a cone. • Have the GK touch a ball with one hand. The server will toss the ball about chest-head height • The GK will catch the ball with one hand (right only, left only), toss it back and repeat the sequence with the other hand • Repeat this ten times and switch		• Keep the eyes on the ball • Keep the hands behind the ball • Head still with eyes on the ball • Handling technique (One hand catch- Soft hand)
Activity 2	Two Catches: • Place two servers about 3 - 5 yards away. One server will be on his knees to roll or bounce the ball. The other server will be standing to toss the ball chest-head height • GK will catch the ball and toss it back then scoop the next one and bowl it back • Repeat this ten times and switch		• Keep the eyes on the ball • Keep the hands behind the ball • Head still with eyes on the ball • Handling technique (Diamond, Basket and Scoop)
Conditioned Game	Play 3v3, 4v4 or 5v5 - All teams with a Goalkeeper - Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques. - Reinforce all the coaching points from all the activities.		

Lock