

Name:

Team:

Date:

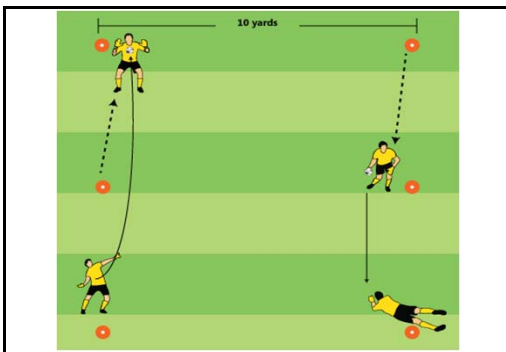
Mesocycle:

Microcycle/Day:



**TRAINING OBJECTIVE(S):**

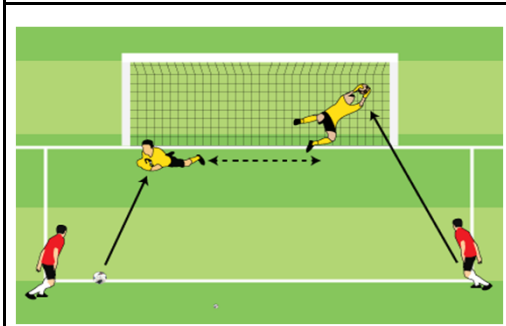
**GOALKEEPING:** Improve my goalkeepers shot stopping and diving skills. Start with a goalkeepers warm-up, ball catching and throwing then transition into shooting from off the foot. Provide a variety of shot stopping activities from the ground up towards and over the head. Work on ball distribution using the hands and 3 different throwing techniques: (1) under arm bowl, (2) javelin throw, and (3) over arm bowl. Finish the session with a high paced close range 2 v 2 game where the goalkeepers will face a variety of different shots frequently during the game.



**I. WARM-UP** Intensity:  Activity Time:   
 Duration:  Intervals:  Recovery Time:

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 10 x 10 yard area with cones halfway in between (optional). 3-4 soccer balls, goalkeeper gloves, 2-4 goalkeepers or field players/coaches can be used.

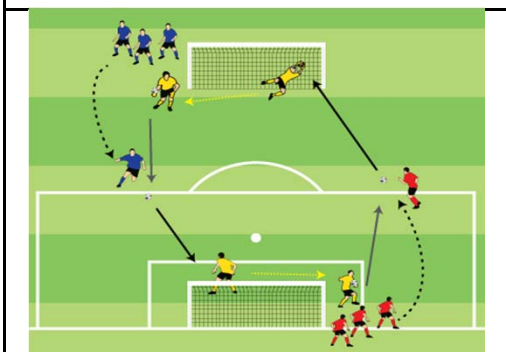
**COACHING POINTS / KEY CONCEPTS**  
 Body should be in the "Ready Position": legs shoulder width apart, knees slightly bent, hands in gun slinger position, body weight slightly forward, eyes concentrating on the ball. Practice under arm bowl, javelin throw, over arm bowl.



**II. SMALL-SIDED ACTIVITY** Intensity:  Activity Time:   
 Duration:  Intervals:  Recovery Time:

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 20 x 20 yard area with 1 full sized goal. 3-4 soccer balls (more is better), goalkeeper gloves and 2-4 players.

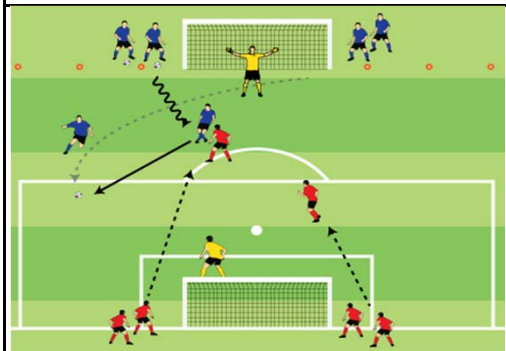
**COACHING POINTS / KEY CONCEPTS**  
 Push off the inside leg when diving sideways. After receiving the ball and falling on the ground, bend top leg towards chest for protection. Catch with "W" hands. Keep legs together for ground shots that don't require a dive. Dive only if you have to.



**III. EXPANDED ACTIVITY** Intensity:  Activity Time:   
 Duration:  Intervals:  Recovery Time:

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 40 x 40 yard area with 2 full sized goals. At least 6 soccer balls more is better. 2-4 goalkeepers and 6-8 field players.

**COACHING POINTS / KEY CONCEPTS**  
 Goalkeeper technique stopping shots: "W" hands, punching, parrying, tipping and reduce the shot angle. After successfully stopping a shot quickly distributing the ball using your hands. Be in the "ready position" move the feet quickly.



**IV. GAME** Intensity:  Activity Time:   
 Duration:  Intervals:  Recovery Time:

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 40 x 40 yard area with 2 full sized goals. At least 6 soccer balls (more is better). 2 goalkeepers and 8-12 field players. Game is played 2 v 2 with goalkeepers.

**COACHING POINTS / KEY CONCEPTS**  
 Game pace, reduce shooting angles. Quick distribution using your hands. Being in the "ready position". Dive only if you have to. First team to score 5 goals wins. 1 minus point if shot taken misses the goal.