

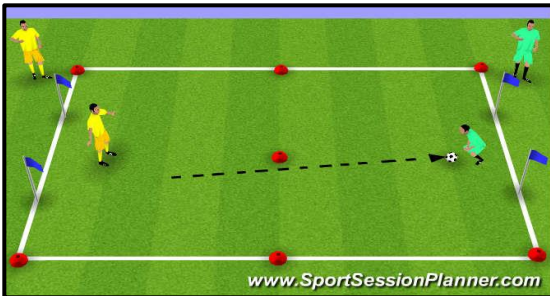


2014 - U10 - Spring Lesson Plan - Week 2



Topic: Goalkeeping Ball Handling and Footwork

Objective: To improve the technical aspects of proper handling the ball, and footwork.

Stage	Organization	Diagram	Coach Interventions
Stage I Technical Warm up	<u>Shuffle and Catch:</u> - GK's start shuffling in and out of each other within the practice box while bouncing a ball on the ground, when coach yells out: - Scoop – Players will place their ball on the floor and go and scoop another ball - Up- Players will toss the ball high, jump and catch the ball Version 2: The GK's quickly find a partner and either serve them a high ball & switch balls, or roll a ball to the left or right of a partner to scoop it up, switching balls again.	 www.SportSessionPlanner.com	Catching - What shape are the hands when catching a bouncing ball? - When do you scoop the ball? - When do you catch the ball with your hands in a diamond shape? - Where do you place our elbows?
Stage II Small Sided Activity	<u>GK Wars (Hands Only):</u> - In a rectangle with a halfway line, place a 4-6 yard goal at each end. GK's will throw the ball at each other trying to score using any of the three services (Bowl, Baseball or Roundhouse) - When a GK gets scored on, change the GK. Or after 45 seconds. Whichever comes first.	 www.SportSessionPlanner.com	- What is the GK ready position? - When do we get in ready position? - When do we get in line with the ball? - What do our feet do to allow us to move side to side? - What service do we use to roll the ball, to throw mid high or a long ball?
Stage III Expanded Small Sided Activity	<u>3v3+Gk's:</u> - In a 30Wx25L area place two goals with cones or corner flags. GK's will try to make as many saves as they can and distribute the ball to their team. - The players that scores becomes the new Goalkeeper	 www.SportSessionPlanner.com	- What is the GK ready position? - When do we get in ready position? - When do we get in line with the ball? - What do our feet do to allow us to move side to side? - When do the GK... - Rolls the ball? - Throws the ball mid high? - Throws a long ball?
Stage IV Conditioned Game	<u>5v5 or 6v6:</u> - Two teams with a specific formation - Play the game and encourage the players to recognize when and how to beat an opponent		