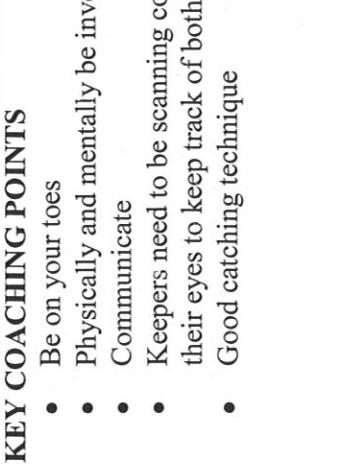
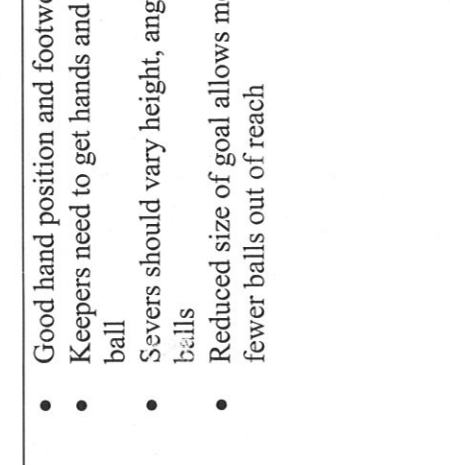



| WARM-UP: Two ball circle  | ACTIVITY & ORGANIZATION   | KEY COACHING POINTS   |
|---|---|---|
|  <p style="text-align: right;">X = GK</p>  | <ul style="list-style-type: none"> <li>• Six to ten players in a 10-12 yd diameter circle</li> <li>• One ball passed around shoulder height- cannot pass to player next to you</li> <li>• After a minute add a second ball and pass simultaneously.</li> <li>• Beginners-slow; advanced see how quickly they can move the ball smoothly.</li> <li>• Advanced groups-serve balls @ knees or rolled balls to be fixed in or make circle bigger and have balls slightly thrown away of keeper-good footwork required</li> </ul>  | <ul style="list-style-type: none"> <li>• Be on your toes</li> <li>• Physically and mentally be involved</li> <li>• Communicate</li> <li>• Keepers need to be scanning constantly with their eyes to keep track of both balls</li> <li>• Good catching technique</li> </ul>  |
| <p><b>PHASE 1: Ground ball pickups</b></p>  <p style="text-align: right;">X = GK</p>             | <ul style="list-style-type: none"> <li>• Scatter as many balls as you can inside 15X15yd area- you need at least one or two more balls than keepers</li> <li>• Keepers wait outside area until coach signals.</li> <li>• At signal keepers move in an pick up the balls, one at a time, each time securing the ball with a proper moving ground ball.</li> <li>• Keepers try to pick up as many balls as possible in 60 seconds 30-45 seconds for younger keepers</li> <li>• Challenge keepers to beat the count of other keepers, or do several rounds and beat their own count.</li> <li>• Advanced keepers reduce number of balls in area so they have to compete for every ball.</li> </ul> | <ul style="list-style-type: none"> <li>• Keeper shouldn't stop while picking up balls, but should bend at knees and move through the ball as they gather it in.</li> <li>• Proper hand position-pinkies touching each other, behind and under the ball-not grabbing on top of ball.</li> <li>• Keepers should have their heads up throughout exercise</li> <li>• High intensity and allow rest</li> </ul> |
| <p><b>PHASE 2: Small goal saves</b></p>  <p style="text-align: right;">● = Server<br/>X = GK</p> | <ul style="list-style-type: none"> <li>• Have keepers in pairs with one ball and two cones or coaching sticks and place about 6 paces apart</li> <li>• One keeper stands in goal the other 8-10 yds away (adjust size based on age and ability) with ball.</li> <li>• Server attempts to roll or throw the ball (head height or below) past the keeper-keeper must use good footwork and catching to make the save-try to not dive</li> <li>• As exercises progress enlarge the goal and distance-make each save count as a point; a save or a miss by the server allows the keeper to stay and if server scores-switch.</li> </ul>   | <ul style="list-style-type: none"> <li>• Good hand position and footwork</li> <li>• Keepers need to get hands and body behind the ball</li> <li>• Servers should vary height, angle, and pace of balls</li> <li>• Reduced size of goal allows more catches and fewer balls out of reach</li> </ul>  |

**PHASE 3: Triangle Goal Game**



- Place 3 cones or coaching sticks to make a equal triangle with sides 6 yds long. Get in groups of 4.
- 10 yds from each side of the triangle is a server with balls; one keeper is in the triangle
- The keeper moves out beyond the cones or sticks to face the first server, who strikes the ball at keeper.
- Keeper then moves quickly to next side of triangle and saves a shot there, etc.
- You can do this as a times activity (who can make most saves in 2 minutes) or a counted activity (most saves per fixed number of shots faced) ie..10 shots.
- Rotate

- Keeper needs to move quickly from one goal to the next-good position and being ready to face the shot ASAP
- Servers need to very shots on the ground, low, high, and pace-not over keeper's head.
- Keeper needs to have good hand positioning and get their body behind the ball.
- High intensity and quick footwork

✶ End with shots on goal:

Keepers come off one post, touch the middle of the 6 yd line and then make the save

OR:

2v2 or 3v3 in a 35X40yd area with two goals and two keepers and play. Rotate keepers as you go-this helps with distribution, footwork, catching, etc.

Topic: Catching

Age Group: U11-U18 Boys and Girls

Date: 3/11/09

wky