
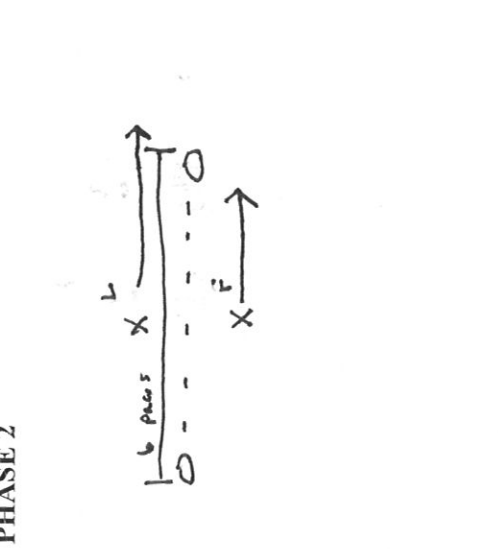
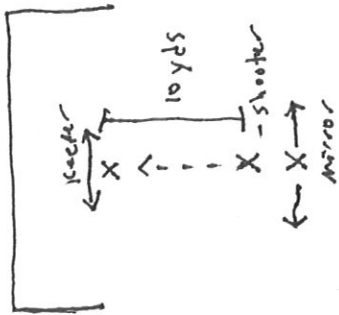


Week 1 Topic: Footwork

WARM-UP	ACTIVITY & ORGANIZATION	KEY COACHING POINTS
<p>PHASE 1</p> 	<ul style="list-style-type: none"> • Set up cones 2ft apart # cones can vary • Players need to use good footwork in between the cones. • Side to side movements, front and back, lateral steps, later steps advanced • Coach serves a ball at keeper's head when finished. • Coach or leader calls shot every so often and keepers need to instantly come in the ready position. • Player's mirror coach's or leader's movements. • Then coach or leader gets a ball and occasionally fakes a shot-keeper needs to get in ready position. 	<ul style="list-style-type: none"> • Keepers are still light on their toes in ready position • Keepers are not on their heels • Keepers need to use good footwork when mirroring and be set quickly.
<p>PHASE 2</p> 	<ul style="list-style-type: none"> • Pair up with a partner and have 2 cones 6 paces apart. • Both partners face each other in between the cones (middle) with an imaginary line between them. • One partner is the leader and the other is the follower. The leader side steps to one of the cones and attempts to touch just outside of the cone before the follower can touch just inside the same cone. Follower mirrors the leader. • If leader is successful they get a point. Go for 30-60 sec. and switch roles. 	<ul style="list-style-type: none"> • Quick footwork and good technique to get all the way behind the cone • High intensity • Hips square and be light on your feet • Don't stretch for the cones

PHASE 3:



- Players get in groups of 3 and one ball
- Each group in front of net or set of cones 8 yds apart.
- Shooter stands 10 yds away with ball on ground, third player stands behind shooter making side to side movements for the keeper to mirror
- Random point shooter strikes the ball at keeper within footwork distance (no diving).
- Keeper must time the shot and get set
- Keeper gets 3 shots then rotate
- You can make a competition to see who gets the most saves

- Quick and light on your feet
- Hips square and don't cross your feet
- High intensity
- Same coaching points as above
- Encourage to get body behind the ball
- Start on the balls of your feet

Shots on goal

- Get 14-16 yards out and have keepers make saves using good footwork (no diving).
- Rotate keepers after every 3 shots
- Challenge the keepers as a group to see how many saves they can make
- Keepers should start on the ball of the feet and encourage them to get body behind the ball