



2011 - U10 - Lesson Plan - Week 9

Topic: Goalkeeping footwork and Proper Diving Technique

Objective: To improve the technical aspects of proper footwork, body position, handling the ball, and teach goalkeepers the correct diving technique

Technical Warm up	Organization	Coaching Pts.
	<p>Up / Down: GK's shuffling in and out of each other within the 18 yard box while bouncing a ball on the ground, when coach yells out down, the player rolls a ball out to him/herself to go and scoop it up. The word up means the GK's throw a high ball to themselves.</p> <p>Version 2: On the same commands, 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.</p>	<p>Catch the ball with a "W" hand position on any ball waist height and above (formed by thumbs and index fingers)</p> <p>For low balls have hands together with fingers pointing towards the ground (pinky's together like a shovel scooping into the body)</p> <p style="text-align: right;">Time: 10 minutes</p>
Small Sided Game	Organization	Coaching Pts.
	<p>Diving Progression:</p> <p>Basic Diving: Each player is seated on the ground, with knees bent. They must place a ball about 2 steps away to the left or right at a 45 degree angle in front of them. The GK must roll down their side reaching out to make the save.</p> <p>Kneel Diving: Each GK is kneeling on one knee (leg closest to the ball has foot planted on ground) with ball about 2 steps away to the left or right at a 45 degree angle in front of them. Now a small step must be taken at a 45 degree angle towards the ball before reaching out and diving to make the save.</p> <p>Standing Diving: Each player in a ready position with a ball 4-5 steps away to the right or left of them at a 45 degree angle out in front. GK must take a large step towards the ball and collapse in the direction of the ball, rolling down their side and reaching out to make the save.</p> <p>Version 2: Two players per ball with one working, one serving.</p>	<p>Instill upon the GK's to attack hands first, moving their body forward</p> <p>Lead with their hands in order to attack the ball</p> <p>Eyes on the ball, one hand on top, one behind</p> <p>Elbows slightly bent and top leg up for protection</p> <p>GK must then kick out with the top leg up for protection in order to go back to a standing position</p> <p style="text-align: right;">Time: 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p>Small Goal Saves: Two lines of players, each in between a cone goal, facing each other with one ball and extras on the sides. (maximum players per line is 3) Goals should be about 30 yards apart with a 10 yard buffer zone in the middle. Keepers are now trying to score on each other by either throwing or rolling it but the ball must bounce on the opponent's half before a goal is scored. GK gets one point for a goal. Once a GK gets scored on, next person in line hops in.</p>	<p>Be in a ready set position before every ball</p> <p>Go to the ball and carry momentum forward</p> <p>Quick lateral footwork to get body behind every ball to limit diving</p> <p style="text-align: right;">Time: 20 minutes</p>
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<p>All of the above</p> <p style="text-align: right;">Time: 30 minutes</p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	