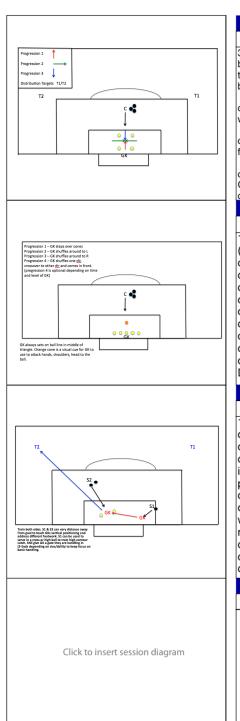
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Field Session

"NSCAA Goalkeeper 1 Diplima - Coaching the Goalkeeper in Basic Handling/Collapse Diving and Hand Distribution. Part 2 of 4"



WARM-UP		
Organization	Key Coaching Points	
3 goalkeepers start in the goal. GK-1 begins between back 2 cones of box (see diagram), steps forward into the box and sets. GK-1 handles the ball and distributes back to coach. GK-2 goes follows GK-1 etc. o Basket Catch: coach serves ball below the waist with hand or foot service. GK distributes. o Contour Catch: coach serves ball above the waist from hand or volley/half-volley. GK distributes. o High-Contour Catch: coach serves ball above the GK's head with hand or volley service (introduce high-	- Explain the purpose of the box. Introduce Ball Lir terminology Discuss basic stance and set positions. Front set side set, and back set Identify the 3 handling positions (Basket, Countour, High Countour) Address when GK goes from basket catch to a contour catch. Discuss High Countour Catch used for dealing with crosses and service Discuss proper distribution techniques. Bowl. Baseball Throw. Sling Throw.	
contour catch) GK distribute to wide target. ACTIVI	TV 1	
Organization	Key Coaching Points	
designated side). Distribution – baseball throw. o Basic footwork to get into triangle. GK sets and coach serves ball into control zone. Emphasis on collapse diving only when necessary. Distribution – sling throw	- Introduce mini-shuffle, balance, crossover step, etc Emphasis on balance & body control Attacking the balls with hands, shoulders, head Discuss reload and distribution. No distribution from the ground Dealing with varied service – volley, half-volley, ball from floor.	
ACTIVITY 2		
Organization 1 goalkeeper starts on ball line of Server 1 (S1) o S1 plays ball into GK-1 for basket or contour catch. GK-1 completes save, and finds ball line of Server 2(S2). S2 volleys or half-volleys ball into GK. No Diving emphasis. GK-1 distributes properly back to coach. o Server 1 serves GK-1 a collapse dive. GK-1 completes save, reloads, and finds ball line of S2	Key Coaching Points -Introduce footwork for movement across the goal (crossover step, most direct route, & balance). - Discuss starting position (vertical & horizontal positioning). - Introduce dealing with crosses in a high contour catch. -Emphasis on collapse dive only when	

Organization	Key Coaching Points	
1 goalkeeper starts on ball line of Server 1 (S1)	-Introduce footwork for movement across the	
o S1 plays ball into GK-1 for basket or contour	goal (crossover step, most direct route, &	
catch. GK-1 completes save, and finds ball line	balance).	
of Server 2(S2). S2 volleys or half-volleys ball	- Discuss starting position (vertical &	
into GK. No Diving emphasis. GK-1 distributes	horizontal positioning).	
properly back to coach.	- Introduce dealing with crosses in a high	
	contour catch.	
	-Emphasis on collapse dive only when	
	necessary.	
makes save and distributes back to coach).	- Discuss tactical distribution with the hands.	
	High first, then wide.	
catch. GK then readjusts vertical positioning to		
deal with volleyed ball towards crossbar.		
GAME		
Organization	Key Coaching Points	

Organization	Key Coaching Points