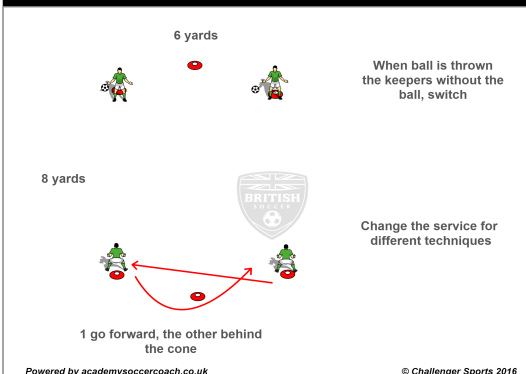


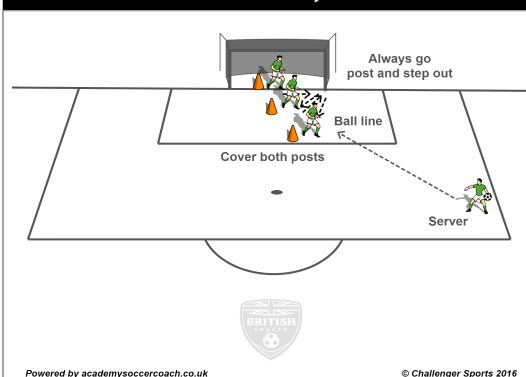
Topic: Positioning

Objective: Learn the correct angles/positions to make a save

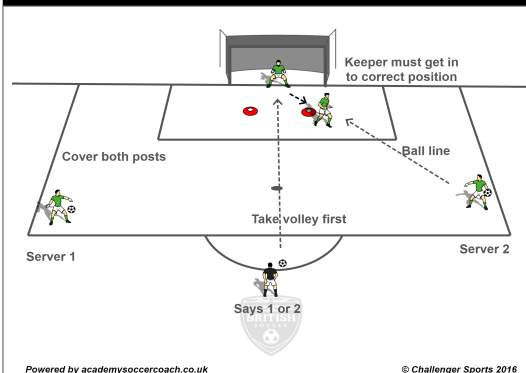
Session Part: Warm-up



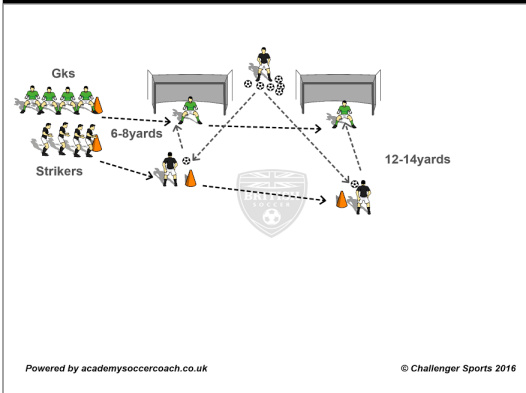
Session Part: Individual Activity



Session Part: Partner/Small Group



Session Part: Group Activity



Organization

Time: 15

Area: 8 x 6 (cone 1 yard behind end lines)

Numbers: Groups of 4

One Goalkeeper on each cone, as shown. Two of the Goalkeepers on one of the ends starts with a ball each. Both balls are served at the same time with an underarm throw across opposite Goalkeeper. Those two Goalkeeper's will then switch (one goes behind the back cone, one goes in front) by shuffling across. This must be a movement at game speed. Focus on all the three catching techniques (W Shape Catch and Basket Catch).

Progressions

Service can now be a roll on the ground for a Scoop Catch.

Coaching Points

- Shuffle feet, do not click feet.
- Keep shoulders and hips square and forward.
- Hands stay in correct position
- Chest forward and eyes focused on ball.
- Verbal communication to avoid colliding.

Organization

Time: 15

Area: One Goal

Numbers: In pairs, one working and one serving

Using one half of the goal, set up cones diagonally as shown, 2 yards apart. The server is 6 yards away. The working Goalkeeper starts on the middle cone on the goal line, shuffles to touch the post and steps out and SETS to take a underarm service for a catch. They then shuffle back to touch the post, stepping out to the second cone this time for a catch. Repeat a third time, this time going towards the third cone. Explain how the Goalkeeper coming further out to SET makes the goal smaller for the attacker.

Progressions

Goalkeeper will now touch the post, but will now make a short dive towards the cone instead of a catch. Service is a roll or inside of the foot pass.

Coaching Points

- Smooth footwork and get into position for the catch or dive.
- Keep eyes on the ball, don't turn body or shoulders to the post.
- Work at game speed. Get up from dive quickly.

Organization

Time: 15

Area: 18 yard box and one goal

Numbers: Groups of four (one working, three serving)

Servers on the outside are numbered 1 and 2. Middle server (this can be Coach if needed) calls 1 or 2 for the working Goalkeeper. Goalkeeper will first take a volley from the middle server and then move out to Server 1 or 2 depending on the call to make a save. This encourages the Goalkeeper to be off their line and make the goal small for the attacker. Server 1 or 2 will shoot towards the near bottom corner. Goalkeeper must learn to cover the near post by correcting their angle to make the save. Rotate.

Progressions

Once they have made a save at either Server 1 or 2, they come back to the middle to take a second shot from the middle server.

Coaching Points

- Positioning - get in line with the ball as quick as possible.
- SET when strikers foot goes back
- Decision for the save - catch or push away.

Organization

Time: 15

Area: Two goals next to each other, 5 yards apart.

Numbers: Split into two teams

Short Shot, Long Shot.

One group is a team of Goalkeepers and the other team are shooters. One the call of 'GO' from the coach, the Goalkeeper shuffles into the goal while the shooter runs to the first cone (short shot). Coach passes ball out for a 'one-time' shot. Goalkeeper then shuffles to second goal, and shooter goes to second cone (long shot).

Progressions

Competition between the teams. A point is scored for a save and for a goal. No points if the shot misses the target. Increase distance from the goal the teams start. This means Goalkeeper must now cross-step.

Coaching Points

- SET when shooters foot goes back for the shot.
- Use correct catching technique.
- Shuffle or cross-step quickly into position.
- Keep balanced to dive either side.