

LOUDOUN SOCCER



Session Theme

Team Goalkeeping

Objectives

To develop the basics of handling, footwork and diving

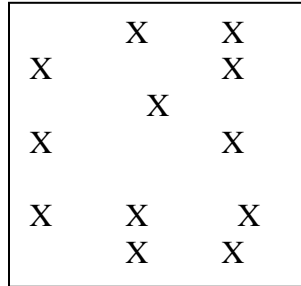
Warm-Up:

Ball each, moving around area:

- 1) Bounce + Catch
- 2) Throw Up + Catch
- 3) Bounce + Drop On Ball
- 4) Put down + pick up another ball
- 5) Handling Drills – figure of 8 – drop and catch behind knees

Dribbling/Diving Game:

Ball each dribbling. Dive on ball on coaches command.



Introduce 'Set' position

Keep eyes on ball

Don't cross feet

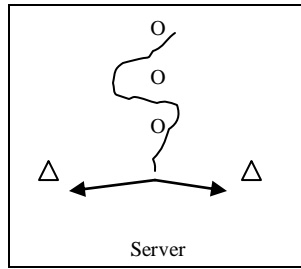
Catch ball in 'W' or 'Scoop' (depending on height of ball)

Quick reactions to commands

Footwork

- 1) GK performs different foot skills over cones (forwards, sideways, backwards).
- 2) Using same footwork as above, but GK makes save after last cone

As above, but introduce second goal so GK has to use footwork to move from one goal to another and make save.



Quick feet

Focus on technique before speed

Head forward

Set feet early

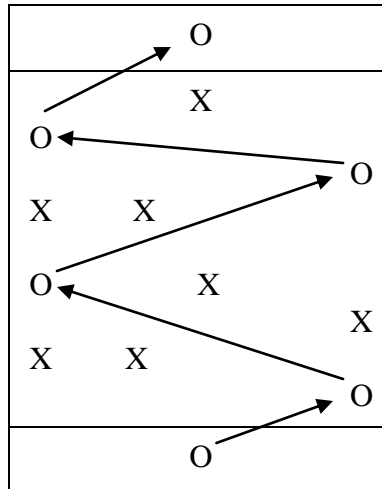
Set on balls of feet not heels

Adjust to ball

Emphasize quality and quickness of foot work from first save to second save

Conditioned Game

Handball – 2 teams, with 1 person from each team in opposing teams end zone. To score team has to pass ball (in the air only) to end GK. Player with ball cannot move and can only pass to teammate by throwing ball (no kicking). Possession can only be gained by interception – dropped ball and recovered, or ball being throw out of bounds. GK can only move by sidestepping, NO RUNNING



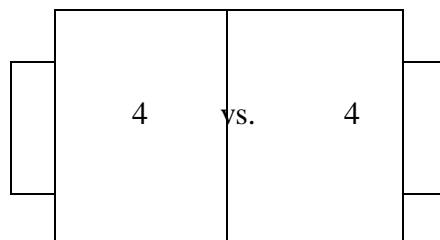
Quality of footwork

Technical correctness under pressure

Communication

Goalie-Wars

Two teams of GK's play against each other trying to score in the goal from their own-half. Vary start positions – turned, lying-down etc



All of the above