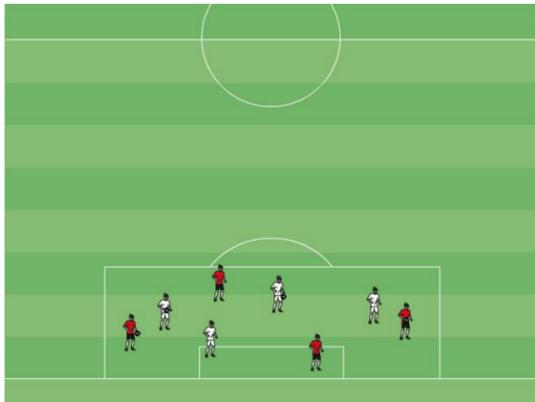


Switching the Field SESSIONS

Topic: Goalkeeping Basics - Team

Equipment Needed: Cones, bibs, balls, cones

Activity 1:



Description:

Players split into two groups - half the players in each group have a ball.

Players move about the grid - pass and receive with players of the opposite color.

If the ball is played with feet, it is received and distributed with hands. If the ball is played with hands, it is received and distributed with feet.

Progressions:

1. Balls played on ground; scooped up
2. Balls played waist-high; basket catch
3. Balls played face-high; contour catch

Regression: Balls always played and received with hands

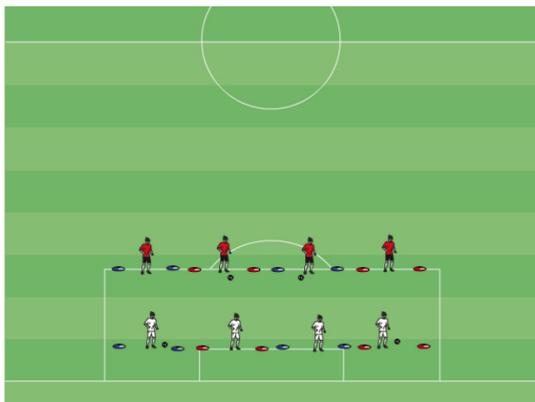
Coaching Points:

1. Attack the ball
2. Use two hands
3. Get body behind the ball - move feet!

Basket/Scoop: arms parallel, arms underneath the ball, bend knees to get down, use forearms and body to catch it - not hands, keep ball close and tight to body

Contour: hands behind and above the ball, don't lock elbows, make the shape of the ball with hands - bend fingers & wrists, make circle/diamond with thumbs and index fingers

Activity 2:



Description:

Keeper wars: Players in pairs, one ball per pair. Each player stands mirroring each other in a gate the width of the goal.

Partners try to score on each other by getting the ball through the opposing gate. Ball must cross the gate at shoulder height or lower. If a player misses the gate completely, he loses a point. When trying to score, players cannot take more than two steps off the line.

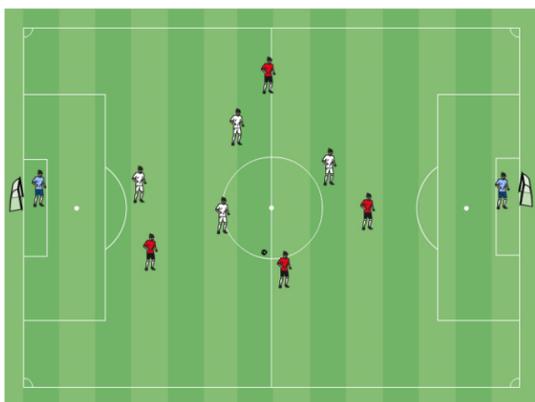
Progressions:

1. Can only score using hands
2. Can score using feet or hands

Coaching Points:

1. Technique of saves
2. Attack the ball
3. Use two hands
4. Get body behind the ball

Activity 3:



Description:

4v4 or 5v5, including GKs.

Regular match EXCEPT: defending team can use their hands. Once a defender collects the ball, he can only use feet to distribute or advance forward.

Coaching Points:

1. Technique of saves
2. Attack the ball
3. Use two hands
4. Get body behind the ball

Activity 4:



Description:

Full-sided game. Match rules apply.

Coaching Points:

1. Technique of saves
2. Attack the ball
3. Use two hands
4. Get body behind the ball