

## USSF 'C' License Goalkeeping Session

### Activity #1: Warm Up

#### Set Up:

Technical warm-up. 44 X 36 yard field, 12 field players and 2 goalkeepers. 3 teams of four are spread throughout the area, two balls per team. Coach should stand next to the goal with an extra supply of balls.

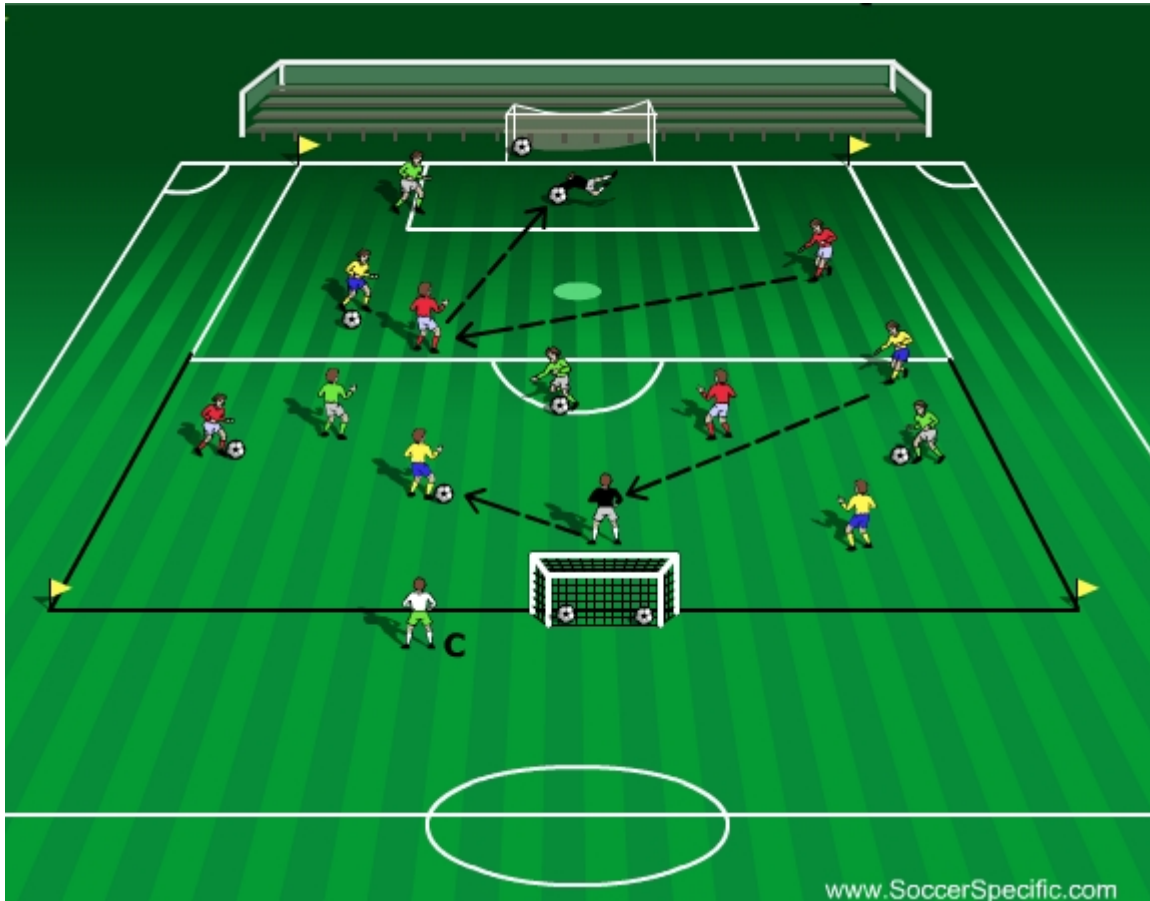


Diagram (a)

#### Explanation:

Progressive warm up begins with the field players knocking the balls around and taking turns striking the balls into either goalkeepers' hands. Slowly build the pace of the shots while warming up both the GK's and field players. Build to hitting low, medium, face shots and then gradually low and medium dives. End with live shots to goal. The goalkeepers must make the save and distribute to the same colored team that attempted on goal.

#### Coaching Points:

- Fundamentals of shot stopping. demonstrate techniques for handling, footwork, shape/stance, getting set, diving. Focus on body mechanics, body shape, balance, weight transfer, eye on the ball, aggressive and positive mentality.

## Activity #2

### Set Up:

Small sided functional. 44 X 36 grid, 12 players, 2 goalkeepers and coach is positioned next to the goal for easy instruction and communication. Vest colors are not significant.

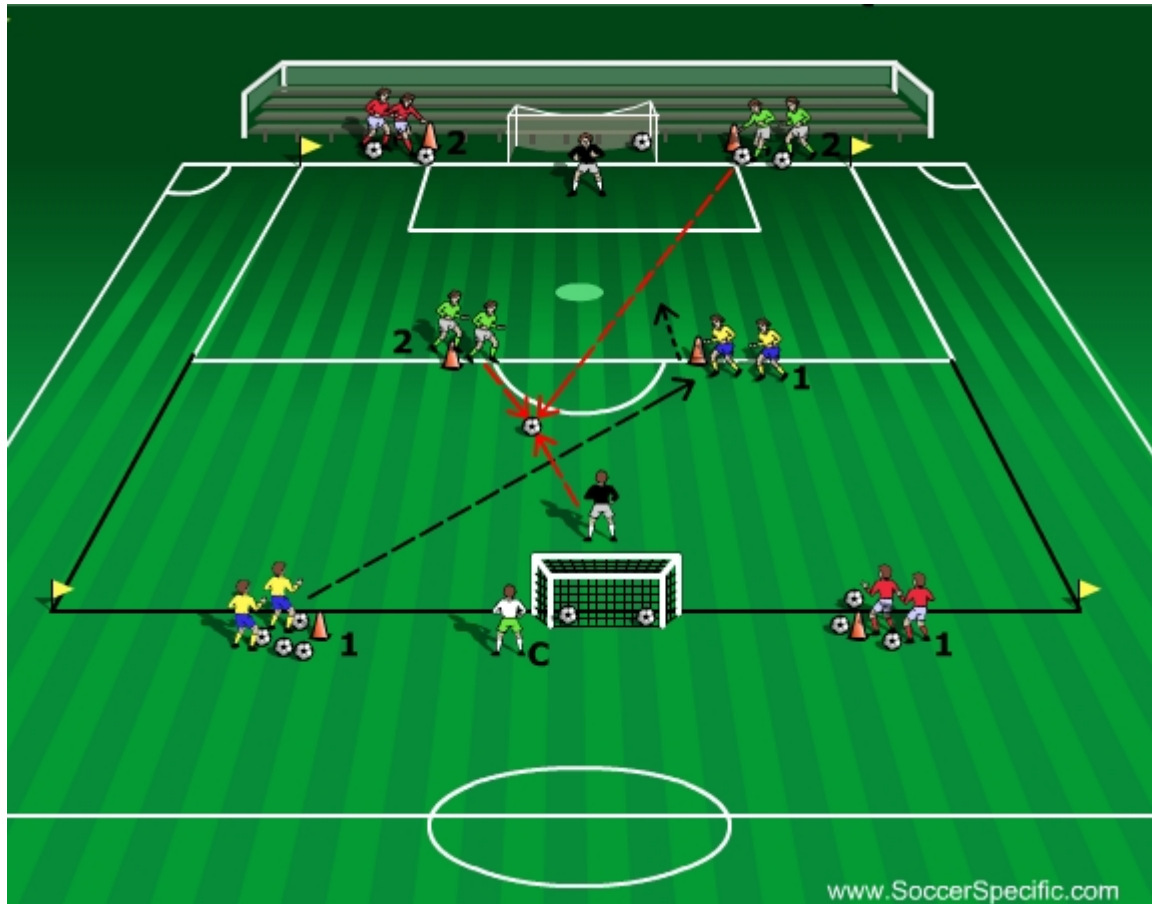


Diagram (b)

### Explanation:

Group 1 and group 2 alternate going to goal. In the diagram the yellow player from group 1 has decided to play to feet and the forward has collected the ball and dribbled toward goal creating a scoring opportunity. Next, the green player has decided to play a through ball to the forward creating a 1 v 1 breakaway. Serve from the other side of the goal creating a different decision for the goalkeeper to make. Keep the lines fresh and interchange the players.

### Coaching Points:

- Narrowing the angle and 1 v 1 breakaways. Demonstrate positioning to make goal small. Body mechanics, triangle between ball, near and far post. Staying in line north, south, east, and west. Footwork, recognize bad first touch, don't anticipate-react, timing, communication, and execution.

### Activity #3

#### Set Up:

Small sided game. 44 X 36 grid, 12 players, 2 goalkeepers. Three teams of 4. Coach positioned close to the goal and goalkeeper.

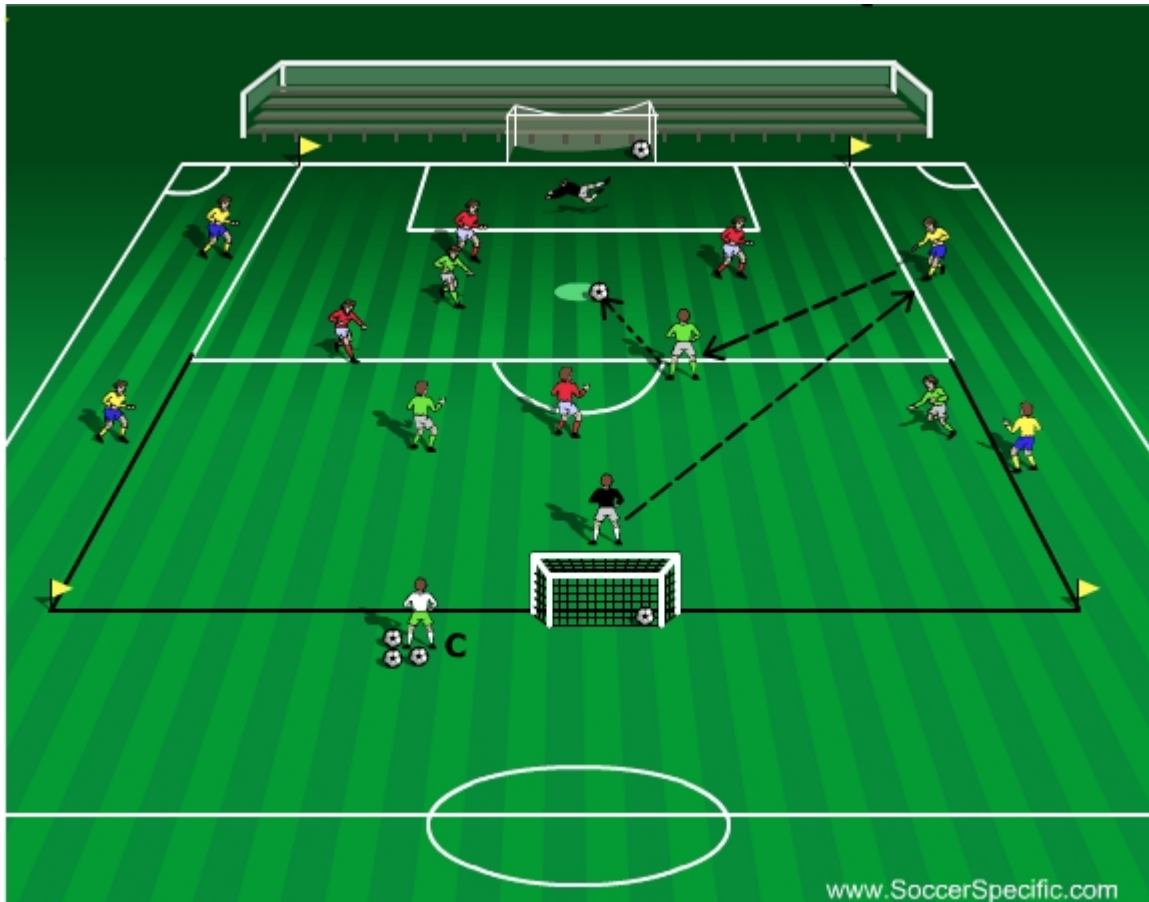


Diagram (c)

#### Explanation:

4 Vs. 4 to goal with 4 neutral "bumper" players on the outside of the grid. Winning team stays on and "bumper" players must transition quickly onto the pitch. Neutral players have one touch thus creating plenty of chances on goal.

#### Coaching Points:

- Goalkeeper must decide to possess or penetrate with his/her distribution. Technique and quality of the distribution, starting position-staying connected to his team, communication and cutting off scoring opportunities. All previous coaching points apply from the warm up and functional progressions.

#### Activity #4

##### Set Up:

7 V 7 unrestricted to big goals, drop an offside line. Yellows are organized in a 2-3-1 and the Reds in a 3-2-1. 20 minute game. Coach remains close to one of the goalkeepers.

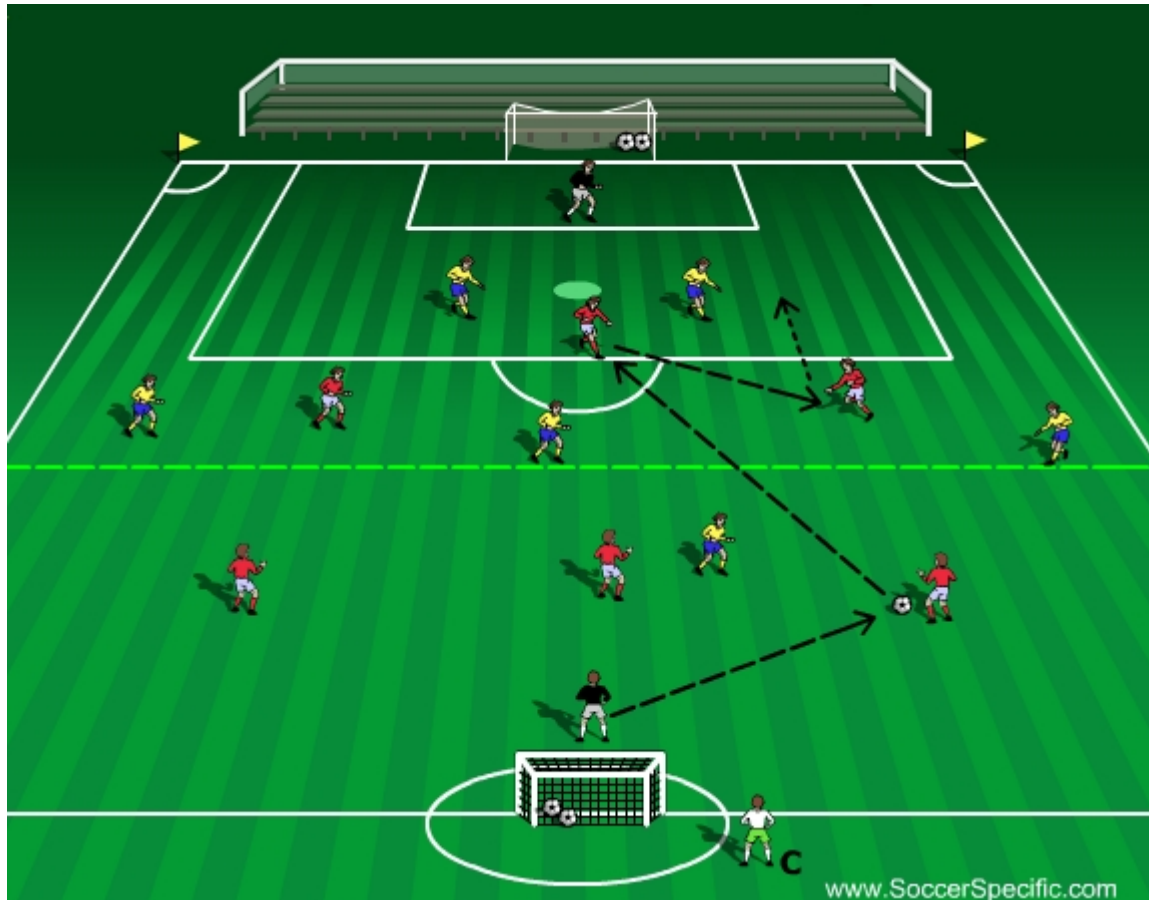


Diagram (d)

##### Explanation:

Normal soccer rules apply.

##### Coaching Points:

- Coach must focus on the goalkeeper, all previous coaching points are appropriate.