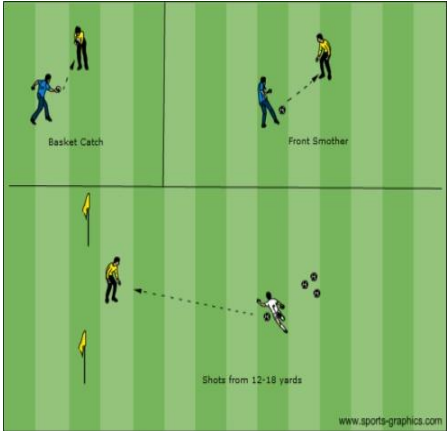
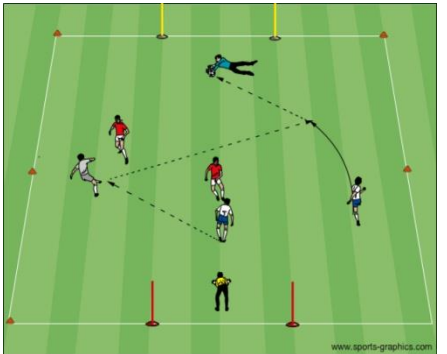
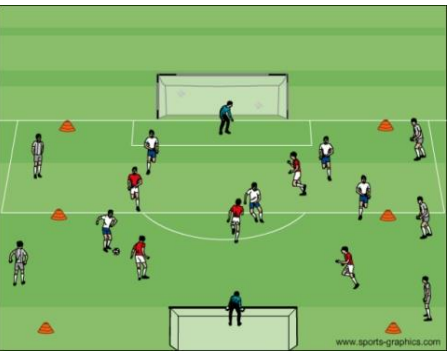


# 12+ Week 5

## Topic: Training the Goalkeeper for Shot Stopping

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>Basket Catch/Front Smother</u></b></p> <ul style="list-style-type: none"> <li>GKs in net with coach tossing underhand with pace a hard ball into their mid/low section for basket catch. Then downwards towards feet</li> <li>GKs in a line, front smother a stationary ball one after the other using proper technique. Then coaches serving low hard ball on ground to GKs.</li> <li>Shots from 12-15 yds. out driving low hard shots towards the GK.</li> </ul>	<ul style="list-style-type: none"> <li>Set feet for shot</li> <li>2 sounded catch</li> <li>Momentum coming forward</li> <li>Hands in front of body</li> <li>Body high then low</li> <li>Secure ball then bring to ground in staggered feet stance</li> </ul> <p style="text-align: right;"><i>Time: 20 minutes</i></p>
<p style="text-align: center;"><b>Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b><u>2v2 +1 to Goals</u></b> Two teams of two players each attacking and defending one goal with a goalkeeper. Neutral player plays for whatever team has possession.</p>	<ul style="list-style-type: none"> <li>Set feet for shot</li> <li>Front smother on low, hard driven shots towards feet</li> <li>Communication with field players</li> <li>Be on the ball line</li> </ul> <p style="text-align: right;"><i>Time: 20 minutes</i></p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b><u>5v5 +5 on Deck to Goals</u></b> Two teams of 5 attack and defend one goal with a goalkeeper. Game played to 1pt. Winning team stays on, team that was scored upon rotates to being the team on deck (surrounding the field)</p>	<ul style="list-style-type: none"> <li>Proper technique when making a save</li> <li>Attack the ball, don't wait for it</li> <li>Organize defenders</li> </ul> <p style="text-align: right;"><i>Time: 20 minutes</i></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>7v7 or 8v8 Scrimmage</b></p>	<p>Play in a 55x80 yd. grid with Goalkeepers. Encourage him/her to communicate with teammates</p>	<ul style="list-style-type: none"> <li>All of the above</li> </ul> <p style="text-align: right;"><i>Time: 30 minutes</i></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session. <b>Time: 5-10 Minutes</b></p>	