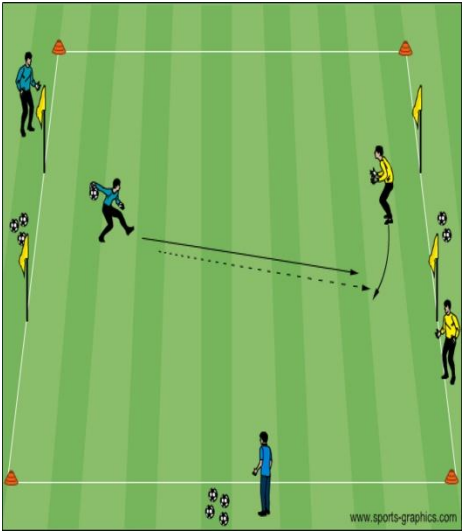
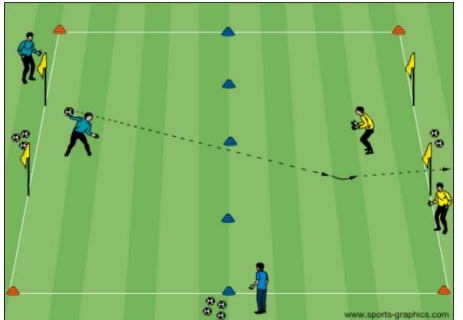
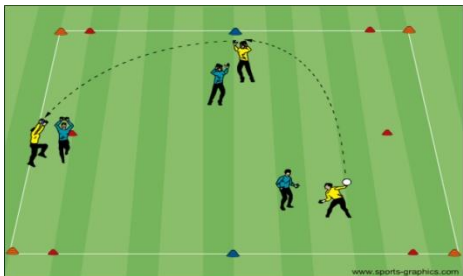


# 2011 - U10 - Lesson Plan - Week Nineteen

## Topic: Goalkeeping Handling and Distribution

**Objective: To improve the technical aspects of throwing the soccer ball after the Goalkeeper has collected it**

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>Partner Catching for Distribution:</u></b> Two lines of players, each in between a cone goal facing each other in a 12x 15 yard grid (three players per line max). GK1 starts with the soccer ball and bowls it to GK2, who scoops it from the ground and brings it up the body to secure the soccer ball. Immediately after the service, GK1 follows his/her service. GK2 repeats the process and bowl is to the next GK in line. After several rounds of bowling and scooping the soccer ball, the GK's should:</p> <ul style="list-style-type: none"> <li>• Baseball throw - Bag catch</li> <li>• Roundhouse throw - W catch</li> </ul> <p><b>Coach:</b> Players should attack the ball (GK should not wait for the soccer ball on the goal line). Serving players should put a bit of pressure to the catching GK when following their service.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<p><b>Catching:</b></p> <ul style="list-style-type: none"> <li>• Feet square to the body, shoulders square to the ball, knees bent, arms out to the side, elbow slightly bent, eyes on the ball</li> <li>• Hands always lead, keep body moving forward</li> <li>• Be set before the shooter plants his/her non-kicking foot</li> <li>• W or Diamond Shape hands to catch high balls</li> <li>• Hands together, fingers point towards the ground with pinkies together for low balls</li> </ul> <p><b>Throws:</b></p> <ul style="list-style-type: none"> <li>• <b>Bowl:</b> ball must be cupped, GK stepping forward with opposite foot from serving hand, low body posture, release the ball low</li> <li>• <b>Round House:</b> ball cupped in hand straight back behind GK, bring hand with ball up over your head with elbow locked and shoulder going forward, then release the ball as hand comes up over the shoulder. Release early for a high service, or late for a low service</li> <li>• <b>Baseball:</b> ball in palm of hand besides head and is thrown straight forward as GK steps into throw, let ball roll off fingertips, backspin will help settle ball quicker</li> </ul>
<p style="text-align: center;"><b>Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b><u>GK Wars ( Hands Only):</u></b> In an area 15x20 with an 8 yard goal at each end and half way line, GK will throw the ball at each other trying to score using any of the three services (Bowl, Baseball or Roundhouse). GK can't throw the ball past the half way line. If a GK gets scored on, a new GK gets in the goal. No more than 3 GK's per side.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b><u>Goalkeepers Hand Ball to End Zones:</u></b> Split the team or Goalkeepers into two teams and play handball. Each player can only take 3 steps max. Keepers must catch the ball inside the End Zone in the air or after one bounce to score. On the field, keepers can't allow the ball to bounce more than twice.</p> <p style="text-align: right;"><b>Time: 20 minutes</b></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>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	