



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Coaching a Keeper within the Game

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Two teams of four players with a ball per team * Use 2 or 4 Goalkeepers, depending on the size of your group * Teams pass and move the ball around, when the keeper makes eye contact with a player, that player passes it into the keeper's arms. * The keeper then distributes it to a player from the other team. * Progress to players trying to hit it past the keeper 	<ul style="list-style-type: none"> * Attacking the ball (Step Forward) * Feet set as the player strikes the ball * Get body in line with the ball * Watch the ball until it is cushioned into the hands * Bring the ball into the chest
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Two teams of four outfield players and 1 keeper * Keepers are placed in a 5 yard by 5 yard grid at the end of the main grid * Teams score by playing to the opposing keepers hand whom has to be in their grid when receiving it. * The keeper then distributes the ball to their own team. * Keepers cannot play directly to each other * Keepers can leave their grid when their team is in possession 	<ul style="list-style-type: none"> * Staying connected with the team * Organization * Reading the game * Distribution (Technical Points) <ul style="list-style-type: none"> > Throwing > Rolling > Kicking/ Pass Backs
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 5 v 5 with two neutrals * Normal soccer rules * If a neutral player scores a goal it counts for double 	<ul style="list-style-type: none"> * All of the above * Keep covering the following issues <ul style="list-style-type: none"> > Shot Stopping > Stay Connected > Distribution
<p style="text-align: center;">MATCH</p>	<ul style="list-style-type: none"> * 6 V 6 * Normal Soccer Rules * Little to NO coaching, but position yourself where you can still work with the goalkeeper 	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> = Goalkeepers </div> <div style="text-align: center;"> = Players </div> </div> <div style="margin-top: 10px;"> = Pass </div> <div style="margin-top: 10px;"> = Throw/GK Distribution </div> <div style="margin-top: 10px;"> = Ball </div> <div style="margin-top: 10px;"> = Goal </div>
<p style="text-align: center;">COOL DOWN</p>	<p style="text-align: center;">Players pass and move in pairs. Stretch</p>	

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