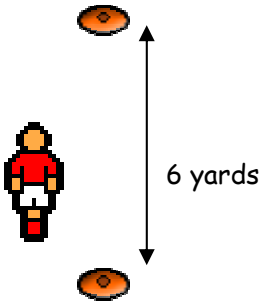
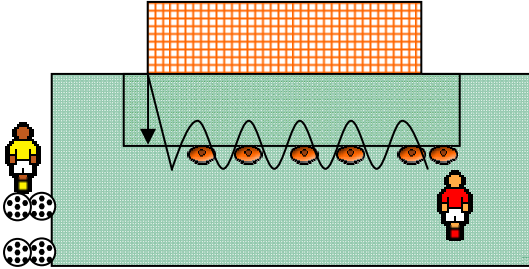
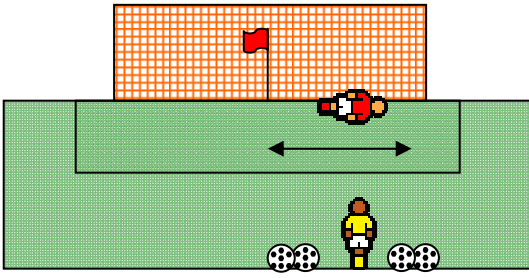











Kentucky Youth Soccer Association Coach Education Lesson Plan

Topic = Goalkeeping: Improving Agility

Coach= Leah Castleman, Georgetown College, KY, Women's Head Coach

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>Each Goalkeeper works between two cones placed approximately 6 yards apart. Goalkeepers complete each exercise for one minute, rest for 30 seconds; while working, GK holds a ball above their head.</p> <ol style="list-style-type: none"> 1. Sprint across, backpedal back 2. Shuffle across and back 3. Sprint/backpedal figure 8, quick feet around cone 1.5 times 4. Shuffle, figure 8 (same as above) 5. Sprint/backpedal, at each cone jump side to side over the cone 3 times before changing direction 6. Shuffle, jump forward/backward 3 times at each cone 	<ul style="list-style-type: none"> * Quick feet * Weight supported forward balls of feet, not heels * Explosive direction changes, of speed into sprint. * Balance, center of gravity, distribution of weight
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Place 6 to 8 cones on the 6 yard box directly in front of the goal, evenly spaced with the cone closest to the server being even with the post. * Server plays balls from the side of the 6 yard box. * Keepers perform a variety of footwork exercises through the cones toward the server. (In and out, shuffle steps, etc.) When reaching the cone closest to the server, the GK will shuffle over to touch the post and then move back toward the cone to make a save. * Vary ball service. Begin with balls played at a moderate pace on the ground for keepers to move feet and body behind. 	<ul style="list-style-type: none"> * Explosive change of direction * Forward distribution of weight * Get feet and hands behind ball * Quick footwork
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Place a flag in the center of the goal on the goal line. * GK will lay on their side on the goal line with their fingertips at the post and their feet towards the flag. * On the server's command, the goalkeeper will get up to their feet, shuffle to the post and back to the flag, and then make a save back toward the post. Progress to getting up to feet quick without using hands. * Progress service to more challenging balls in the air/floor * Progress from one save per rep to two saves; service should vary from high ball to low ball in different directions among reps. * Keepers can keep track of their number of saves out of 10 reps to make it competitive. 	<ul style="list-style-type: none"> * Quick transition from ground to feet in ready position * Explosive change of direction * Get feet and hands behind ball * Get feet set before save
<p>MATCH</p> <h3 style="text-align: center;">6 v 6 with Goalkeepers</h3>	<ul style="list-style-type: none"> * 6 V 6 including GK's or whatever numbers work out for group * Keepers earn their team goal if they make 3 saves * Play on a short and narrow field to allow plenty of shots for the keepers 	<p>Legend</p> <ul style="list-style-type: none">  = Goalkeeper  = Server  = Flag  = Cone  = Goal  = Ball  = Shuffling

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