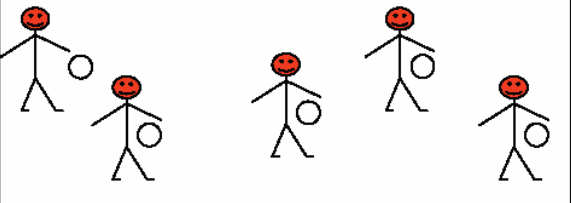
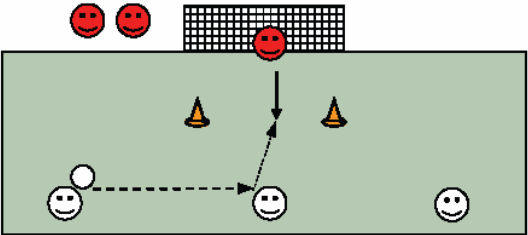
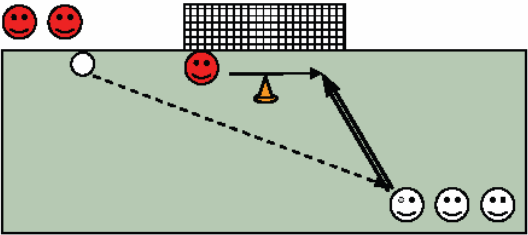
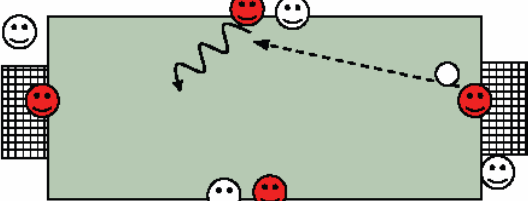


Goalkeeper – Basics

U-12

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players start with a ball each * Move around bouncing ball * Work on footwork and basic handling * Players then work in pairs passing the ball to each other 	<ul style="list-style-type: none"> * Moving feet to get body behind the ball * Ball is in "jail", between arms in basket * Contour forms "W", extend to catch. * Collapse at forward angles, keeping shoulders/hands Low and forward on line. * Extend arms and explode to save high.
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Place two cones 4 yards out from the goal * 3 attacking players pass the ball back and forth * Keeper moves with the ball * One player finally pass the ball into the GK 	<ul style="list-style-type: none"> * Athletic shape, feet shoulder width, hands extended a bit in front of torso, elbows should be in front of body. * Pre-stretch to challenge and load muscles * Feet must be set just before ball is struck-stay up as long as possible
<p>MATCH RELATED ACTIVITY</p> 	<p>Ball starts with 2nd GK in line, passing to shooting GK who shoots to small goal on 2nd touch GK must slide across goal area to save forward of small goal After taking the shot switch sides Alternate the sides the services comes from</p>	<ul style="list-style-type: none"> * Footwork is one big crossover then short, quick shuffle steps out and across. * GK should straddle ball line to cover angle properly. * Feet set just before shot * Weight forward, hands up and forward
<p>MATCH CONDITION ACTIVITY</p> 	<p>2 GK at each position, GK in goal starts Distribute to either wide player Wide player attack opposite direction Players rotate by following pass/shot Encourage random play to avoid playing in a circle Moving body to straddle ball line (angle). Pressuring shooter. Feet set on shot. Rebound cover. Quick restart</p>	<p>KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> = Players = Ball = Goal = Cone = Pass = Movement off the ball = Dribble
<p>COOL DOWN</p>	<p>In pairs or three's players throw and move around</p>	