

<p>Fundamental - Warm Up (15 min)</p>	<p>Organization</p> <p>Jog With all gear on, jog around center circle. Progress through the following:</p> <ol style="list-style-type: none"> 1. Simple jog 2. Arm windmills, forward then backward 3. Side shuffle, facing in then out 4. Bring knees up high 5. Simple jog again and slow down the pace 6. Step lunges with both legs 7. Step lunge then stand up straight and touch toes <p>Stretch Progress through the following:</p> <ol style="list-style-type: none"> 1. Cross legs and touch toes 2. Keep legs straight and lean backward 3. Hamstring stretch lunge keeping back foot flat 4. Cross one arm in front of chest, pull with other arm 5. Cross one arm behind head, pull with other arm 6. Side to side stretches 7. Spread legs apart, touch each toe 8. Squat, palms on ground, push apart knees with elbows <p>GKs partner up. Progress through the following:</p> <ol style="list-style-type: none"> 1. One arm behind head, one behind back, try to link hands 2. On ground, both legs out front, touch toes, partner pushes gently on back 3. On ground, flat on back, bring one leg straight up, partner pushes leg up and forward, pull down on toe gently 4. Spread both legs apart, touch each toe, partner pushes gently on back 5. Arms behind back, connect hands, partner gently pushes arms up slowly, then bring them back down slowly 	<p>Key Coaching Points</p> <ul style="list-style-type: none"> • Goalkeepers MUST stretch VERY well.
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<p>Match Related Activity (15 min)</p>	<p>Left/Right Fall Save Pair up GK's, each with a ball. One GK on the ground sitting with legs out straight. Other GK near their feet with a ball.</p> <p>Progress through the following:</p> <ol style="list-style-type: none"> 1. Keeper kicks ball to left of GK 2. Ground GK falls left to make the save, one hand behind the ball, other one on top, ground is the third hand 3. Keeper makes save and distributes back to shooter 4. Keeper kicks ball to right of GK 5. Ground GK falls right to make the save, one hand behind the ball, other one on top, ground is the third hand 6. Keeper makes save and distributes back to shooter 	<ul style="list-style-type: none"> • Fall Saves - Make sure GK on ground keep legs straight out in front of them. • Fall Saves - Passing GK must make good passes so the ground GK can make the save. • Fall Saves - Once the ground GK get comfortable, widen the passes to make them stretch further.
<p>Match Condition Activity (15 min)</p>	<p>Sidestep 2 Goals Use 1 full size goal. Up to 4 GKs and a shooter. Flat cones and 6 balls.</p> <p>Use flat cones to create 2 mini goals on each side of the full goal about 5 feet off the goal line. Then place one flat cone on the goal line in the center of the goal.</p> <p>GK's line up near a post. Shooter and a GK line up across from each mini goal with balls.</p> <p>Progress through the following:</p> <ol style="list-style-type: none"> 1. Keeper sidesteps from the post to inside the opposite mini goal 2. First shooter takes a ground shot 3. Keeper makes save and distributes back to shooter 4. Keeper drop steps toward center cone and side-steps back to it, reaches down and touches it, and sidesteps to the next mini goal 5. Second shooter takes a ground shot 6. Keeper makes save and distributes back to shooter 7. Keeper sidesteps off to the opposite post, goes around back of net and gets back in line 	<ul style="list-style-type: none"> • Keeper should NOT cross their feet when moving from goal to goal. • Look closely for proper technique and fix it immediately. • Keeper should move with haste. Hands up, always ready to make the save.
<p>Match Condition Activity (30 min) Play a game!!</p>	<p>» Put the keeper into the net during the game and watch how they do.</p>	<ul style="list-style-type: none"> • Let them play. Use "FREEZE" to stop play to point out something to fix or demonstrate. Only stop a couple times at this phase of the session.