



Interactive Session Plan™



Select a Date

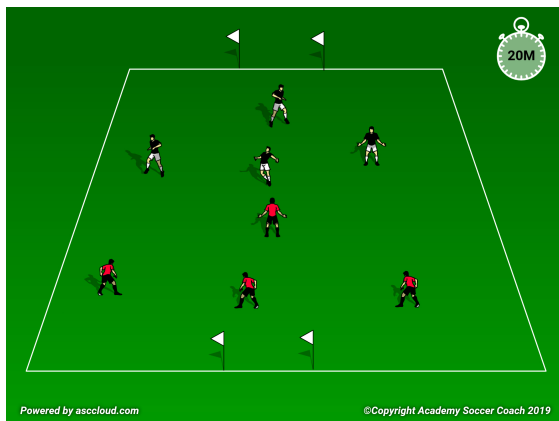
Chris Bagshaw

Age group:

U10s

Youth Goalkeeping Basics

60 mins



Open Game

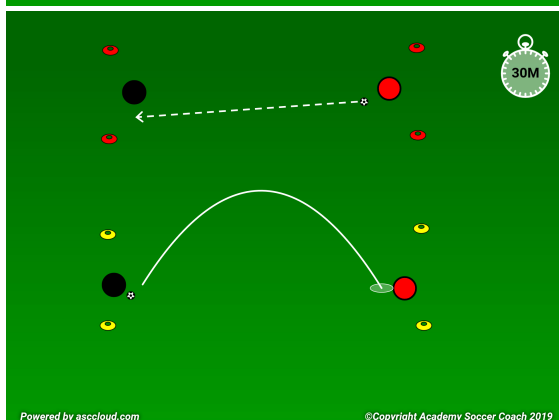
Setup:

- Create a field using cones/flags as goals
- As each player arrives
 - Greet them
 - Give them a pinnie.
- Game might start out as 1vs. Coach, and grow to 6v6
- Let the players enjoy themselves and PLAY SOCCER!

Rules:

- No GKs
- Open Play
- You can add a restriction that will encourage the sessions topic or introduce it into the players mind "Extra point if you do this skill." "Two Points if you make a pass before scoring."

Make sure the pitch is safe and dimensions encourage continuous play



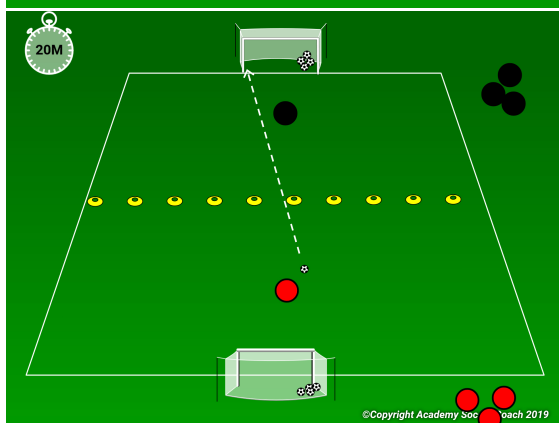
Learning How To Be A Goalkeeper

Setup:

- 2x5yd goals that are about 10-15yds apart from each
- Players partner up with 1 ball and stand across from each other in their goal

Rules:

- Players will throw or pass/shoot the ball to their partner - they should start out softly
- The coach will teach the players the correct techniques for saving:
 - Low Shots: basket scoop, on toes, chest facing ball, eyes on ball
 - Medium Shots: basket scoop (pinkys together) or W catch, hands up by chest, eyes on ball
 - High Shots: W technique, read flight of the ball, knee up, on toes
 - Diving: Don't turn your back to the ball, ball in front of you, back leg up, on toes
- Distribution: throwing and rolling, kicking off the ground, where to aim a goal kick, how to lift a ball



Goalie Wars

Setup:

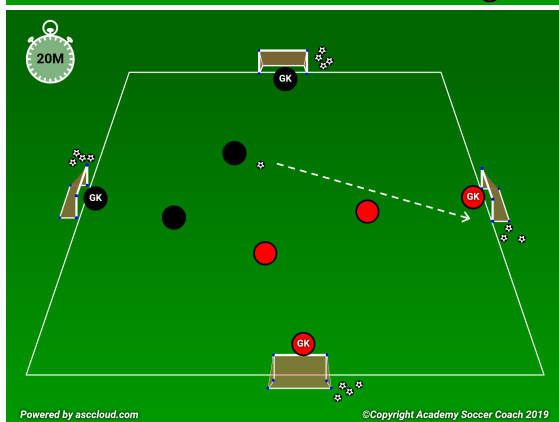
- 20x20yd grid with a goal
- Split the field in half with cones
- 2 teams

Rules:

- 1 player from each team is in
- Cannot leave your own half
- Players try and score on each other by shooting, throwing, volleying, chipping, from their own half.
- If the player scores, then the person they scored on is out and a new player comes in
- If the player misses, then they have to rush back and defend their goal before their opponent scores
- Game continues until one team runs out of players

Progression:

- 2v2
- Only volleys or weak foot



GK Shootout

Setup:

- 4 goals
- 2v2 in the middle

Rules:

- GKs defend their goals from attack.
- Red has 2 goals to defend and so do black
- Make numbers small in the middle to encourage plenty of shooting and attacking play to work the keeper

Progression: Move the goals around so that they are closer together or further away