



# Interactive Session Plan™

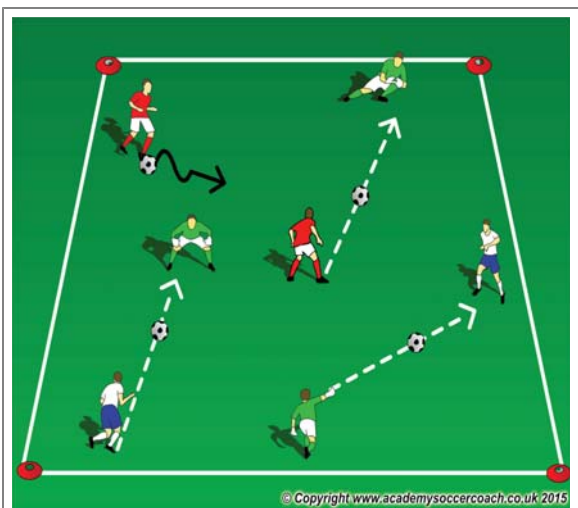


Season Fall 2015 Team/Age Group U12 Week 2

Topic Goalkeeping - Collecting the ball

Objectives 5W's

To improve the Goalkeeper's ability to use the proper technique when collecting the ball:  
WHO: #1 - WHAT: Technique of collecting the ball - WHEN: Shot comes towards them - WHY: To collect the ball properly and distribute to teammates - WHERE: In the penalty box



## 1. WARM UP

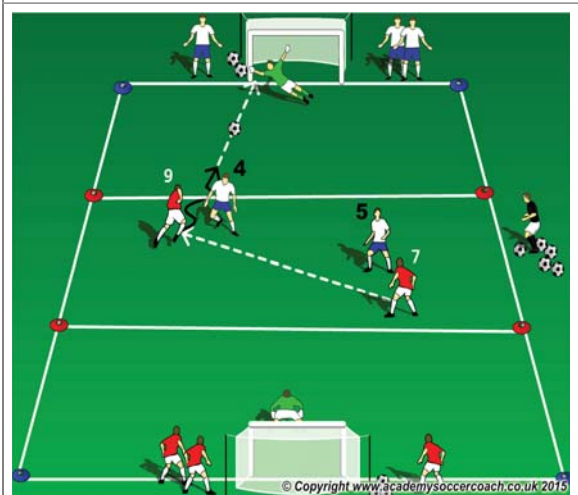
Duration: 12 min Intensity: Med Intervals: 4 Activity Time: 2.5 min Recovery Time: 30 sec

### ORGANIZATION - (Physical Environment / Equipment / Players)

**GOALKEEPER (GK) & FIELD PLAYER WARM UP:**  
In a 20Wx30L grid, half the players with a ball, half without (including your GK.)  
• Round 1: Everyone, including GK's are passing and moving to anyone. If no one is immediately available, dribble to find a pass.  
• Round 2: GK's will call out a player's name and the ball must be played on the ground and to the GK for a "scooping" save. After the scoop, the GK will roll the ball to a new player without a ball.  
• Round 3: On GK's command, the players will strike a ball waist high to the GK who will then roll the ball out to a new player without a ball. GK's will execute a basket catch  
• Round 4: Follows the same format but now balls are played in above the waist. GK's will execute a diamond catch

### COACHING POINTS / KEY CONCEPTS

- Technique of Collecting the ball: Get your body in line with the ball, Hands in a diamond shape curving hands to the shape of the ball (when the ball is waist height and above), pinky's together and scoop the ball into the body when the ball is waist height and below, Use footwork to get body behind every shot.
- Tactical: When to use the different types of handling?



## 2. SMALL SIDED ACTIVITY

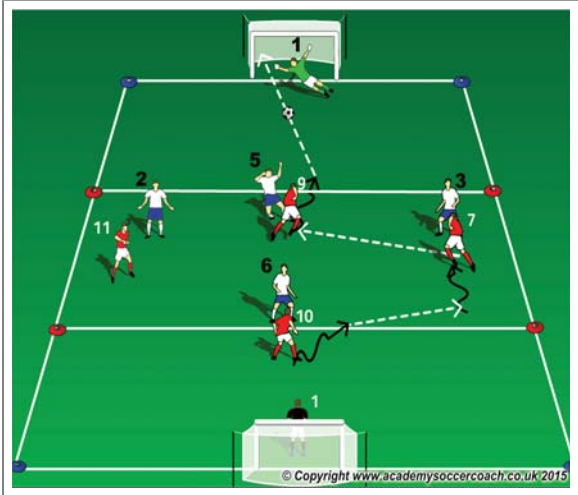
Duration: 18 min Intensity: Med Intervals: 3 Activity Time: 5 min Recovery Time: 1.5 min

### ORGANIZATION - (Physical Environment / Equipment / Players)

**3v3 TO GOALS (GK's+2v2 Reloading):**  
In a 20Wx30L grid broken into three zones. The Coach will serve the ball to a team, play until either the GK collects the ball or one team scores.  
Scoring:  
• Coaches will determine the values of the goals.  
• Gk works to use the proper technique and foot work to deal with all types of shots on goal.

### COACHING POINTS / KEY CONCEPTS

- Technique of Handling, Technique of a ready position: when the shooter takes a preparation touch and pulls their leg back for a shot. Knees bent, shoulder width apart, hands relaxed and weight on the balls of the Gk's feet
- Tactical: When to use the different types of handling. GK's should be on their "ball line" which is if a line is drawn from the center of the ball to the center of the goal, Gk's should be straddling on that line.



## 3. EXPANDED ACTIVITY

Duration: 20 min Intensity: Med Intervals: 2 Activity Time: 9 min Recovery Time: 2 min

### ORGANIZATION - (Physical Environment / Equipment / Players)

**5v5 TO GOALS:**  
In a 40Wx60L grid broken into three zones. Play 5v5 to goal.  
Scoring:  
Coaches will determine the values of the goals.  
Gk works to use the proper technique and foot work to deal with all types of shots on goal.

### COACHING POINTS / KEY CONCEPTS

- Technique of Handling and technique of being in a ready position
- Tactical: Proper positioning of being on their ball line (angle of play based on the distance and angle of the attacking player.) When to get ready?

4. GAME **7v7** Duration: 25 min Intensity: Med Activity Time: 11 min Intervals: 2 Recovery Time: 3 min

ORGANIZATION  
• On a 40Wx70L field the Red team will play a 1-2-3-1 and the White team will play 1-1-3-2.  
• Play the game encouraging goalkeepers to use the proper technique in collecting the ball

COACHING POINTS / KEY CONCEPTS **Roles and responsibilities of the Goalkeeper. Speed of Play and execution.**