Organization: **Lucan soccer Club** Week: **2**

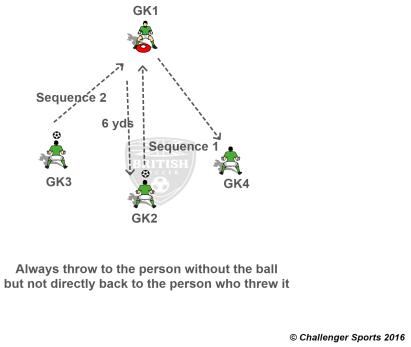
Age Group: **U9-U13** **60** Minutes

Category: **Goalkeeper**

Topic: Handling low shots

Objective: Learn the Scoop technique for low shots close to the body

Session Part: Warm-up

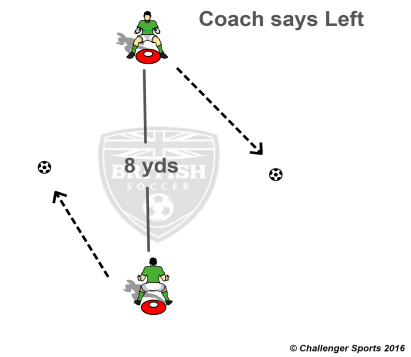


Organization	Time: 15
Area:	6 yards apart
Numbers:	Groups of 4

GK 1 is the working Goalkeeper. GK 2-4 spaced out 6 yards apart as shown. GK 2 and 3 have a ball. Balls are always thrown from face height with two hands on the ball. Hands stay up once ball has been thrown. One ball is served, and GK 1 will catch and instantly throw to the other Goalkeeper without a ball. The second ball is served, and the same pattern takes place. Aim is to throw and catch instantly and not drop the ball or hands. Ball always goes to the Goalkeeper without a ball. Rotate after 1 minute.

Progressions	Coaching Points
Working Goalkeeper makes catch, and than claps behind back before returning hand to the catching position to take next catch.	- Shoulder and hips must stay locked facing forward. Only hands/arms move to get in line with each ball. - Have hands out in front and use the elbows for the power for the throw, not the wrists.

Session Part: Individual Activity

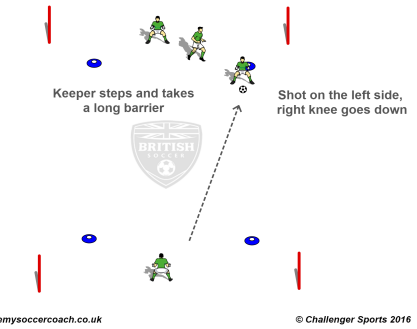


Organization	Time: 15
Area:	10 yards apart. Ball placed 6 yards either side.
Numbers:	In pairs

This practice is focused on the Scoop Catch/Pick up. Goalkeeper's facing each other. Coach out 'LEFT' or 'RIGHT' - Goalkeeper's go to opposite balls. The nearest foot steps across in line with the ball, and the opposite knee come across and down to the heal. Hands come down and in line with the ball, with the palms facing forward and little fingers touching.

Progressions	Coaching Points
Opposites - to work on focus and processing information, the Goalkeeper's go to the opposite side i.e. if LEFT is called, they go RIGHT. Move balls further away, Goalkeeper's must now make one shuffle and Scoop the ball up.	- Shuffle diagonal out to the ball. - Body weight slightly forward leaning in to the ball. Head and shoulders come over the ball. - Fingers spread out.

Session Part: Partner/Small Group

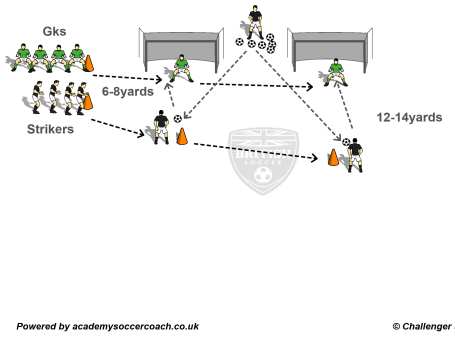


Organization	Time: 15
Area:	Two goals 10 yards apart. Two cones 2 yards off the line.
Numbers:	In pairs

Goalkeeper's start in SET position. The server rolls towards one of the two cones. The aim is for the Goalkeeper to step out and make a Scoop in front of the cone. If the ball is received behind the cone, the Goalkeeper hasn't stepped forward and attacked the ball. Progress to the ball being passed with the inside of the foot.

Progressions	Coaching Points
Goalkeeper shuffles around the opposite cone to the one that the ball is going to first. This helps them move their feet and challenges their speed.	- Two little steps out to the ball instead of one big step. - Step forward to lower body to the ball - Body/hands should always be in line with ball.

Session Part: Group Activity



Organization	Time: 15
Area:	Two goals next to each other, 5 yards apart.
Numbers:	Split into two teams

Short Shot, Long Shot.
One group is a team of Goalkeepers and the other team are shooters. One the call of 'GO' from the coach, the Goalkeeper shuffles into the goal while the shooter runs to the first cone (short shot). Coach passes ball out for a 'one-time' shot. Goalkeeper then shuffles to second goal, and shooter goes to second cone (long shot).

Progressions	Coaching Points
Competition between the teams. A point is scored for a save and for a goal. No points if the shot misses the target. Increase distance from the goal the teams start. This means Goalkeeper must now cross-step.	- SET when shooters foot goes back for the shot. - Use correct catching technique. - Shuffle or cross-step quickly into position. - Keep balanced to dive either side.

Email Session Print Session

© Copyright Challenger Sports 2016