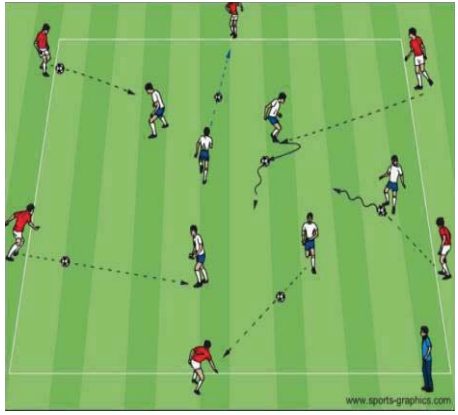
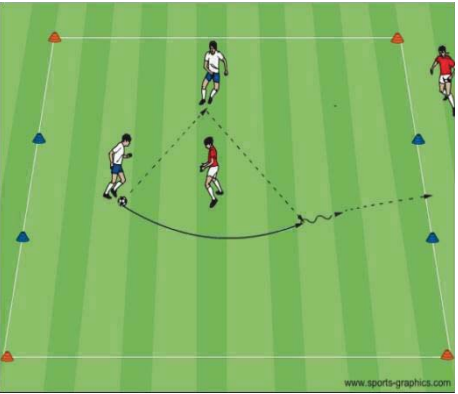
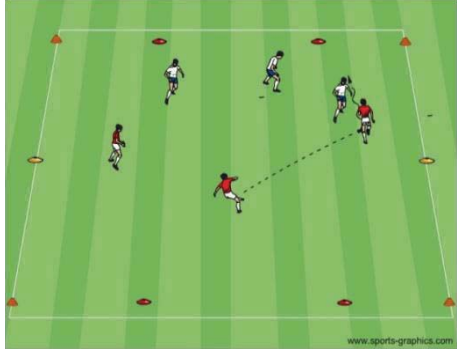




Lesson Plan

Topic: Combination Play (Wall Passes and Take-overs)

Objective: To introduce players to combination play, improve their passing abilities and recognize the correct timing & opportunity to pass

Technical Warm up	Organization	Coaching Pts.
	<p><u>Dutch Square:</u> Half the players create a square in a defined space with a ball. Players without balls are in the middle and check to receive a pass from outside players. Once they are inside, players have the ball and they look to connect a pass with another outside player.</p> <ul style="list-style-type: none"> ➢ Review technique of passing & receiving ➢ Introduce wall passing ➢ Introduce take-overs <p style="text-align: right;">Time: 15 minutes</p>	<p>General</p> <ul style="list-style-type: none"> • Quality technique while passing and receiving • Be patient & let opportunities develop • Encourage finishing off of combination opportunities • Positive environment to encourage creative and instinctive play • Communication <p>Wall Pass</p> <ul style="list-style-type: none"> • 1st attacker dribbles at 1st defender • 2nd attacker is slightly ahead of defender in good supporting angle turned sideways on • 1st attacker reads defenders and supporting cues; decide to dribble or play a wall pass • Disguise, deception of pass and runs • Accuracy and quality of pass • Look for opportunities to create numbers up situations (2v1, 3v1 etc.)
<p style="text-align: center;">Small Sided Game</p> 	<p style="text-align: center;">Organization</p> <p><u>2v1 to Small Goals:</u> In a 15x 20 yard grid, two players are trying to score after they have combined and put the ball through the small goals. The exercise starts with the defender passing the ball to any of the attackers at the opposite end. If the ball goes out of bounds or the attackers score, re-start a new game and change the defender. If the defender scores, he and his partner become the attackers.</p> <p style="text-align: right;">Time: 15 minutes</p>	<p>Takeover</p> <ul style="list-style-type: none"> • 2nd attacker runs directly at the 1st attacker from the opposite direction • 1st attacker protects the ball from the 1st defender by keeping body between ball and defender • 1st attacker leaves the ball and 2nd attacker takes the ball using same foot (right to right or left to left) • Simple communication: "take" or "leave"
<p style="text-align: center;">Exp. Small Sided Game</p> 	<p style="text-align: center;">Organization</p> <p><u>3v3 or 4v4 to End Zones:</u> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score 5 points when a team penetrates the End Zone by performing a wall pass or take over. One point if just pass or dribble into the End-Zone</p> <p>Coach: Encourage players to recognize opportunities to combine to penetrate.</p> <p style="text-align: right;">Time: 20 minutes</p>	
<p style="text-align: center;">Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
<p style="text-align: center;">6v6 Scrimmage</p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
<p style="text-align: center;">COOL DOWN</p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	



Goalkeeping



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- Goalkeeping should become an active part of every practice. Unfortunately, many coaches incorrectly set up practices where goalkeepers work mostly by themselves and call on them only for shooting exercises. Goalkeepers should be used early in practice in technical development with the ball at their feet, and either as targets or in their primary role in front of the net to solidify their importance. They should not only play as shot blockers and distributors of the ball, but as active communication links with the rest of the team.
 - The role of the goalkeeper needs to move beyond that of a shot blocker during shooting practice. Coaches should permit goalkeepers to distribute the ball, which increases their decision-making and communication abilities. The goalkeeper's offensive role should develop in concert with their defensive role.
 - Be Active. Concentration by the goalkeeper is vitally important to their effectiveness. Goalkeepers who stay on their line or who are not attached to the rest of the team will soon be reacting to a desperate situation instead of a relatively safe one. Encouraging goalkeepers to be involved and ready goes a long way in reducing dangerous situations.
 - Goalkeeping is a tough job. Much is expected of goalkeepers, but they receive very little praise. In many ways, goalkeepers are subject to open and unforgiving exposure. Mistakes are clearly showcased and become very personalized, and psychologically deflating. Mistakes will be made. Encouragement and understanding mixed with sound coaching advice will go a long way in creating a stimulating playing environment.
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Cardinal Rules of Goalkeeping

Teach players to follow these rules when they are in goal.

1. Go for everything!

You may not be able to stop every shot that comes your way, but if you make the attempt, you will find that you are stopping shots you never before thought possible. You will also have the personal satisfaction that at least you made the attempt and your teammates will be more forgiving even if you miss.

2. After a save – get up quickly!

If you have gone to the ground to make a save, get back on your feet as fast as possible. Look for a fast break distribution or direct your teammates into position to receive a build-up distribution. This aspect is particularly important if you are hurting. You cannot show weakness, start the counterattack. This will particularly intimidate your opponents and raise the confidence in your teammates.

3. Do not be half-hearted – 100 percent effort!

Every time you make a play, it must be with all of your ability. If you go halfway, you will miss saves and possibly injure yourself.

4. Communicate loudly!

You must constantly give brief instructions when on defense. When your team is on the attack, come to the top of your penalty area or beyond and talk to your teammates and offer support to the defenders. Be mentally involved in the entire match, no matter where the ball is.

5. No excuses! No whining! Just get on with the match.

If a goal is scored against you, a corner kick is given up or the shot is a near miss, do not yell at your teammates even if it's their fault. Do not hang your head or kick the ground or the post if it was your fault. During the match is no time to point fingers or make excuses. The play is over, it's ancient history; get on with playing the remainder of the match. Focus on what lies ahead!

GOALKEEPER DEVELOPMENT CURRICULUM

Three basic catches utilizing proper body shape:

- *Low ball scoop*: Hands together, fingers pointing towards the ground (pinky's together, like a shovel scooping into the body)
- *Basket Catch* (waist and below): Hands together, fingers pointing towards the ground, pinkies together
- *Contour Catch* (waist and above): "W" or Diamond shape with hands
- When catching the ball, the hands always lead, keeping the body moving forward
- Body shape should be feet square to the body, shoulders square to the ball, knees bent, arms out to sides and slightly forward with elbows slightly bent, on the balls of your feet

Collapse Dive to both sides.

Starting first with a still ball, then a rolling/thrown ball, then a slow kicked ball.

- Use proper footwork, staying on the balls of your feet, to get into position to dive
- Always take a leading step forward to meet the ball, leading with the hands, not feet
- Catch the ball in a W grip with one hand on top and one hand behind the ball
- Land on your side (hip and shoulder) with opposite knee driving across body for more power and protection.
- Eyes on the ball, one hand on top, one behind, elbows slightly bent and top leg up for protection

Three basic throwing techniques:

- *Bowl*: ball must be cupped, GK stepping forward with opposite foot from serving hand, low body posture, release the ball low so the ball rolls smooth on the playing surface.
- *Roundhouse*: ball cupped in hand straight back behind GK, bring hand with ball up over your head with elbow locked and shoulder going forward then release the ball as hand comes up over the shoulder. Release early for a high service, or late for a low service.
**Introduce the roundhouse throw at this age level, but a majority of players might not be able to perform the skill just yet. As the players grow and become more comfortable with the ball in their hands, they will be able to grip it with one hand, using their forearm for support.
- *Baseball*: ball in palm of hand besides head and is thrown straight forward as GK steps into throw, let ball roll off fingertips, backspin will help settle ball quicker

Basic positioning in the goal using proper footwork.

- Quick lateral footwork to get body behind the ball and limit diving. Not crossing the feet at this level will help increase the speed of the goalkeepers' lateral footwork and prevent tripping over their feet.
- GK must always try and position their bodies on an imaginary line that runs from the center of the goal to the ball.
- Position bodies far enough off the goal line to cover the angle created by the ball and both posts. Be able to cover either post with a couple of quick steps and a dive.
- At sharp angles, always play outside the near post
- Be aware of balls over the head when too far off the line

