

# TRAINING PLAN U-12 GOALKEEPING

CREATED BY  
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AYSO Soccer Camps

## TECHNICAL WARM-UP

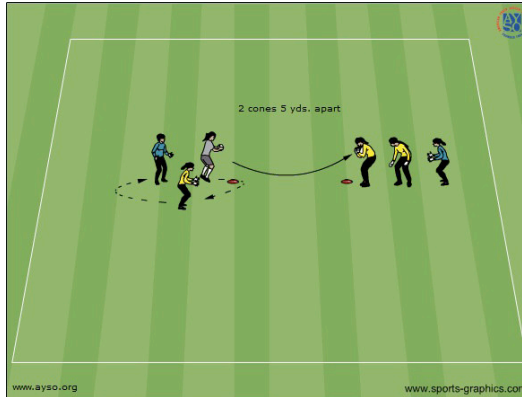


To see this activity in action visit <http://bit.ly/Ya1rxg>

### ORGANIZATION/RULES

- 2 cones, 5 yds. apart w/ 2-3 GKs lined up behind each cone facing each other in GK stance.
- 1st GK serves 2 handed to GK at front of other group & retreats to the right & joins back of line.
- Ball is passed back & forth into GK hands & each GK moves backwards to the right to join back of their group before edging to front again.
- GKs then change direction of their backwards movement to left.
- > Starting GK serves 2 handed ball to GK in other group then shuffles to back of opposite line via right hand side of opposite group. The movement goes from a retreating backward shuffle to a forward movement opening the body and seeing the ball at all times. GKs can then move to the left to join the end of opposite group.
- > Serve high balls for high catch.

Player leads stretching.



### COACHING POINTS

- Good GK Position: Knees slightly bent, body weight forward on the balls of their feet. Hands must be positioned in a central location, palms facing out, thumbs close together for ease of catch and movements.
- Soft hands, strong wrists when catching the ball.
- Firm 2 handed serve to cover distance.
- When moving after serving ball (whether forward or backward) be aware of where the ball is. Never take your eyes of the ball during movement.

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

## ACTIVITY I

Individual & Pair Work

Competition & Teamwork

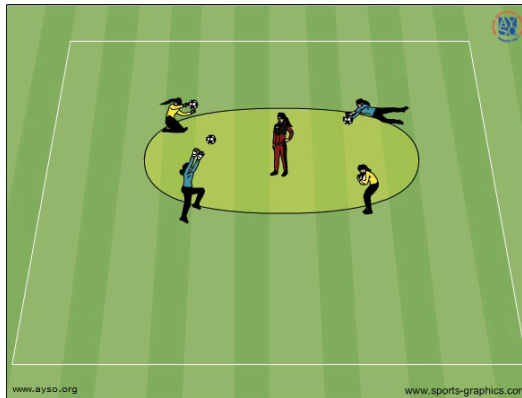
2v2 & 3v3



To see this activity in action visit <http://bit.ly/UtM1PQ>

### ORGANIZATION/RULES

- GKs form circle around coach (ample distance).
- Coach has 4 instructions (Up, Down, L, R):
- Up: GKs serve ball high for themselves & catch ball at highest point. Raised knee, hands at highest point, eye on the ball until safely in hands & call of "keeper".
- Down: GKs roll ball in front of them & chase it collapsing on top of it. Bend knee, 2 hands on the ball, bring the ball into chest & collapsing on ball with back parallel to sky.
- Right/Left: GKs dive to right/left w/ ball in hands: step into dive w/ right/left foot for covering distance, forward & sideward movement, lead w/ hands & collapse the right/left knee following through w/ hips, waist & shoulders.
- > Doubles: "right, right" or "left, left" GKs have to make a double saves.
- > Opposites.



### COACHING POINTS

- Maintain good GK position throughout movement, hands in front of the body and thumbs almost touching.
- Agility, reaction, concentration, focus.

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

## ACTIVITY II

Opposition (attack & defense)

Directional Play (w/goals or targets)

Expanded Num. (3v3 to 6v6)

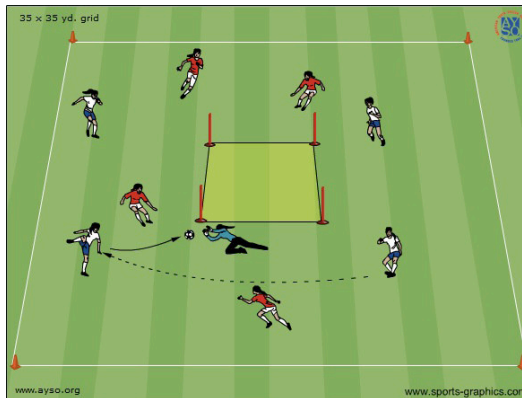
Most Game Aspects



To see this activity in action visit <http://bit.ly/XEupBm>

### ORGANIZATION/RULES

- 35 x 35 grid with central square goals with one GK in the middle. 3v3, 4v4, etc.
- GK has to move between 4 goals placed in the middle of the field depending on the location of the ball in play.
- Goalkeeper has to be aware of movement of the ball and react by getting into the goal appropriate to where the shot is coming from.



### COACHING POINTS

- All general goalkeeping techniques apply (see section on Goalkeeping Techniques).
- Goalkeepers must stay focused at all times.
- Goalkeepers must recover and react after shot and/or save.
- Face opposition at all time and adjust body position for angled shots adjusting to ball line and arc accordingly.

PSYCHOSOCIAL   
PHYSICAL   
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TACTICAL

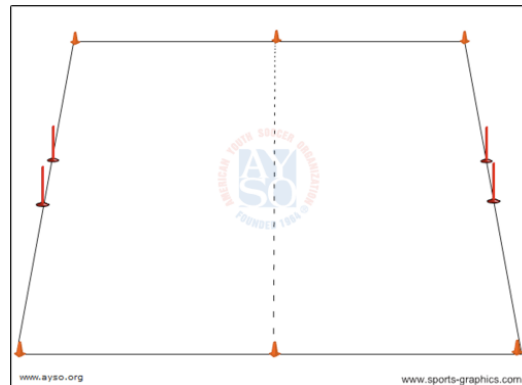
## SMALL-SIDED MATCH

Cool Down/Debrief

### ORGANIZATION/RULES

- Small sided match with general rules.
- Rotate players through GK position.

Player leads static stretching, *brief* review on lesson and any announcements.



### COACHING POINTS

- Emphasize quality GK technique but let them play.

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PHYSICAL   
TECHNICAL   
TACTICAL