

# TRAINING PLAN U-10 GOALKEEPING

CREATED BY  
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AYSO Soccer Camps

## TECHNICAL WARM-UP

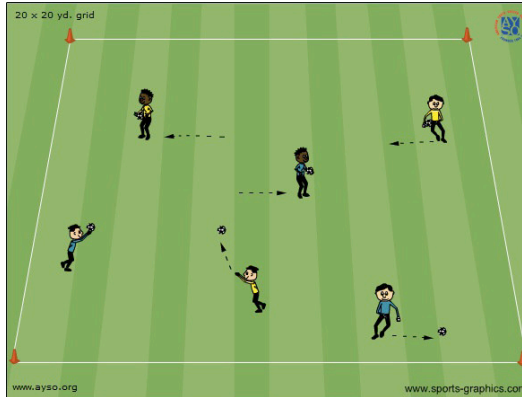


To see this activity in action visit <http://bit.ly/XkQFO0>

### ORGANIZATION/RULES

- 20x20 grid. 1 ball per player, in GK position w/ ball in hands.
- GKs skip around area.
- Coach makes 4 calls for the GKs to respond to:
- **Up:** GKs w/ ball in hands, jump up lifting the ball above their head & make the call "keepers."
- **Right:** GKs shuffle 4 steps to right w/ ball in hands & in front of body.
- **Left:** GKs shuffle 4 steps to left w/ ball in hands & in front of body.
- **Down:** GKs drop ball & react by bending one knee to follow the ball and pick it up.

Player leads stretching (light at this age but teach proper form).



### COACHING POINTS

- Goalkeeper 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.

- PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

## ACTIVITY I

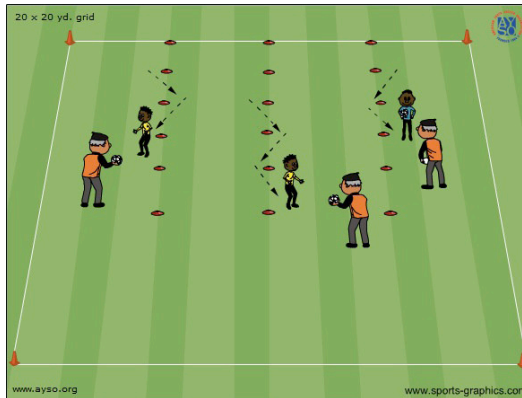
Individual & Pair Work  
Competition & Teamwork  
2v2 & 3v3



To see this activity in action visit <http://bit.ly/U7EmT>

### ORGANIZATION/RULES

- 20x20 grid. Set cones in line for 3 GKs.
- GKs w/ ball in hands side-step through the cones moving forward (accustoms GKs to working angles).
- "W/ ball in hands, GKs maintain good GK position & awareness of handling while moving.
- > Once competent at movement w/ ball in hands, coach (assistant, parent) becomes server(s). As GKs move through cones, coach serves ball to make sure GK position is good & to increase awareness.
- > Coach varies serves. High means GK catches ball at height; low requires a bent knee to get down to ball (knees bent also serve as protection if ball beats hands). Serve to right/left of GK requires side steps & getting in line with the ball.



### COACHING POINTS

- Maintain good GK position throughout movement, hands in front of the body and thumbs almost touching.
- Keep head up as much as possible to be aware of the location of the ball (U10 GKs tend to look at their feet as they maneuver cones).

- PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

## ACTIVITY II

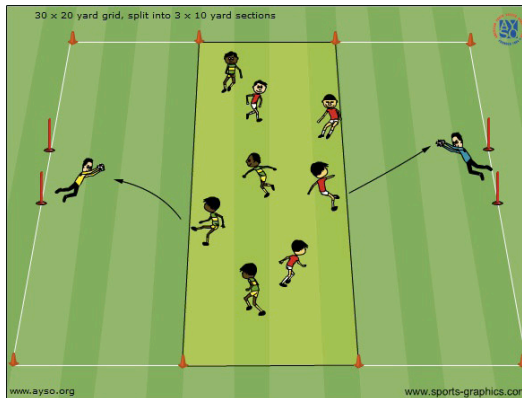
Opposition (attack & defense)  
Directional Play (w/goals or targets)  
Expanded Num. (3v3 to 6v6)  
Most Game Aspects



To see this activity in action visit <http://bit.ly/Xlq18w>

### ORGANIZATION/RULES

- 30x20 grid, split into 3 sections. 2 goals w/ GKs.
- 2 teams pass/move in central grid.
- When GK calls a specific player, whoever has the ball at that time, shoots at that GK's goal. All shots are taking from inside central grid.
- > Allow a player from the other team to pressure the shooter.
- > Player must pass ball to another player who then shoots.



### 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   
TECHNICAL   
TACTICAL

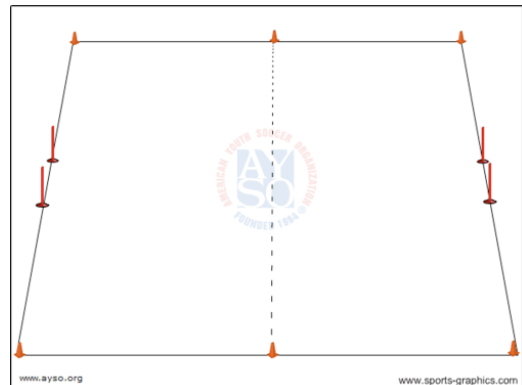
## SMALL-SIDED MATCH

Cool Down/Debrief

### ORGANIZATION/RULES

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

Player leads stretching (light at this age but teach proper form), *brief* review on lesson and any announcements.



### COACHING POINTS

- Emphasize quality GK technique but let them play.

- PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL