

# SoccerPracticePlans™

From Coerver ClubMax

Practice No. 205



## GOALKEEPING For 8-10 year olds

### Basic Handling & Diving

## WARM UP

### Goalkeeper Warmup

1. Players dribble in a 30- by 30-yard square.

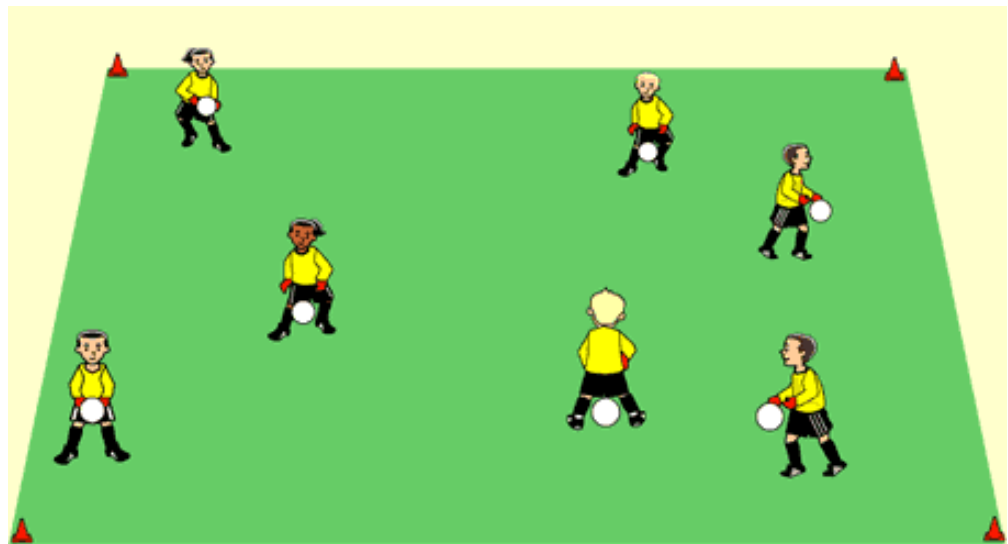
2. On the coach's command, players execute the following moves:

Throw the ball in the air and catch it at the highest point.

Do figure eights around their legs with the ball.

Collapse on the ball.

Switch: Pass the ball to someone else.



### MAIN POINTS:

1. **Footwork.**
2. Catching the ball at the **highest** point.
3. **Positioning of hands.**

## MAIN TOPIC A

### Knee Dive

1. Create a 20- by 20-yard square.
2. Create one goal on each side of the square.
3. One keeper kneels in the center of each goal.
4. Players with a ball attempt to roll the ball to the corner of any goal..
5. Award points for goals and saves.



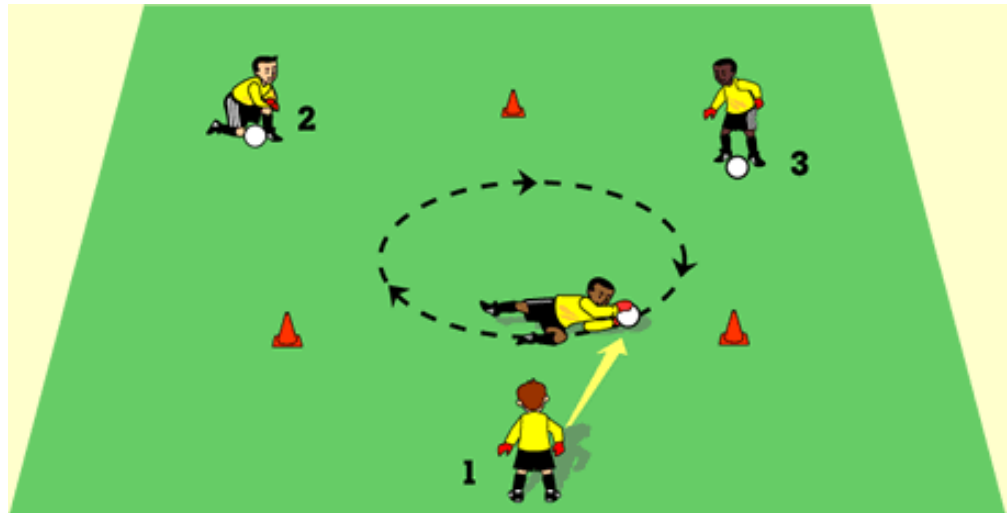
### MAIN POINTS:

1. One hand behind the ball with fingers spread to stop a ball.
2. The other hand should be behind and slightly on top of the ball to stop it and help pull it in.
3. Bring the ball in quickly to protect it.

## MAIN TOPIC B

### Diving Saves

1. Set out cones in a triangle, six steps apart.
2. Three servers are positioned outside the triangle rolling balls into the goals.
3. Keepers make stops, roll balls back out, and shuffle around the triangle and make diving saves on each side of the triangle.



### MAIN POINTS:

1. Getting in line with the ball.
2. Balance.
3. Keep your head steady and eyes focused on the ball.

## GAME PLAY

### Hand Ball

1. Two teams play within a square area.
2. Players move the ball and shoot with their hands.
3. Award points for using different throwing techniques to score goals.



### MAIN POINTS:

1. Catching technique.
2. Movement of feet.
3. Throwing technique.

## COOL DOWN

1. The whole team dribbles the ball **slowly** around the field, stopping to stretch and loosen up occasionally.
2. Coach reviews the session and its main points before assigning homework.