

# SoccerPracticePlans™

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## Practice No. 215



# GOALKEEPING For 8-10 year olds

## Shot Stopping

### WARM UP

#### Dynamic Minute

1. Each player has a partner.
2. Player 1 dribbles the ball and player 2 is the keeper.
3. The keeper has one minute to win the ball from player 1 as many times as they can.
4. Use a points system and stretch every three minutes



#### MAIN POINTS:

1. The keeper should be on balls of feet.
2. Knees bent for balance .

# MAIN TOPIC

## Pinball

1. All outfield players have a ball and are numbered 1-6.
2. When coach calls a number that player shoots.
3. Rotate numbers so keeper does not know who will shoot next.



### MAIN POINTS:

1. Good starting position .
2. Quick recovery after each save.
3. Good footwork.

## GAME PLAY

### Quickfire Shooting

1. 2 v 2 plus 2 keepers.
2. One or two touches then shot.
3. Two players from each team are walls and play ball back in.



#### MAIN POINTS:

1. Get set quickly for the next shot.
2. Focus on the ball.
3. Look for second saves .

## COOL DOWN

- 1 .Light jogging and stretching.

