

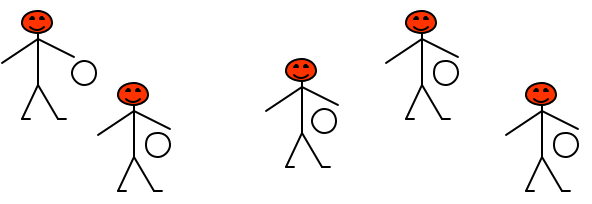
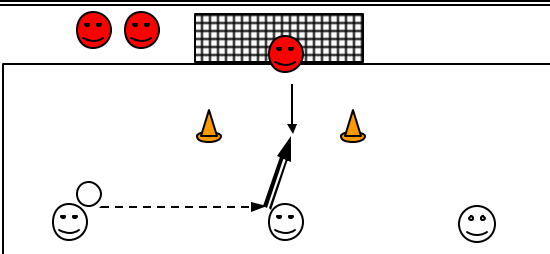
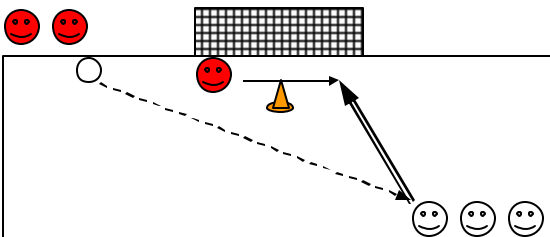
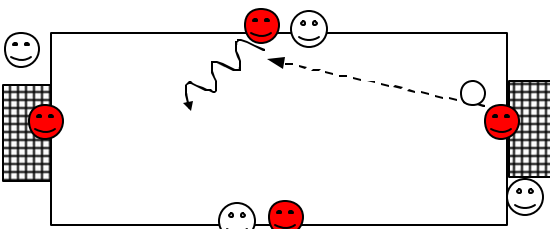











**AMHERST SOCCER ASSOCIATION
DIRECTOR OF COACHING LESSON PLAN**



Session = Basic Goalkeeping

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>Unlimited # of players, each with a ball Semi confined space to create traffic Progress through basket, contour, collapse, high-2/3 exercises each</p>	<p>Moving feet to get body behind the ball Ball is in “jail”, between arms in basket Contour forms “W”, extend to catch. Collapse at forward angles, keeping shoulders/hands Low and forward on line. Extend arms and explode to save high</p>
<p>MATCH RELATED ACTIVITY</p> 	<p>Place cones 4 yds from goal line, 1 yd in from post to form 2nd goal. GK steps in and bowls to shooting GK who must shoot on 2nd touch to small goal GK must save at or forward of second goal- play as teams</p>	<p>Athletic shape, feet shoulder width, hands extended a bit in front of torso, elbows should be in front of body. Pre-stretch to challenge and load muscles Feet must be set just before ball is struck- stay up as long as possible</p>
<p>MATCH RELATED ACTIVITY</p> 	<p>Ball starts with 2nd GK in line, passing to shooting GK who shoots to small goal on 2nd touch GK must slide across goal area to save forward of small goal After taking the shot switch sides Alternate the sides the services comes from</p>	<p>Footwork is one big crossover then short, quick shuffle steps out and across. GK should straddle ball line to cover angle properly. Feet set just before shot Weight forward, hands up and forward</p>
<p>MATCH CONDITION ACTIVITY</p> 	<p>2 GK at each position, GK in goal starts Distribute to either wide player Wide player attack opposite direction Players rotate by following pass/shot Encourage random play to avoid playing in a circle Moving body to straddle ball line (angle). Pressuring shooter. Feet set on shot. Rebound cover. Quick restart</p>	<p align="center">KEY TO DIAGRAMS</p> <p>   = Players  = Ball  = Cone  = Pass  = Movement off the ball  = Dribble  = Goal  = Neutral Zone </p>
<p>COOL DOWN</p>	<p>In pairs or three's players throw and move around include stretching</p>	



To contact Adrian Parrish, ASA Director of Coaching you can either:
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