



UNIONVILLE-MILLIKEN SOCCER CLUB GOALKEEPER SESSION

TOPIC: Cutting off angles...progressions made for age appropriateness

WARM UP/STRETCH: (30 minutes)

1. Jog or game of tag
2. Basic catching moving pairs.
 - a. Same as above.
3. Pairs on butts:
 - a. Throw to each side and collapse.
 - b. Roll to each side and "kill." (one hand on top, one hand behind)
4. Pairs standing up:
 - a. Collapsing on ball.

CUTTING OFF ANGLES/THROWING: (25 minutes)

1. Playing "thirds."
2. Working in pairs:
 - a. Low rolling throw
 - b. Shot put throw
 - c. Lateral throw....mid
 - d. Long throw
3. Cutting angle.
4. 1 GK in goal, rest around edge of box and are numbered 1 to N. (5 shots and switch)
 - a. GK jogs in 6 yd box and faces a shot when N is called. Save and distribute....
 - i. Ball is shot on ground to GK
 - ii. Ball is shot to score
 - b. GK lies on belly, shooter touches ball and then hits. (rotate after 10)
 - c. GK lies on back.....
 - d. Gk lies on side.....

COACHING POINTS:

Shot-stopping:

- ready position, weight forward
- set before shot
- correct catching technique for ball height

Footwork:

- take the shortest path
- efficient movement, watch crossing feet