



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Goalkeeping Dealing with 1 v 1 Situations

Coach = Chris Hershey, NYSWYSA Goalkeeper Coach

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Two players per ball * Distance depends on save * Play across to touch or save * Alternate each service 	<ul style="list-style-type: none"> * Explode to steal ground. * Read cue to stalk, low, compact, under control, small steps. * Explode to save, hands from low position, forward to ball first. * Call KEEPER each save
<p style="text-align: center;">○○○○ Coach ○○○○</p>	<ul style="list-style-type: none"> * 6 players in middle moving randomly * Server plays to checking runner. * Server play's the ball to feet or to space * GK comes out to create a 1 v1 situation * If GK wins they play back to Coach * Runner becomes GK on deck * GK goes to the middle 	<ul style="list-style-type: none"> * Cues to steal ground; pace, distance first touch. Cheat when possible. * Stalking; small steps, moving forward, low hands out front. * Cue to attack ball, save as far from goal as possible.
<p style="text-align: center;">○○○ Coach ○○○○</p>	<ul style="list-style-type: none"> * 3 v3 with one neutral player in the middle zone * Teams break out to end zones and create a 2 v1 * If Goalkeeper wins the ball, they look to play to Def, or back into the middle zone * If ball goes out of bounds, coach restarts the play back in the middle zone 	<ul style="list-style-type: none"> * Patience to read and time play. * Visual cues to attack or hold. * Communication with defenders * Starting position not too aggressive, no chips, avoid getting caught in middle.
<p style="text-align: center;">○○○ Coach ○○○○</p> <p style="text-align: center;">COACH</p>	<ul style="list-style-type: none"> * 6 v 6 game with no restrictions 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> = Goalkeeper = Outfield Players = Goal = Cone = Dribble = Pass = Movement = Ball
<p>COOL DOWN</p>	<p>Players throw and catch the ball in pairs. Stretch</p>	