

## **Overall Plan: 15 minutes per zone...ideally 2 coaches per zone.**

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### **Zone 1) Ball collection and distribution (done with pairs of kids on field):**

- Proper gathering in to chest of the ball, then toss it back and forth, practicing that movement.
- Roll the ball to each other, pick up and gather it in to the chest tightly.
- One-handed toss to each other.
- Practice goal kicks and drop kicks as well. Teach the drop kick and tell them there's no real "dropping" involved, lay the ball one-handed onto the dominate foot to meet it and boot it. It's more accurate when not trying to hit a dropped ball.

### **Zone 2) Cutting the angle (in front of a goal):**

- Put the ball on the ground and start discussing cutting the angle.
- Demonstrate by dribbling back and forth and have them move with me to cut my view of the goal.
- Practice coming out and taking the ball from me as I dribble toward them.
- Move back and forth across the goal, while they are practicing their quick feet, hands out.
- Tell them (then we practice) about getting their whole body behind the ball when they are making a save.
- Shoot further away from them to have them work on quick feet and gathering the ball in/

### **Zone 3) Rules of Goalkeeping (no goal needed, just a line):**

- Know your boxes and what rules apply in each.
  - Hands allowed and lots of space for running with the ball in largest box.
  - Direct fouls in largest box result in PKs.
- Discuss that a goal is NOT a goal unless the whole ball has crossed over the line of the goal and that they can be in the goal (or saving the ball by the end line) and have most of their body out of bounds or in the goal and as long as that ball is not over the line, it's not out or a goal (or out of bounds).
- Practice running at them, shooting, then have them gather it and run the ball around in their box to distribute (in one of 3 ways--rolling, throwing or kicking) to me. NEVER in middle of the field or in front of goal.
- Go over the 6-second rule of them holding on to it, and count out 6 seconds so they see how long that is.

### **Zone 4) Type of Saves (in front of a goal):**

- Practice punch saves (one and two handed).
- Catching the ball high, and tips over the bar. Cover how to jump with the knee up to protect the chest for the older kids.
- Tell them where to stand on a corner (middle to far post 1/3 of the box near the line). And talk to the defense...get a front post and back post player to help you defend best.
- Review where to stand on a PK too...and the rules on movement during a PK (movement side to side legal but not back and forth)
- Optional: practice diving saves for the older kids.

**Bonus Round to sprinkle in wherever: goalkeeping psychology.** Stressing that you can only save what you can save. 90 soccer balls fit into the front of a goal and you can only get so many shots. Defenders are your best friends but when they aren't there, goals can happen to the best keeper. Understand when to come out (no defender can get there) and get that ball on a breakaway...commit and do not stop until you get that ball.