



LFC - Week # 1 Cycle - Topic: Catching/Handling (11v11) ~JT~

Category: Goalkeeping: Footwork/Handling
Difficulty: Moderate

Keepers Tackett, Upland, United States of America



Description

Working on different movements to catch/handle a ball.

Activation Drills (5 mins)

Handling/Catching (3 or more gks)

Activation Warm up

1. Blue runs to yellow cone
2. On "Go" Blue turns around
3. Yellow THROWS ball to face area
4. Blue runs back with Ball and Yellow does same drill

Progressions

1. Roll on ground to GK
2. Bounce ball to GK
3. Volley ball to GK
4. Half height cross to GK



Handling Activation 1-3 (5 mins)

Drill # 1 - Drill # 3

1. S1 shoots at GK (variations)
2. S2 back pass to GK (1-touch - 2 touch variation)
3. GK Separates ball, passes back
4. Repeat for 1 min and switch feet
5. After both side, rotate GKs

Drill # 5 (Bring cones closer)

1. GK Shuffles back to line/fwd to cone
2. S1 Shoots at Gk
3. GK Shuffles fwd to the line and back to cone
4. S1 Shoots at GK
5. Repeat for 1 minute and rotate

Drill # 6

1. GK Shuffles to cone/ across to middle
2. S1 Shots on the ground when Gk sets, dives
3. S2 hits a low ball, GK performs a scoop
4. Repeat to S2 / Opposite side
5. Continue for 1 minute and rotate GKs



Catch and move (10 mins)

Catching and Throwing

1. GK transitions to near post
 2. S1 Throws ball to hands
 3. GK transitions to the far post to S2
 4. S2 Volleys at GK
 5. GK transitions to opp. near post
 6. S1 throws ball to hands
 7. GK transitions to opp. far post to S2
 8. S2 Volleys at GK
- Repeat



Handling & Throwing to outlet (10 mins)

Catching and Throwing

1. GK transitions to near post
2. S1 shoots a ball to GK's hands
3. GK drops in to save a shot from S2
4. S2 shoots at GK
5. GK throws to opposite S2 and restarts
6. GK Transitions to the opposite side and repeats.



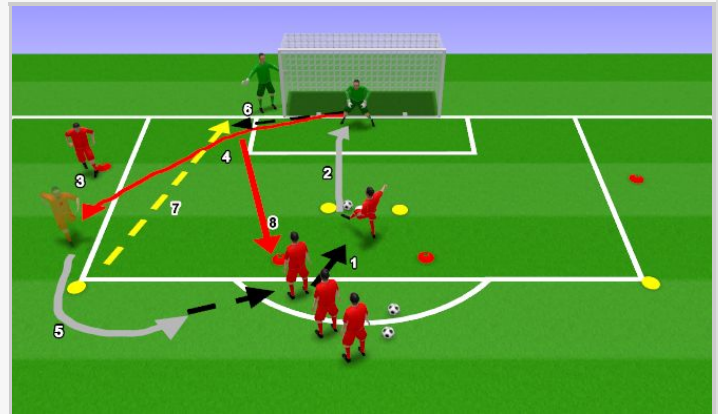
Save & find outlet # 2 (10 mins)

Handling & Throwing

1. S1 touches a ball towards yellow gate
2. S1 shoots on the ground, at the GK
3. Outlet player shows for a throw
4. GK throws to the outlet
5. Outlet receives pass
6. GK Shows for back pass
7. OB plays the ball back
8. GK plays the ball to his CB (6)

ROTATION:

- Shooter goes to goal
- GK becomes an outlet
- Outlet becomes a shooter



Live/unpredictable Catching Drill (15 mins)

Getting to a new angle and practicing to be set on the shot.

1. Server or coach has balls 30 yards away.
2. Shooter 1&3 are set up corners of the 18
3. Shooter 2 sets up at the top of the D
4. Coach serves ball in to 2, 1). 2 turns and shoots or 2). plays the ball to 1 or 3
5. GK must get to each angle and work on ready position and set position.



Coaching Practice Review and Reflection

For the 11v11 GKs the CPs should be very detailed in their set position, movements to set, and ready position to catch/save the ball. The topic is Catching and Holding so make sure this is reintegrated throughout the session