

Goalkeeper Basics: Balance, Coordination, Fun Activities for whole teams

Scatter:

Put Soccer balls in grid 20x15 in random spots

1. Goalkeeper will touch a ball then move to another one. How many can they touch in 30 sec?
2. After you touch a ball, can you move in a different way to the next one?
 - a. How many different ways can you move?
 - b. How many can you touch in 30 seconds?
3. Shuffle low to each ball: bend at knees, butt down, hands in front (set position)
 - a. When I call out a number touch the soccer balls, but on the last one scoop the ball: pinkies overlap behind ball, elbows in railroad tracks, hug ball, "Keeper", and set back down (example: yell three so touch two balls and scoop third one)
 - i. Dive on last one: just land on one side or another
 1. Get up on side, not rolling backwards: how do we get up? Show me
 2. Scoop ball first then land on side
 3. Shoulders low to ground
 - ii. Front smother (scoop ball, shoulder parallel low to ground, land on forearms)

Moving Scatter:

1. Everyone gets a ball in the square
 - a. Roll ball out to side and go scoop it up, alternate Right and left
 - b. Roll ball out, scoop it and land on side or front smother (ball should land on ground)
 - c. Bounce ball below waist and catch it below the waist with hands on top in diamond shape, shuffle between bounces (No alligator or side catches)
 - d. Bound ball for basket catch at waist (scoop catch to hug in cave)
 - e. Toss ball in air to catch up high (in front of body, eye on ball, hold up high, land on one foot, diamond hand shape, 'Keeper', hands stay in front)
 - f. Assign numbers for each of the above as you go or at the end
2. Yell "leave it": players toss, roll, or bounce ball and players go find another ball

Fitness with ball:

1. Around the World:
 - a. Sit on the ground with ball on ground...How big can you make the world around your body by rolling it around you?
 - b. Ball in your hand: how many body parts can the ball go around?
2. Lay on stomach: Superman with ball out in front of you, Can you get feet off the ground? How high can you fly? Can you roll to one side while holding ball? Can you roll all the way around with stopping on each side to fly?
3. Put ball around both legs
4. Figure Eight between legs, if ball touches ground; one superman
5. Sit on your bottom, feet off the ground: touch ball to each side, how behind to the side can you touch?
6. Squeeze ball between your legs, bring to your hands, touch ball on head, put back in your feet, straight legs, do it again....how fast can you do it? Can you do it without dropping? How many in a row?
7. Ball between your legs, go over your head and leave it on the ground, sit back up, put it back with your hands Challenge: Can you pick it up with your feet behind your head and put it back on the ground in front?

Bounce it:

1. Sit on ground with legs out in front: bounce ball low right, left, center, and back around How fast can you go?
2. Knees on the ground, bounce ball on ground and get up to catch
3. Start sitting all the way on the ground and bounce ball between legs to get up and catch
4. Sit on the ground, toss ball in the air and get up to catch
5. Sit on ground, kick ball up with foot and get up to catch
6. Lay on one side, toss ball up and get up to catch (Cannot roll on back must get up assuming goal line behind you)

In Pairs with one ball:

1. Partners back to back
 - a. Pass the ball side to side (hands should be behind ball in diamond shape) change sides Who can get to 10 first? Yell 'Keeper'
 - b. Pass the ball over head and between legs How far apart can you go?
 - c. Pass the ball between you (between the backs looks like figure 8) Who can get 10 first?
2. Each pair will need two cones for 3-4 yard goals
 - a. One person working, one person in the goal: Rotate at 5 or 10 each, GK distribute back
 - i. GK starts behind goal to take steps to get in front of goal then set
 1. Player who serves says Ready (GK moves forward), Set (GK gets set) then makes save
 - ii. Rolling distribution serves for scoops
 - iii. Serve ball on ground for front smother, dive at side
 1. Build to nonverbal cues to get in front of goal and when to set: When do I get set? How do I know? What are my cues? (Step forward to ball, soft set with feet, hands in front, bend at knees, 'Keeper')
 - iv. Ground to basket catch or contour catch
 - v. Volley to contour, high ball catch: if launch ball far from target, one Burpee and must go get ball
 - b. GK starts behind one cone, goes around and gets set in front for shot below waist (hands in front, shuffle small steps, set early, eyes on ball, relax body weight forward)
 - c. GK does figure eight between both cones to set in front for middle ball
 - d. GK touches one cone and player serves ball to other cone (Stay low, hands in front, land on one side or the other, get up then distribute back)
3. Games:
 - a. Make the save: split half into GKs, half field players
 - i. Create different size goals in the space assign one GK to each goal
 - ii. Field players shoot on goals (only attacking side GK is facing)
 - iii. If GK makes save, they switch positions
 1. How many saves can you make? What kind of catches did you use?
 - b. Handball
 - i. Two teams, Two goals
 1. Must toss and catch using GK saves and distribution
 2. Two steps, can only steal pass
 3. How to score? Headers only, serve to other players, etc.
 - ii. Add restraining line for each team and now can only score by shooting, tossing, or volley for goal