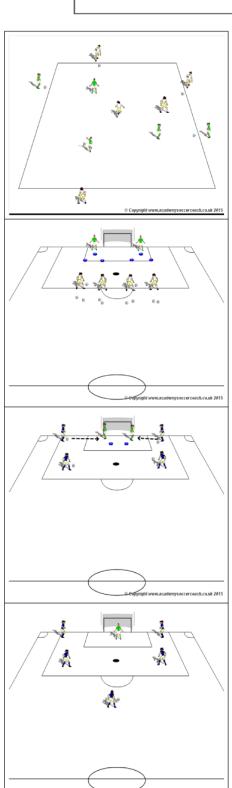


## Soccer Champions Coaches' Clinics



## Interactive Session Plan ™

Coach	Deb Raber	Session date	27 Feb 2015	Team/Age Group	U16s
Theme	Goalkeeper Handling, Footwork, Collapse Field Session #1)	Dive & Hand Distr	ibution (NSCAA Level I Go	alkeeper	Time available



WARN	-UP
Organization	Key Coaching Points
Big Box warm-up: all available players / split into two groups each player on the outside has a ball goalkeepers progress through: one touch, two touch, basket, contour, high contour *include proper catching even when on the outside of the grid field players progress through: one touch, two touch, instep volley, laces volley, collect on the thigh	dynamic set position - shape and timing quality distribution back to feet of outside players shape of hands when receiving shape of the body when receiving
ACTIVI	TY 1
Organization	Key Coaching Points
triangles set 3yards x 3yards	dynamic set position - shape and timing - find
two-for goalkeepers	the rhythm of the shooter
four servers	quality distribution back to feet of servers
goalkeepers move around the triangle to emphasise	shape of hands when receiving
different footwork:	shape of the body when receiving
-drop step, positive first step, mini shuffle, crossover,	
figure 8	collapse - move forward to the path of the ball,
Use the same setup to review collapse diving and	catch and use the ball to absorb the dive with
Use the same setup to review collapse diving and re-standing	three press points on the ball
re-standing	re-standing - pushing off will naturally happen
	,
ACTIVI	IY 2
Organization	Key Coaching Points
Organization all field players have soccer balls	Key Coaching Points dynamic set position - shape and timing - find
Organization all field players have soccer balls star with a service from the end line	Key Coaching Points dynamic set position - shape and timing - find the rhythm of the shooter
Organization all field players have soccer balls star with a service from the end line second service comes from an angle	Key Coaching Points dynamic set position - shape and timing - find the rhythm of the shooter quality distribution back to feet of servers
Organization all field players have soccer balls star with a service from the end line second service comes from an angle give time for setup and proper footwork to open up	Key Coaching Points dynamic set position - shape and timing - find the rhythm of the shooter quality distribution back to feet of servers shape of hands when receiving
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Organization all field players have soccer balls star with a service from the end line second service comes from an angle give time for setup and proper footwork to open up across the goal	Key Coaching Points dynamic set position - shape and timing - find the rhythm of the shooter quality distribution back to feet of servers shape of hands when receiving shape of the body when receiving
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Organization all field players have soccer balls star with a service from the end line second service comes from an angle give time for setup and proper footwork to open up across the goal  GAN  Organization similar to above	Key Coaching Points  dynamic set position - shape and timing - find the rhythm of the shooter quality distribution back to feet of servers shape of hands when receiving shape of the body when receiving
Organization all field players have soccer balls star with a service from the end line second service comes from an angle give time for setup and proper footwork to open up across the goal  GAN  Organization similar to above ball is moving more so there's more of a dynamic	Key Coaching Points  dynamic set position - shape and timing - find the rhythm of the shooter quality distribution back to feet of servers shape of hands when receiving shape of the body when receiving  Key Coaching Points  dynamic set position - shape and timing - find the rhythm of the shooter
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