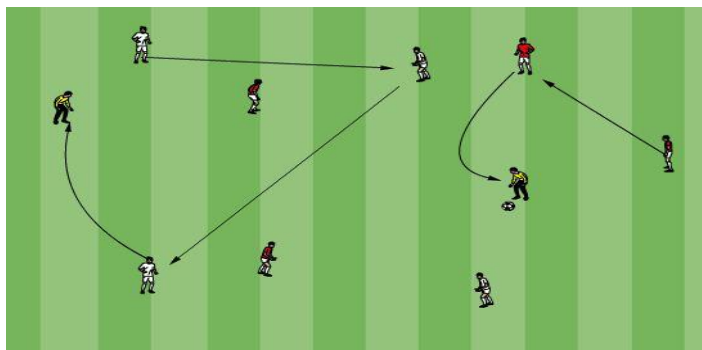
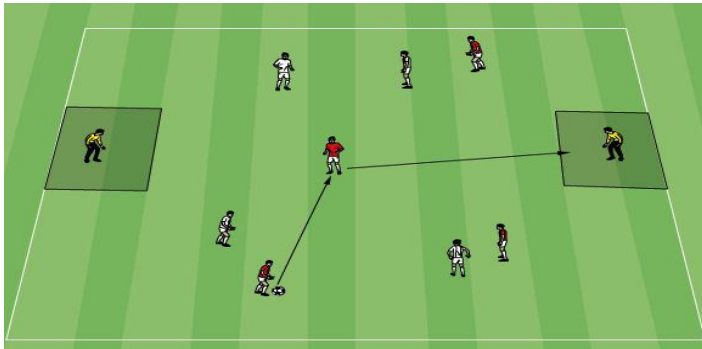


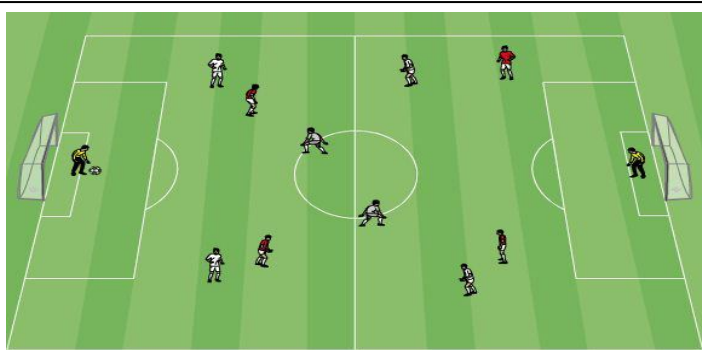
SESSION THEME: Coaching GK within the Game

<p>Organization</p> <ul style="list-style-type: none"> * Two teams of four players with a ball per team * Use 2 or 4 Goalkeepers, depending on the size of your group * Teams pass and move the ball around, when the keeper makes eye contact with a player, that player passes it into the 	<p>Coaching Points</p> <ul style="list-style-type: none"> * Attacking the ball (Step Forward) * Feet set as the player strikes the ball * Get body in line with the ball * Watch the ball until it is cushioned into the hands * Bring the ball into the chest 	
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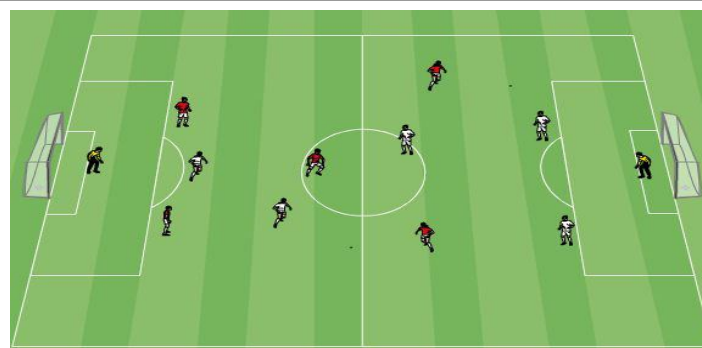
PHASE II

<p>Organization</p> <ul style="list-style-type: none"> * Two teams of four outfield players and 1 keeper * Keepers are placed in a 5 yard by 5 yard grid at the end of the main grid * Teams score by playing to the opposing keepers hand whom has to be in their grid when receiving it. * The keeper then distributes the ball to 	<p>Coaching Points</p> <ul style="list-style-type: none"> * Staying connected with the team * Organization * Reading the game * Distribution (Technical Points) <ul style="list-style-type: none"> > Throwing > Rolling > Kicking/ Pass Backs 	
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PHASE III

<p>Organization</p> <ul style="list-style-type: none"> * 5 v 5 with two neutrals * Normal soccer rules * If a neutral player scores a goal it counts for double 	<p>Coaching Points</p> <ul style="list-style-type: none"> * All of the above * Keep covering the following issues <ul style="list-style-type: none"> > Shot Stopping > Stay Connected > Distribution 	
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PHASE IIIII

<p>Organization</p> <ul style="list-style-type: none"> * 6 V 6 * Normal Soccer Rules * Little to NO coaching, but position yourself where you can still work with the goalkeeper 	<p>Coaching Points</p> <ul style="list-style-type: none"> * 	
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FITNESS / CONDITIONING