



# U10 - Goalkeeping

## Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



## Up / Down:

GK's shuffling in and out of each other within the 18 yard box while bouncing a ball on the ground, when coach yells out down, the player rolls a ball out to him/herself to go and scoop it up. The word up means the GK's throw a high ball to themselves.

**Version 2:** On the same commands, the GK's quickly find a partner and either serve them a high ball & switch balls, or roll a ball to the left or right of a partner to scoop it up, switching balls again.



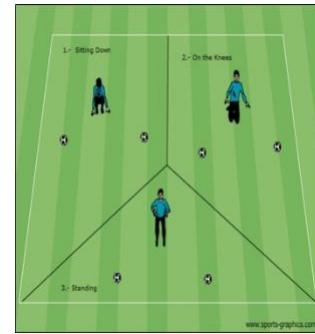
## Diving Progression:

**Basic Diving:** Each player is seated on the ground, with knees bent. They must place a ball about 2 steps away to the left or right at a 45 degree angle in front of them. The GK must roll down their side reaching out to make the save.

**Kneel Diving:** Each GK is kneeling on one knee (leg closest to the ball has foot planted on ground) with ball about 2 steps away to the left or right at a 45 degree angle in front of them. Now a small step must be taken at a 45 degree angle towards the ball before reaching out and diving to make the save.

**Standing Diving:** Each player in a ready position with a ball 4-5 steps away to the right or left of them at a 45 degree angle out in front. GK must take a large step towards the ball and collapse in the direction of the ball, rolling down their side and reaching out to make the save.

**Version 2:** Two players per ball with one working, one serving.



## Small Goal Saves:

Two lines of players, each in between a cone goal, facing each other with one ball and extras on the sides. (maximum players per line is 3) Goals should be about 30 yards apart with a 10 yard buffer zone in the middle. Keepers are now trying to score on each other by either throwing or rolling it but the ball must bounce on the opponent's half before a goal is scored. GK gets one point for a goal. Once a GK gets scored on, next person in line hops in.



## Scrimmage:

Play GK+5 vs. Gk+5 in 45-60 yard long by 40W x 60L yard wide field.

(Different formations (GK/Back/Mids/Fwds): 1-3-1-1 / 1-2-3 / 1-3-2 / 1-1-3-1 / 1-2-2-1)

\*Remember – when your team has the ball, they are all on offense and when your team doesn't have the ball, they are on all on defense.\*