

Soccer Coach Canada Practice Plans



U-10 Goalkeeper Practice Plan

Coaches Tip: When explaining drills, games, etc, if this takes you longer than 30 seconds, your message is too complicated. Always keep your communications short, sweet and meaningful.

Warm Up: Goalkeeper Challenge

Objective: Encourages keepers to stay on balls of feet in proper stance and react quickly.

Set up: You need one goal for every player (2 cones approximately 10' apart)

Rules: Players start by lining up in middle of their goal in proper stance. Coach yells out commands; "right corner"-player must touch goal post to their right, "left corner"-player touches post to their left, "break-away"-player runs 10' ahead and back, and "hot-shot"-player jumps up with fist in air. Have assistant coaches roll or shoot balls randomly at the players to keep them alert.

Game: Six Goalkeepers (U-8 to U-16)

Objective: Let your entire roster get some goalkeeper training. Encourage players to catch ball with hands.

Set up: Divide team into two teams of 6. Create a 40' x 40' playing area with 6 goals at the midfield stripe.

How to play: One team has every player with a ball. The other team has every player defending a goal. The shooting team has 3 minutes to score as many goals as possible on any of the nets. You can score from either side. If a keeper catches a ball in mid-air that ball is removed from play. After 3 minutes teams switch. The team that scores the most goals wins.

Scrimmage: Play 3 vs 3 plus goalkeepers. 40' x 30' area. All possessions must start with the goalkeeper before a goal can be scored.

Cool Down: Jog around the pitch and finish with stretches-head to toe.