





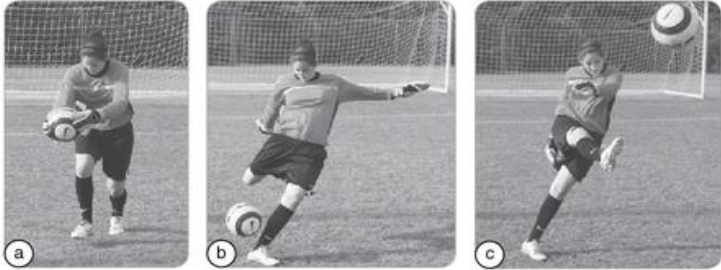
Activity Plan for Goalie Skills

Week 1			
Activity	How many or how long	How many days	Instructions
Soccer Goalie Drop Kicks 	5 kicks/day	3 days/wk	<p>After blocking the soccer ball, goalies often pick up the ball, and drop-kick it back onto the field. Try drop kicking a soccer ball after reading the following steps:</p> <ol style="list-style-type: none"> 1) Pick-up the soccer ball. 2) Think about where you want to kick the ball. 3) Hold the ball with one hand waist high. 4) Take three steps, starting with your non-kicking leg. 5) Aim the ball for the spot where you intend to make contact with it. 6) Drop the ball so it touches the ground just after taking your third step. 7) Kick the ball as it touches the ground. 8) Follow through the kick. <p>If you're unsure about how to drop-kick the soccer ball, check out this website for more tips: https://www.wikihow.com/Punt-a-Soccer-Ball</p>
Soccer Save 	20 mins	Total for the week	<p>Practice catching a soccer ball that is thrown or kicked at medium speed/height by a partner. In soccer, it is really important to protect the ball when you catch it so that players on the other team can't get it or knock it out of your hands. On every catch, cushion the ball, pull it into your chest and cover it with your arms.</p>



Activity Plan for Goalie Skills

Week 2			
Activity	How many or how long	How many days	Instructions
Soccer Goalie Catching Skills 	5 times each/day	3 days/wk	<p>Soccer goalies have many different hand positions for catching the soccer ball so that it does not go in the net:</p> <p>(1) When the soccer ball is coming towards the net and it is higher than your head, catch the ball by putting your hands above your head, with your fingers touching to form a “W” shape (see the picture). Note: If your hands are too small to keep your thumbs together and grasp the ball, open up the thumbs so that your fingers and the palm of your hand can control the ball. <i>If the hands are too small to keep</i></p> <p>(2) When the soccer ball is coming towards you at chest level, bring your hands together so that your little “pinky” fingers are touching, and your forearms are pointing up and inward. The fingers can bend to form a “basket” as you grasp the ball.</p> <p>If you want to learn even more about goalkeeping skills, check out this website: https://soccerpracticebooks.com/soccer-goalkeeping-basics/ </p>

Activity Plan for Goalie Skills

Week 3			
Activity	How many or how long	How many days	Instructions
Soccer Goalie Catching Skills 	5 times each/day	3 days/wk	Practice your goalie catching skills again this week. You can either practice with a friend or family member or throw the ball in the air or towards the wall and catch it using your goalie catch.
Soccer Goalie Drop Kicks	5 kicks/day	3 days/wk	After blocking the soccer ball, goalies often pick up the ball, and drop-kick it back onto the field. Try drop kicking a soccer ball to see how far it can go. If you're unsure about how to drop-kick the soccer ball, check out this website for more tips: https://www.wikihow.com/Punt-a-Soccer-Ball <div style="display: flex; justify-content: space-around; align-items: center;">  </div> <p>Figure 6.2 Proper technique for the drop kick.</p>

Activity Plan for Goalie Skills

Week 4			
Activity	How many or how long	How many days	Instructions
Soccer Goalie Kicks 	5 kicks/day	3 days/wk	Practice doing a goalie kick with a soccer ball using the laces of your shoe (your cleats or running shoes). Take two steps back and one step to the side, away from the ball on the ground. Then, run towards the ball and step with your non-kicking foot right next to the ball. From that position, you're ready to kick the ball, trying to kick it with only the top of your shoe. Try to do your goalie kick towards a target in the room or on the field.
Soccer Save 	20 mins	Total for the week	Practice catching a soccer ball that is thrown or kicked at medium speed/height by a partner. In soccer, it is really important to protect the ball when you catch it so that players on the other team can't get it or knock it out of your hands. On every catch, cushion the ball, pull it into your chest and cover it with your arms.