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| **Football Club Week 5 - Goalkeeper Workshop** | |
| **Session Objectives** – To introduce the children to a variety of skills movement. | |
| **Warm Up** – 5 Minutes  Jogging round area  If coach shouts 1 touch one hand to floor  If coach shouts 2 both hands to the floor  If coach shouts 3 jump up and pretend to catch ball | |
| **Dynamic Stretching** – 5 Minutes  Pick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body.  **Equipment** – Cones, footballs, bibs | |
| **Main Activity** – 40 Minutes | |
| Goalkeeper Drills – 5 Minutes  Holding a ball each try throwing ball in sky and try to catch it at the top of their jump.  Positioning practice – 10 Minutes  Half the children are split into three lanes on left middle and right. Other half are rotating as the goalkeeper for each shot.  Diving practice – 10 Minutes  Try to find who can do the most extravagant save.  Basic Handball Match – 15 Minutes  Use the football nets as goals which children can throw the ball in as normal.  Identify clear penalty areas where children cannot step or shoot inside.  Children are not to move when holding the ball. They are allowed to take a step when shooting. | Coaching Points  Otherwise attackers may be able to head ball  Keepers should start protecting the front post to where the attacker is running in from |
| **Cool Down and Debrief –** 5 Minutes  Get children into a circle and go over a few static stretches. Whilst stretching go over session aims.  Ask questions – What have you learnt today? What are the top tips for goalkeepers?  Award a certificate.  Dismiss children from designated area. | |

