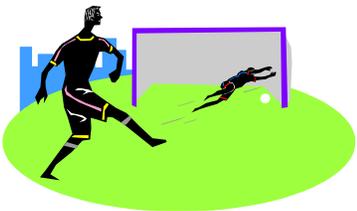
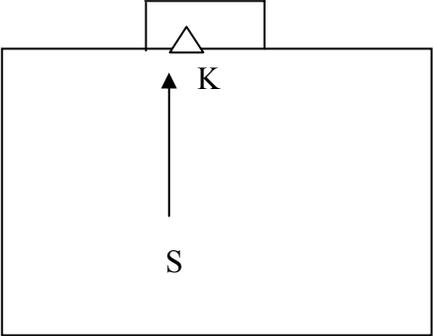
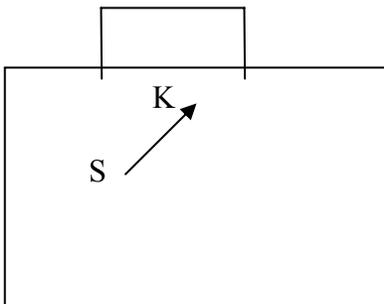
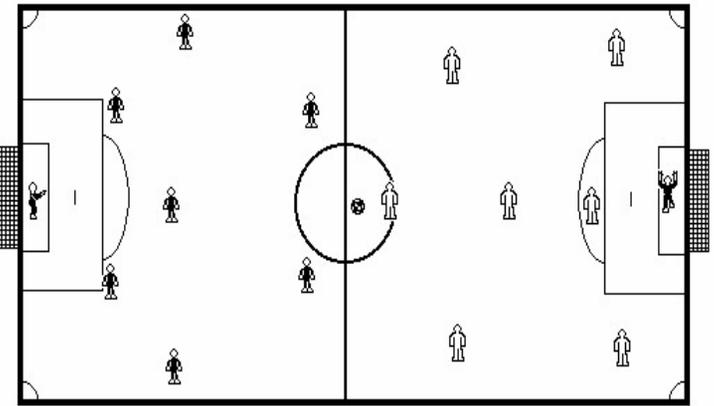


| Activity Name  | Description  | Diagram   | Purpose/Coaching Points  |
|--|--|---|--|
| 1 Warm-up – Finnish Keeper Drills  |  |   |  |
|  | <ul style="list-style-type: none"> <li>• Jogging forward doing forward rolls with a ball, five times.</li> <li>• Hopping while bouncing the ball around your body, exchanging hands, ten times.</li> <li>• Hopping while bouncing the ball with two hands, waist high, ten times.</li> <li>• Holding the ball head high, dropping it and catching it at shoe tops, ten times.</li> <li>• Tossing the ball between the legs, turn and save, ten times. Five repetitions in each direction.</li> </ul> |    | <ol style="list-style-type: none"> <li>1. Physical &amp; mental preparation for training.</li> <li>2. General fitness &amp; technical development.</li> </ol>  |
| 2 Protecting the near post   |  |   |  |
| <p>The keeper stands at the near post facing the server, who is positioned fifteen yards from the goal on the goal line.</p> | <p>The server tosses or kicks the ball either to the near post or to one of three strikers positioned in a semi-circle out from the goal. If one of the three strikers receives the ball he/she attempts to score. Go from both sides for a total of twenty repetitions.</p>   |   | <ol style="list-style-type: none"> <li>1. Reason: to learn to attack those passes to other players after being drawn to the near post.</li> </ol>  |
| 3 Near post cover  |  |   |  |
| <p>Place a cone on the goal line three yards inside the near post.</p>   | <p>Keeper covers the area between the cone and post. The starting point for the keeper each time is to the inside of the cone (toward the middle of the goalmouth). Keeper rolls the ball to the shooter (ten yards out), who shoots at the near post area. The keeper should reposition him/herself at the starting point after each shot. Twenty times on each post.</p>   |  | <ol style="list-style-type: none"> <li>1. Proper ready stance each time</li> <li>2. Focus on footwork</li> <li>3. Try to get your body fully behind the ball</li> <li>4. Do not dive unless it is the only way to get to the ball in time</li> </ol> |

|   |  |   |  |
|---|--|---|--|
| <h3>4 Quick Switch</h3>                         |  |   |  |
| <p>Keeper starts at the center of the goal.</p> | <p>The server stands three yards off the near post, as the keeper moves to protect the near post. The server then tosses the ball to the far post, which the keeper backs up to catch or punch. Fifteen times on each side. Vary the height and pace of the service.</p> |  | <ol style="list-style-type: none"> <li>Reason: to learn how to deal with deflections and redirected shots after committing to one post.</li> <li>Footwork &amp; agility</li> <li>Mental focus</li> </ol> |
| <h3>5 8-a-side Match</h3>                       |  |   |  |
| <p>U12 Regulation field</p>                     | <p>Play an 8 vs. 8 match according to US Youth Soccer modified rules.</p>  |  | <p>Move from goal to goal and observe the near post play of the goalkeepers. Give one or two reminders, but the coach should be quiet during this time to watch and listen to the players.</p>           |

COOL-DOWN & REHYDRATE