

## GOALKEEPER ACTIVITIES FOR U10 & U12

### Warm-up

Everybody has a ball and dribbles in area. When group is pretty much spread out then stop and tell them to leave their balls where they are for a numbered activity. The coaches then jog/perform dynamic movements until a number is called. An activity is assigned to each number. 1 = run to any ball and scoop it up; 2 = run to any ball pick it up-toss in air and catch; 3 = run to any ball and bounce ball then go and collect someone else's with your hands...on and on. When the coach yells a shape, then they have to get in numbers of that particular shape. Example, when a triangle is called they had to quickly get into groups of three (purpose = communication and organization). In between numbers, have them perform a different dynamic movement for about 30 seconds.

### Individual Activities

(Like Basketball)

- 1) Roll the ball between legs - around one leg - then switch.
- 2) Roll the ball between legs - figure eight.
- 3) Roll the ball between legs - figure eight, but walking as you go.
- 4) Sitting on the ground - figure eight between legs (legs are up in the air) works on abs.
- 5) Sitting on the ground - both legs are together and in air, ball in the hands underneath legs. Toss the ball up, spread legs apart, and then bring hands above legs to catch.
- 6) Sitting on the ground - bounce ball hard off ground, then get up and collect it. How many can collect the ball after one hop?

### Pairs

- 1) Each pair has a ball. They face each other, but are each slightly to left and right of each other. They toss their own ball underhand in front of them and then catch the ball that was tossed from their partner. They need to shuffle across to catch ball. (Footwork and catching)

X  
o

o  
X

- 2) Same as number one except balls are tossed above head.
- 3) Partners work on basket catching - one partner tosses ball into other person.
- 4) Partners stand about 2 yards apart. One person has the ball, the other faces player with the ball. Player with the ball throws the ball down so that it hits the top of their foot. Foot is planted on the ground. So, literally throw ball off the top of the foot. The player across has to react and tries to catch it. Fun activity due to unpredictability of where ball will go.
- 5) With partner - one partner holds the ball in outstretched hand - other person takes it out of the hand and then practices diving (in slow motion).

### Groups

Group of 4-5 in a circle - one ball to start. One person tosses ball in air then anyone from the group calls "keeper" and has to catch ball at highest point. Then person who catches ball tosses ball up and someone else goes up. Progress to two balls going at once. If ball drops, then the group has an activity to do (German Jumping Jacks, etc)

### Three Zone Game

Like Passing game - three teams of 3-4 players each - each is in a zone. The team in the middle zone sends two-three players in end zone to win ball back. The team that has ball tries to pass the ball across middle zone to the opposite end zone without the person (goalkeeper) in the middle getting the ball. If successful then the activity continues. The goalkeeper in middle works on positioning-shot stopping-catching, etc.

Triangle Goal Game - two teams play around a triangle goal. The goalkeeper has to protect all three "goals" as two teams play around it. Could have a goalkeeper from each team or two goalkeepers playing at once.

