



OPERATIONAL SHEETS

GOALKEEPERS



BEGINNERS CATEGORY



CLUB: _____

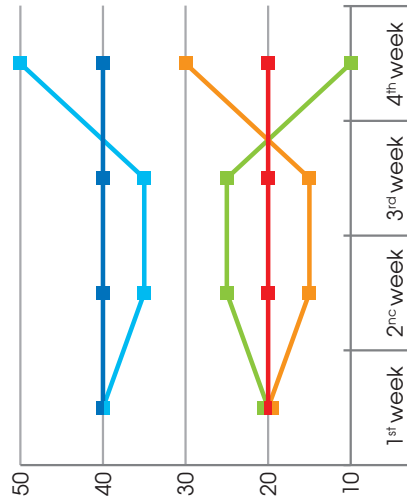
INSTRUCTOR: _____

SPORT SEASON: _____

REMEMBER

- The goal-keeper of the "Beginner" category generally manages to grasp the ball even in lateral diving actions.
- A didactical procedure that is useful to facilitate the learning process is the observation of the technical move executed by the instructor or by a team mate.
- Especially in this category of grassroots activities, test the growth of physical qualities

Monthly Graph



- = Technical-Coordinative Factor
- = Tactical-Cognitive Factor
- = Collective Games and Game Situation
- = Match Game
- = Physical-Motory Factor

MONTH: _____

MAIN OBJECTIVES OF THE MONTH:

- TECHNICAL-COORDINATIVE FACTOR: grasp of central or diagonal ball (with movement), with legs together and with knee on the ground
- hit with fist or open hand with and without flying phase leveraged throwing
- TACTICAL-COGNITIVE FACTOR: position on the bisection of the angle
- PHYSICAL-MOTORY FACTOR: rapidity pre-acrobatic: combination of several elements

N° LESSONS: _____

N° WEEKS: _____

N° COMPETITIONS/EVENTS: _____

OBSERVATIONS:

TECHNICAL COORDINATIVE FACTOR

Objectives:

- Reactivity
- Tennis football 15'
- Catch the ball in the air 15'
- Awareness with the ball 10'

TACTICAL COGNITIVE FACTOR

Objectives:

- Reading the action after acrobatic phase
- GAME SITUATIONS:
- Look for the right position 20'
- MATCH GAMES
- Free match 20'

PHYSICAL MOTORY FACTOR

Objectives:

- Rapidity
- Obstacle course with 20' points

MODULE 1

Sequence of the session:

- Tennis football 15'
- Obstacle course with points 20'
- Awareness with the ball 10'
- Catch the ball in the air 15'
- Look for the right position 20'
- Free match 20'

Number of children:

Duration: 100'

Methods

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals

LESSON 1

Observations:

Variations:

Observations:

Variations:

Observations:

Variations:

OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Hit the ball

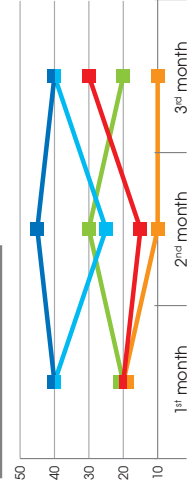
TACTICAL COGNITIVE FACTOR

- One vs one

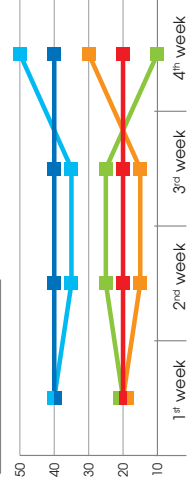
PHYSICAL-MOTORY FACTOR

- Rhythmical ability

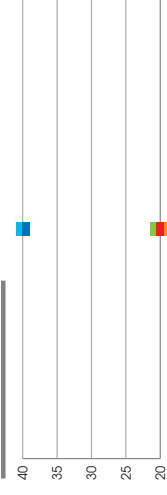
Trimester Graph



Monthly Graph

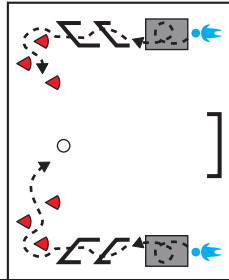


Lesson Graph



Obstacle course with points

This game improves the technical-coordinative aspects, soliciting pre-acrobatic movements



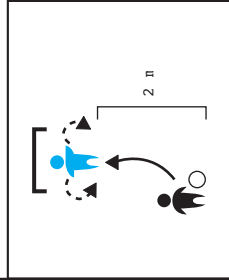
The goalkeepers will have to execute an obstacle course (for example as illustrated above) in the least possible time. Whoever arrives first shoots to goal, the second blocks the shoot.

Variations:

- Starting from various positions (sitting down, lying down face down, lying down facing up, etc.)
- Vary the obstacle course with different and new types of equipment.

Catch the ball in the air

With this exercise we solicit the ability to react and we favour the improvement of the overall technical aspect.



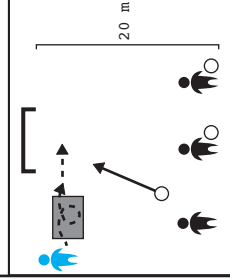
The exercise is carried out in couples. One goalkeeper is placed facing away and the other player, by surprise, will make the ball fly towards the goalkeeper's body. The goalkeeper will have to quickly catch the ball. The distance between the two should be 1-2 metres.

Variations:

- The ball has to be intercepted before it falls on the ground
- With two balls. Once he has caught the first, the other player will throw the second, which will also have to be intercepted as soon as possible.

Look for the right position

With this exercise we solicit the ability to react and orientation after an acrobatic phase and we favour the development of the ability to combine several movements.



We place a mattress in proximity of the post. The goalkeeper, once he has carried out a summersault, will try and find the best position in relation to the balls that are kicked from the limit of the penalty area (distance 16-20 metres).

Variations:

- Backward summersault
- The balls are kicked after an auto-pass
- One player will kick, the others will fake.

MODULE 1

LESSON 1: CATCH THE BALL IN THE AIR

Main technical objective:
DIVE WITH PHASE OF FLIGHT

Sequence of the session:

- Tennis football 15'
- Obstacle course with points 20'
- Awareness with the ball 10'
- Catch the ball in the air 15'
- Look for the right position 20'
- Free match 20'

Number of children:

Duration: 100'

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals

"The game is a challenge to the whole world to prove how big we are without forgetting that we are little"
UNICEF

TECHNICAL COORDINATIVE FACTOR

Objectives:

- Grip on high balls and safety grip at the chest
- In couples in the square 10'
- Passing in a group using hands 15'
- If you loose it they attack you 15'

Observations:

Variations:

TACTICAL COGNITIVE FACTOR

Objectives:

- Timing to call the ball
- COLLECTIVE GAMES AND GAME SITUATIONS: 20'
- Piggy in the middle using hands
- MATCH GAMES 15'
- Match using hands

Observations:

Variations:

PHYSICAL MOTORY FACTOR

Objectives:

- Rapidity
- Obstacle relay course: pass the ball in the air and run 25'

Observations:

Variations:

MODULE 1

Sequence of the session:

- In couples in the square 10'
- Obstacle course 25'
- Piggy in the middle using hands 20'
- Passing in a group using hands 15'
- If you loose it they attack you 15'
- Match using hands 15'

Number of children: 100'

Duration:

Methods

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Tunics
- Smaller goals

LESSON 2

OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Space-time evaluation
- Development of peripheral vision
- Correct hand position to grasp the ball

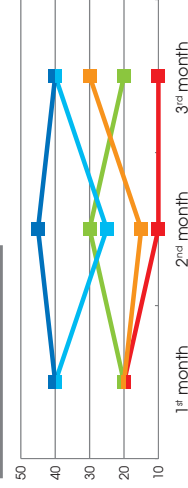
TACTICAL COGNITIVE FACTOR

- Search for participation point
- Choice of intervention between grip and hitting away

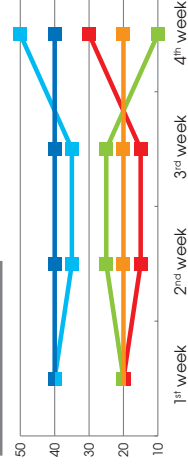
PHYSICAL-MOTORY FACTOR

- Lift-off right foot and left foot

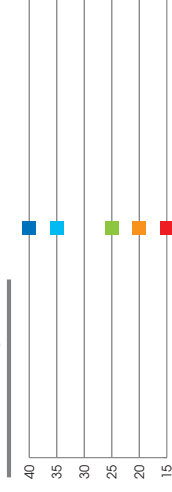
Trimester Graph



Monthly Graph

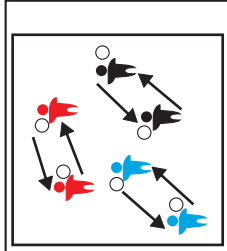


Lesson Graph



In couples in the square

Development of peripheral vision and the ability to block the ball with pressure from the opponent.



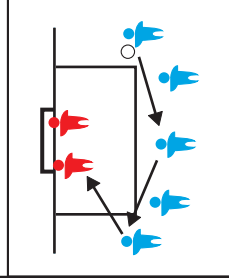
In couples, in a limited area of 10x10m, 8/10 goalkeepers split up with same-coloured tunics. The game consists in passing the ball using hands in various ways and, at the instructor's signal, the players switch balls at the same time with their team mate. The couples that drop the ball will be penalised.

Variations:

- Before exchanging the balls they can roll forwards
- Penalisation of the couple that is the last to finish the exchange
- The exchanges can be carried out by kicking the ball high using feet.

Passing in a group using hands

This game stimulates the young goalkeeper to evaluate space/time of the trajectory of an incoming high ball. Furthermore, it allows him to be more secure in his ways of catching high balls.



We form balanced couples of goalkeepers and, taking turns, each couple defends a goal for a certain period of time (e.g. 2 minutes). All the other goalkeepers, placed around the small area, will pass each other high balls using their hands, trying to score a header.

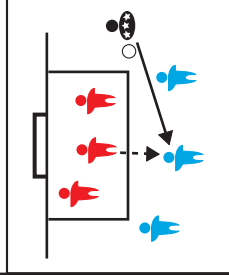
These players may only enter the small area only during the pass and preparing jump for the header, to give the defending goalkeeper time to calculate his position to exit the goal. The couple that has taken less goals at the end of the game wins.

Variations:

- Vary time of play

If you loose it they attack you

The exercise solicits the improvement of the technical move in exiting the goal and the grip (or send-back) on high balls. Furthermore, it helps the young goalkeeper get used to physical contact in lift-off with the development of a sense of security and faith in his means.



In teams, the children play at the limit of the small penalty area with a group of goalkeepers that defends and another that attacks. The defending goalkeepers are all placed inside the goal, and only one of them (taking turns), will exit the goal to block the cross, kicked by the coach or an opponent. The goalkeeper will decide whether to grip the ball or punch it away, and once the ball has been sent-back (short) all the other attackers come into play and try to score a goal in a few seconds. The other defending goalkeepers can also help the other to defend the goal.

Main technical objective:
GRIP AND HOLDING ONTO HIGH BALLS

Sequence of the session:

- In couples in square 10'
- Obstacle course 25'
- Piggy in the middle 20'
- Passing in a group using hands 15'
- If you loose it they attack you 15'
- Match using hands 15'

Number of children:

100'

Duration:

- Material:**
- Balls (of various colours and different sizes)
 - Cones
 - Boundaries
 - Tunics
 - Coloured ribbon
 - Smaller goals

*"Playing is paradise
for those who passionately
love many things"*
L. Buscaglia



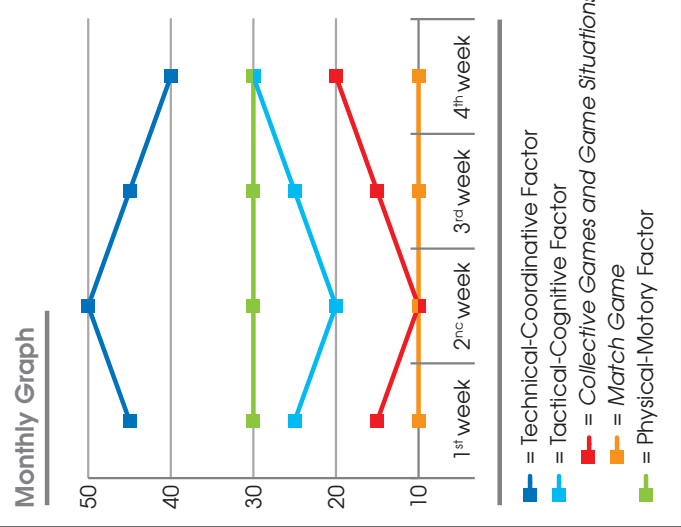
CLUB: _____

INSTRUCTOR: _____

SPORT SEASON: _____

REMEMBER

- The goalkeeper of the "beginner" category uses the send-back with his feet and hands correctly, in a tactical way.
- The games have to have few rules and be easy to understand
- Also test the goalkeeper's technical behaviour once in a while, making him play in other roles.
- Enrich his technical experiences



MONTH: _____

MAIN OBJECTIVES OF THE MONTH:

- TECHNICAL-COORDINATIVE FACTOR: intercept balls with a high grip, with or without lift-off phase
- Intercept low balls with lateral dives
- Hit the ball with fist or open hand with or without lift-off phase
- Leveraged throwing
- TACTICAL-COGNITIVE FACTOR: position on the bisection line after lateral movement low exits on feet in 1vs1
- PHYSICAL-MOTORY FACTOR: pre-acrobatic; summersault, rolling, ambidexterity in lift-off, with right foot and left foot

N° LESSONS: _____

N° WEEKS: _____

N° COMPETITIONS/EVENTS: _____

OBSERVATIONS:

TECHNICAL COORDINATIVE FACTOR

Objectives:

- Throwing the ball with hands
- Tennis football 10'
- Awareness with ball 15'
- Throw with hands 20'

TACTICAL COGNITIVE FACTOR

Objectives:

- Low blocking with feet 1vs1

COLLECTIVE GAMES AND GAME SITUATIONS:

- 1vs1 15'

MATCH GAMES

- Free match 10'

Observations: _____

Variations: _____

PHYSICAL MOTORY FACTOR

Objectives:

- Ambidexterity in lift-off
- Articular mobility
- Articular mobility exercises with the ball 10'
- Obstacle course with lift-off and high grasping 20'

Observations: _____

Variations: _____

MODULE 2

Sequence of the session:

- Tennis football 10'
- Articular mobility exercises with the ball 10'
- Awareness with ball 15'
- Throw with hands 20'
- Obstacle course with lift-off and high grasping 20'
- 1vs1 15'
- Free match 10'

Number of children:

Duration: 100'

Methods

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals

LESSON 3

OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Grasp on lateral cross

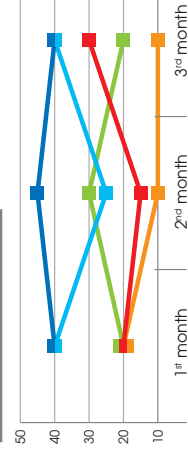
TACTICAL COGNITIVE FACTOR

- Ability to anticipate the opponent's moves

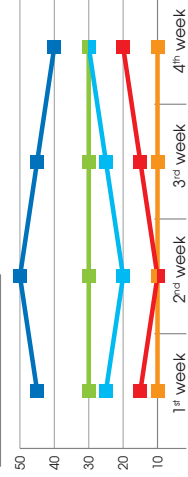
PHYSICAL MOTORY FACTOR

- Ability of rhythm

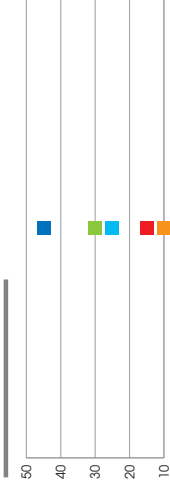
Trimester Graph



Monthly Graph

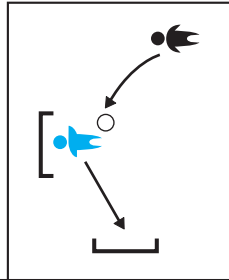


Lesson Graph



Throw with hands

Solicits the ability of anticipation and favours the improvement of the technical ability of throwing with the hands.



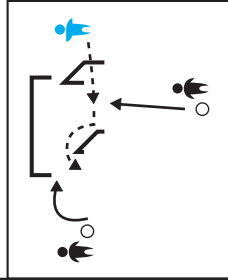
The goalkeeper is placed in the goal and intercepts a shot coming from the left. His task consists in re-launching the ball immediately into a gate on the other side (repeat for other side).

Variations:

- Same procedure, but now the goalkeeper cannot use his hands
- In the lateral post goalkeeper defends the gate (without hands)

Obstacle course with lift-off and high grip

Improves the technical-coordinative ability of the goalkeepers, who are solicited to combine technical moves and specific locomotor actions.



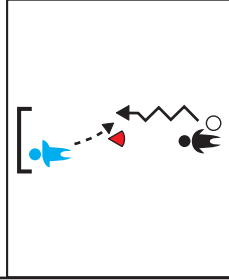
A ribbon and an obstacle are placed in front of a goalkeeper. The goalkeeper will have to intercept the ball in a dive without touching the ribbon and straight away carry out a high frontal grip over the obstacle.

Variations:

- After the high grip, the goalkeeper re-launches the ball with his hands or with his feet.

1 vs 1

Favours the learning process of exiting the goal on one-on-one actions (1vs1) and the ability to guess the intentions of the opponent (anticipation).



An attacker starts from about 20m from the goal. The goalkeeper, placed on a line, will exit the goal, with the appropriate choice of timing, on the feet of the opponent, trying to intercept the ball.

Variations:

- Once the ball is intercepted, the goalkeeper will have to re-position himself in the goal to block the shot of the instructor.
- Game with two goals (20m away from each other). Once the goalkeeper has intercepted the ball, he can shoot into the goal in front of him.

MODULE 2

Main technical objective:
INTERCEPTING THE BALL IN 1VS1 SITUATIONS

Sequence of the session:

- 10' Tennis football
- 10' Articular mobility exercises with the ball
- 15' Awareness with ball
- 20' Throw with hands
- 20' Obstacle course with lift-off and high grasping
- 15' 1vs1
- 10' Free match

Number of children:

Duration: 100'

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals

“The zip that links the planning (often theoretical) and the practical environment of the team, is the moment of learning-lesson”

SGS

LESSON 3: EXIT AND DON'T LET YOURSELF BE JUMPED





TECHNICAL COORDINATIVE FACTOR

Objectives:

- Re-launch the ball in the various possible ways with the development of the precision of the pass.
- Look for the free team mate 10'
- Give the ball while running 20'
- Declare the pass 15'

Observations: _____

Variations: _____

TACTICAL COGNITIVE FACTOR

Objectives:

- Reading the game situation

GAME SITUATIONS:

- Play with retro-pass 10'

MATCH GAMES

- Match with numerical advantage 15'

Observations: _____

Variations: _____

PHYSICAL MOTORY FACTOR

Objectives:

- Rapidity of cyclical movement
- Shuttle relay passing between posts 30'
- Match with hands with header

Observations: _____

Variations: _____

Sequence of the session:

- Look for the free team mate 10'
- Relay and match 30'
- Give the ball while running 20'
- Play with retro-pass 10'
- Declare the pass 15'
- Match with numerical advantage 15'

Number of children: 100'

Duration: 100'

Methods

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Tunics
- Smaller goals

OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Control of the ball in various ways

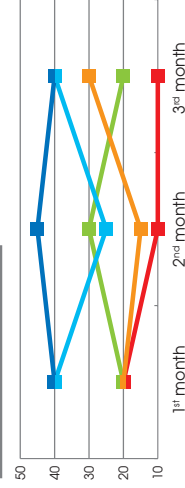
TACTICAL COGNITIVE FACTOR

- Look for the free team mate
- Rapid beginning of a re-start

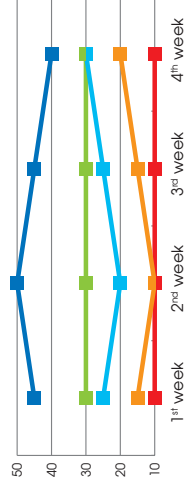
PHYSICAL MOTORY FACTOR

- Developing articular and muscular districts of upper limbs

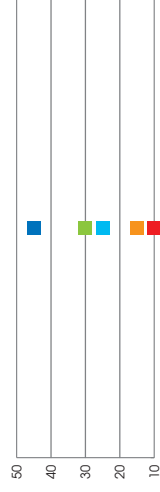
Trimester Graph



Monthly Graph

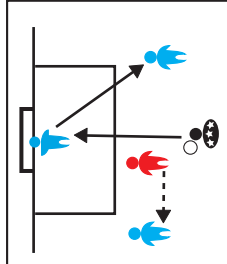


Lesson Graph



Look for the free team mate

With this exercise the goalkeeper is stimulated to evaluate the position of the team mate before passing the ball in total safety.



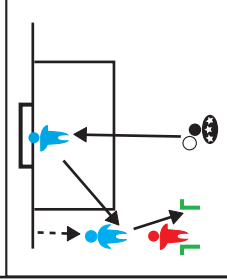
The coach carries out a pass to the goalkeeper, whereas one of his two team mates (placed at the two vertices of the area) is attacked by an opponent; the goalkeeper will have to rapidly transmit the ball to the free team mate. Penalty points will be assigned if the goalkeeper is not rapid and precise in the pass or if he passes the ball to his team mate under the pressure of the opponent.

Variations:

- The instructor's throw can be a low pass, with a bounce, high, etc.
- The re-launch of the goalkeeper can be with the hands or with the feet
- Before the re-launch the instructor tells the goalkeeper the name of the team mate (or colour of the tunic)

Give the ball while running

With this game we develop the goalkeeper's propensity to start the counterattacking action rapidly, transmitting the ball precisely to his team mates, who are running.



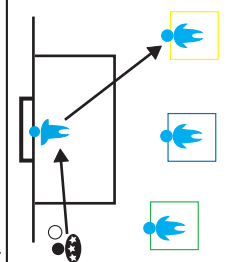
The goalkeeper, once he has received the ball from the instructor, re-launches the ball outside the area to a team mate (goalkeeper) who, when running, will not be able to control the ball but will kick directly in a small goal placed also at mid-field, defended by an opposing goalkeeper. The team mate (striker) will start running outside the area from the penalty shooting point when the goalkeeper blocks the ball that the coach shoots to him. Evidently, if he is not able to kick directly into the goal, it will mean that the goalkeeper has not been precise. Whoever scores the most goals in the small goal wins.

Variations:

- The ball is thrown in various ways.

Declare the pass

Improvement of the technical move of passing (re-launching) and analysis of the strength to apply on the basis of the distance. Search for precision.



The goalkeeper, once he has received the ball from the coach, will have to try and re-launch it with his feet, in the air, after an auto-pass in one of the limited spaces of a different colour and at different distances. Inside each space, we place another goalkeeper from the same team that will try to control the pass with the purpose of scoring points. The goalkeeper will have to declare, before re-launching, the area he is aiming for. Different points will be assigned on the basis of the distance.

Variations:

- The coach can throw the ball in various ways
- The goalkeeper can kick the ball on the rebound or from the ground
- The goalkeeper can re-launch even in the two ways with his hands, not with a low pass (facing away and turning)

MODULE 2

Main technical objective: PRECISE RE-LAUNCHING

Sequence of the session:

- Look for the free team mate 10'
- Relay and match 30'
- Give the ball while running 20'
- Play with retro-pass 10'
- Declare the pass 15'
- Match with numerical advantage 15'

Number of children:

100'

Duration: Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Tunics
- Smaller goals

"The world has an extreme need for people that offer their help. We inhabitants of the world cannot live without them."

L. Buscaglia

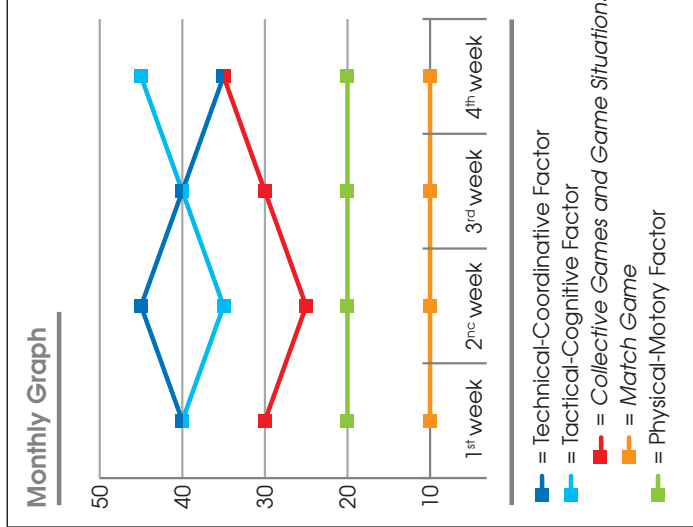


CLUB: _____

INSTRUCTOR: _____

SPORT SEASON: _____

- REMEMBER**
- The goalkeeper of the "beginner" category still shows difficulty in evaluating the trajectory of high balls.
 - The ability of attention of the young goalkeeper is more limited compared to adults
 - The children should never lose their motivation to learn
 - In the low exits and dives, experiment more of his acrobatic abilities and courage.



MONTH: _____

MAIN OBJECTIVES OF THE MONTH:

- **TECHNICAL-COORDINATIVE FACTOR:**
high grip with lift-off phase
grip on the ball off the ground with lateral dive
hit the ball with fist with lift-off phase in lateral zones
re-launch with feet in the air and on rebound.
- **TACTICAL-COGNITIVE FACTOR:**
position on placed kicks (direct or indirect)
- **PHYSICAL-MOTORY FACTOR:**
pre-acrobatic: somersaults, rolling, handstands

N^o LESSONS: _____
 N^o WEEKS: _____
 N^o COMPETITIONS/EVENTS: _____

OBSERVATIONS:

TECHNICAL COORDINATIVE FACTOR

Objectives:

- Intercepting
- Tennis-football 10'
- Preparation for lateral dive with phase 15'
- Block after a low cross 15'

Observations: _____

Variations: _____

TACTICAL COGNITIVE FACTOR

Objectives:

- Positioning after lateral galloping movement

GAME SITUATIONS:

- Surprise shot 15'
- Hit with fist and score 15'

MATCH GAMES

- Free match 10'

Observations: _____

Variations: _____

PHYSICAL MOTORY FACTOR

Objectives:

- Pre-acrobatic
- Articular mobility exercises with the ball 5'
- Combination of forward and backward somersaults and blocking 15'

Observations: _____

Variations: _____

MODULE 3

Sequence of the session:

- Tennis-football 10'
- Articular mobility exercises with the ball 5'
- Combination of forward and backward somersaults and blocking 15'
- Preparation for lateral dive with phase of lift-off 15'
- Block after a low cross 15'
- Hit with fist and score 15'
- Surprise shot 15'
- Free match 10'

Number of children:

Duration: 100'

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals

LESSON 5



OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Ability to react

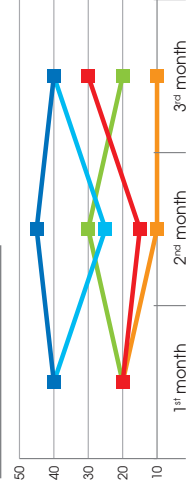
TACTICAL COGNITIVE FACTOR

- Anticipating position on the shot

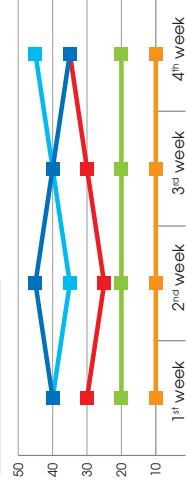
PHYSICAL-MOTORY FACTOR

- Ability to combine movements

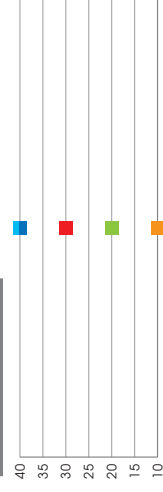
Trimester Graph



Monthly Graph

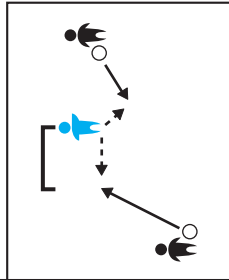


Lesson Graph



Throwing the ball with hands

This exercise favours the combination of technical actions and solicits the ability to react.



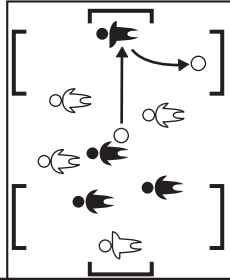
The goalkeeper places himself on the near post, the team mates carries out a low cross towards him. At this point the goalkeeper grasps the ball and, afterwards, he has to block another shot coming from the limit of the penalty area.

Variations:

- First block with deviation and the following shot is on the rebound
- The instructor will call the pupil that has to shoot to goal.

Hit with fist and score

With this exercise we favour the cooperation with other team mates and we solicit the ability of hitting with fists towards lateral zones.



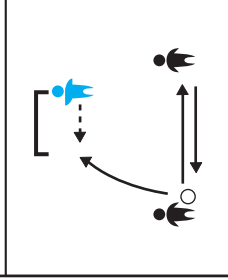
Two teams face each other in a normal match. The goalkeeper can contribute to the score of his team by directing the ball into one of the two gates placed on the sides of the goal using his fists.

Variations:

- Place one gate only on one side of the goal
- Vary the distance between the gate and the goal

Surprise shot

This game improves the lateral movement of the goalkeeper, according to the movement of the ball.



Two goalkeepers that cover, in this case, the role of attackers, pass each other the ball at the limit of the penalty area. At the signal, whoever has the ball shoots to goal, whereas the goalkeeper follows the ball with a lateral galloping movement.

Variations:

- The pass between the two attackers is carried out using hands, and the kick is in the air
- The designated attacker guides the ball, the goalkeeper intervenes with a low exit

MODULE 3

LESSON 5: DIVE AND CATCH THE BALL

Main technical objective:
LATERAL, FORWARD AND BACKWARD MOVEMENT, ACCORDING TO THE BALL

Sequence of the session:

- Tennis-football 10'
- Articular mobility exercises with the ball 5'
- Combination of forward and backward somersaults and blocking 15'
- Preparation for lateral dive with phase of lift-off 15'
- Block after a low cross 15'
- Hit with fist and score 15'
- Surprise shot 15'
- Free match 10'

Number of children:

100'

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals

*" From a child to an adult:
don't forget that I can't grow
well without a lot of understanding
and encouragement"
"Erbavoglio"*

TECHNICAL COORDINATIVE FACTOR

Objectives:

- Improve deviation trying to send the ball into non-dangerous areas
- Direct deviation 15'
- Block with an obstacle 15'
- Where is the ball coming from? 10'

Observations:

Variations:

TACTICAL COGNITIVE FACTOR

Objectives:

- Avoid re-bound of the attacker

GAME SITUATIONS:

- 1vs1 with re-launch and shoot to goal 20'

MATCH GAMES

- Match without corners 20'

Observations:

Variations:

PHYSICAL MOTORY FACTOR

Objectives:

- Psycho-motor reactivity with various rolling exercises
- Loss of balance and interception of the ball with close shot 20'

Observations:

Variations:

MODULE 3

LESSON 6

Sequence of the session:

- Direct deviation 15'
- Close Kick 20'
- Block with an obstacle 15'
- 1vs1 with re-launch 20'
- Where is the ball coming from? 10'
- Match without corners 20'

Number of children:

100'

Duration:

Methods

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Smaller goals
- Black material

OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Lateral and backward dive
- Balancing point

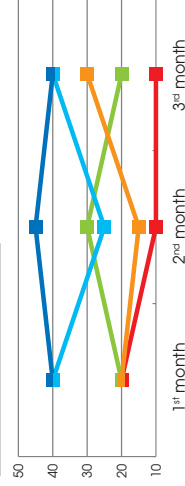
TACTICAL COGNITIVE FACTOR

- Bisecting line
- Peripheral vision

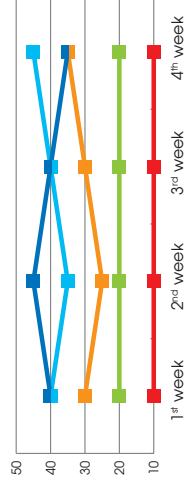
PHYSICAL-MOTORY FACTOR

- Rapidity of movement

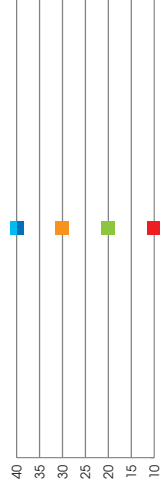
Trimester Graph



Monthly Graph

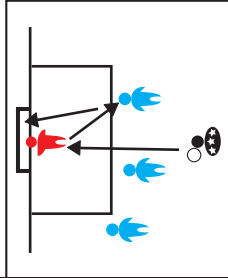


Lesson Graph



Block with an obstacle

With this game, the goalkeeper is influenced to try and block the ball or try to deviate it where the opponent can not kick it into the goal.



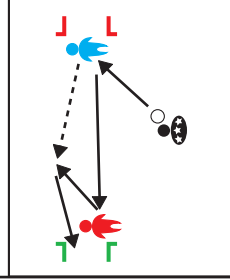
Taking turns for one minute each, every goalkeeper defends the goal from the shots of the coach, who is placed inside the penalty area. In front of him, close to the small area, there are the other goalkeepers that try and block the view and kick off the rebound of the defending goalkeeper. Whoever takes less goals at the end of the turn wins.

Variations:

- play in teams
- the shooter can belong to the opposing team
- the shots can be made from the ground in movement, from a standstill, in the air, on the rebound, with another foot
- instead of time (time pressure) we can count the shots each player carries out.

1 vs1 with re-launch and shot to goal

Training for the ability to block the ball and lateral deviations. Search for psycho-motor reactivity on the basis of the ability to intervene twice with rapidity.



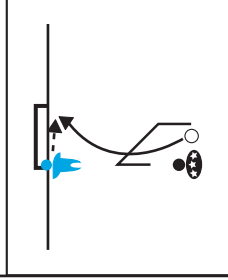
In a mini-field, with two smaller goals (4x2m), two goalkeepers with a similar level face each other, and will take turns in kicking the ball one against the other; if the defending goalkeeper blocks or deviates the ball outside of the field, the action will end and therefore he will be the one to shoot next. If he simply sends the ball back, the other player can shoot again.

Variations:

- play in teams
- the shot can be carried out in the air, on the rebound, etc.
- additional points can be assigned for well-executed lateral blocking.

Where is the ball coming from?

Exercise that requires maximum psycho-motor reactivity, forcing the player to deviate the ball with maximum speed.



From a distance of 6-7 metres from the goal, we place a dark sheet of material to stop the goalkeeper seeing the balls and the coach. The task of the goalkeeper is to block the parabolic (lateral on the left or right) balls the coach throws at him, trying somehow to block the ball in deviation, because of the short distance and the impossibility of finding out where it is coming from.

Variations:

- the game can be played in teams, and the shooter can be a goalkeeper from the opposing team
- the block can be valid if the ball stays between the shooter and the goalkeeper
- the sheet can be closer or further away.

MODULE 3

Main technical objective:
IMPROVE DEVIATION TO AVOID GOALS

Sequence of the session:

- Direct deviation 15'
- Close kick 20'
- Block with an obstacle 15'
- 1vs1 with re-launch 20'
- Where is the ball coming from? 10'
- Match without corners 20'

Number of children:

100'

Duration:

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Smaller goals
- Black material

"Many people, even if they know the price of everything, ignore their value"

K. Gibran



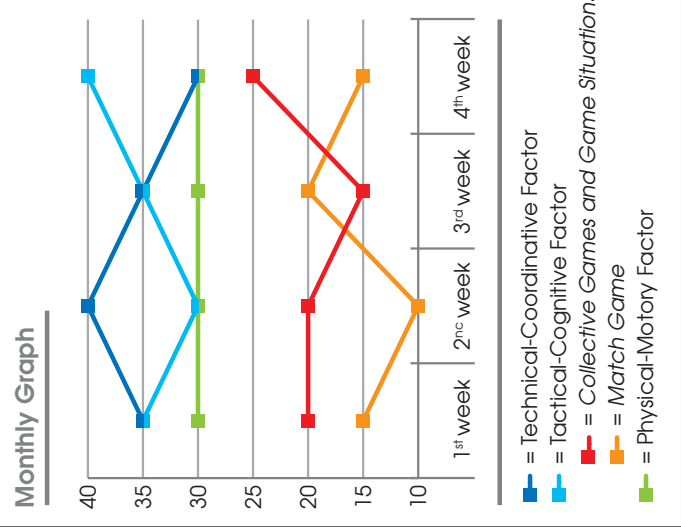
CLUB: _____

INSTRUCTOR: _____

SPORT SEASON: _____

REMEMBER

- The goalkeeper of the "beginner" category receives with his feet without any problems and often his motor response (if he is not pressed by opponents) is precise and played tactically.
- In the evaluation of the student, we also need to consider the social, affective and cognitive aspect
- Also for the goalkeeper, use specific game situations as a form of training.



MONTH: _____

MAIN OBJECTIVES OF THE MONTH:

- TECHNICAL-COORDINATIVE FACTOR: catch the ball kicked in the air, hit with fist in lateral areas
- TACTICAL-COGNITIVE FACTOR: position on flying kicks re-launching the ball in a tactical way (in the air)
- PHYSICAL-MOTORY FACTOR: rapidity-pre-acrobatic with combined elements

N° LESSONS: _____

N° WEEKS: _____

N° COMPETITIONS/EVENTS: _____

OBSERVATIONS:

TECHNICAL COORDINATIVE FACTOR

Objectives:

- Interception of flying balls
- Tennis football
- Intercept the ball kicked in the air
- Hit with a fist towards the side

5'

15'

15'

15'

Observations:

Variations:

TACTICAL COGNITIVE FACTOR

Objectives:

- Re-launch with feet in a tactical key

GAME SITUATIONS:

- Launch with feet

20'

MATCH GAMES

- Free match

15'

Observations:

Variations:

PHYSICAL MOTORY FACTOR

Objectives:

- Rapidity
- Articular mobility exercises with the ball
- Throw, run and shoot to goal

20'

(Game in couples, one goal. At the signal the goalkeeper placed at the goal with a ball; throws it to a team mate at 15/20m. When the latter has placed the ball on the ground, the one that has thrown, the ball will go on to shoot quickly, the other will go into the goal and block. Variation: with four goalkeepers and two goals.)

Observations:

Variations:

MODULE 4

LESSON 7

Sequence of the session:

- Tennis football
- Articular mobility exercises with the ball
- Throw, run and shoot to goal
- Intercept the ball kicked in the air
- Hit with a fist towards the side
- Launch with feet
- Free match

5'

10'

20'

15'

15'

20'

15'

Number of children:

100'

Duration:

Methods

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals

MODULE 4

OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Kick in the air

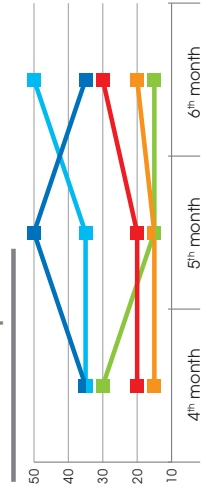
TACTICAL COGNITIVE FACTOR

- Rapidly reading the situation

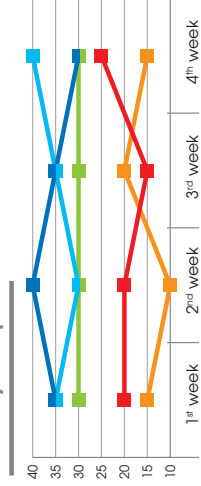
PHYSICAL MOTORY FACTOR

- reactivity

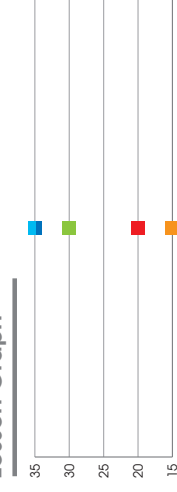
Trimester Graph



Monthly Graph

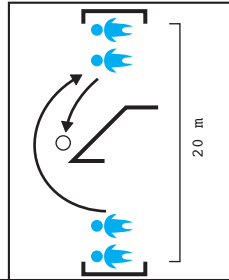


Lesson Graph



Intercept the ball kicked in the air

This exercise favours learning the ability to kick the ball in the air and develops the ability to catch the ball off the ground.



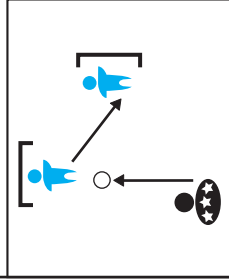
Game with two goals (placed at 15/20m), at midfield we place a ribbon supported by two poles. The goalkeepers will have to kick towards the opposite goal, in the air, making the ball pass over the ribbon (game played between two teams, with points)

Variations:

- after having kicked, the player goes to the opposite side, after carrying out a summersault, a jump, a slalom, etc...
- the ball is thrown or kicked also under the ribbon.

Hit with a fist towards the side

With this type of exercise we improve the ability to hit the ball with a fist into lateral areas.



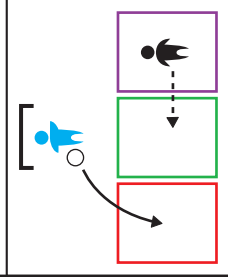
The instructor throws the ball centrally, the goalkeeper will have to direct ball, hitting it with his fist, in a gate placed to the side of the goal.

Variations:

- the lateral gate is defended by a third goalkeeper
- the third goalkeeper, once he has intercepted the ball, can kick the ball into the goal defended by the attacker.

Launch with the feet

This exercise improves the re-launch with the feet in the air with a tactical key.



At 3/4 of the field there are three rectangles of different colours. The goalkeeper will have to direct the ball into the area that the opponent has left unoccupied. The opponent moves from one rectangle to the other (lateral area has a higher score than the one in the centre). If the re-launch is intercepted, the attacker can shoot to goal and reduce the goalkeeper's score.

Variations:

- the goalkeeper re-launches once he has intercepted a shot from the coach
- re-launch in the area called out by the instructor.

Main technical objective:

RELAUNCH IN THE AIR WITH FEET

Sequence of the session:

- Tennis football 5'
- Articular mobility exercises with the ball 10'
- Throw, run and shoot to goal 20'
- Intercept the ball kicked in the air 15'
- Hit with a fist towards the side 15'
- Launch with feet 20'
- Free match 15'

Number of children:

100'

Duration:

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals

"If you see him panting and struggling, help him; you will gain agility."

K.Gibran

TECHNICAL COORDINATIVE FACTOR

Objectives:

- Send the ball back with fist trying to direct the ball
- With fist, on the opposite side 10'
- Blocking in counter-time 10'
- Complex obstacle course 15'

Observations:

Variations:

TACTICAL COGNITIVE FACTOR

Objectives:

- Send the ball into a non-dangerous area for the team
- GAME SITUATIONS:
- Evaluate the corner 15'

MATCH GAMES

- Match with diving goals with fist 20'

Observations:

Variations:

PHYSICAL MOTORY FACTOR

Objectives:

- General pre-acrobatics 30'
 - Complex obstacle course
- Series of forward and backward rolls

Observations:

Variations:

MODULE 4

Sequence of the session:

- With fist, on the opposite side 10'
- Obstacle course 30'
- Blocking in counter-time 10'
- Complex obstacle course 15'
- Evaluate the corner 15'
- Match with diving goals with fist 20'

Number of children:

Duration: 100'

Methods

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals
- Obstacles
- Coloured ribbon

LESSON 8

OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Dives on the mattress
- Space-time evaluation

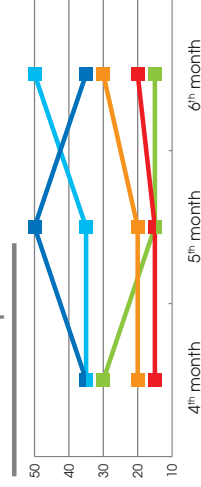
TACTICAL COGNITIVE FACTOR

- Peripheral vision

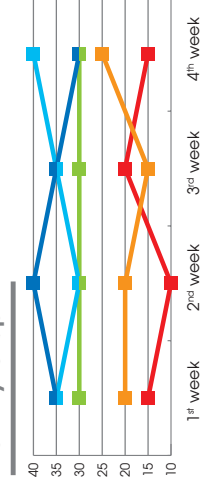
PHYSICAL MOTORY FACTOR

- Psycho-physical reactivity

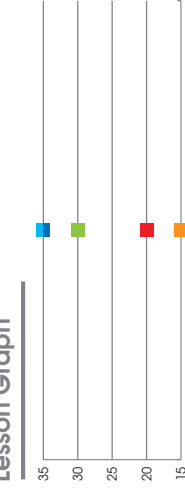
Trimester Graph



Monthly Graph

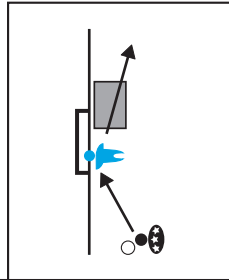


Lesson Graph



With fist on the opposite side

With this exercise we stimulate the correct coordination of the block with the fist, forcing the young goalkeeper to hit with the right fist if he wants to send the ball left and vice versa.



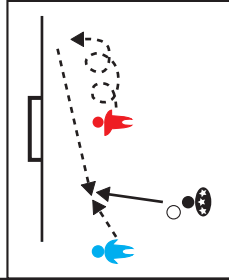
The goalkeeper, with a dive onto the mattress, has to hit the ball, thrown by the coach, with the fist, trying to send it as far away as possible on the opposite side of where it is coming from.

Variations:

- Place an obstacle before the mattress
- Precede the blocking action with a loss of balance (i.e. spinning around)

Blocking in counter-time

This exercise stimulates the psycho-physical reactivity of the young goalkeeper, to use also other parts of the body to try and carry out a deviation.



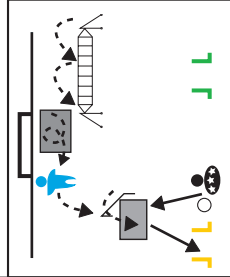
The goalkeeper carries out a roll in the direction of a post and gets up again. The coach will carry out a shot to the opposite post. On the basis of the blocking action, the other goalkeepers may conclude to goal and at the end of the rotation the one that has taken less goals will win the competition.

Variations:

- The coach can also kick on the rebound, at mid-height, etc.
- The goalkeeper rolls twice
- The goalkeeper can also roll backwards
- The exercise is carried out from the other side.

Complex obstacle course

With this exercise we stimulate various specific components of the role of goalkeeper, privileging the forward block with two fists with a dive onto a mattress.



The goalkeeper, once he has carried out a series of jumps, carrying out a forward roll, dives on the mattress, clearing a small obstacle. At the end, he carries out a block with two fists with the ball coming in from a central position, trying to direct it towards one of the two gates placed on the sides behind the coach. The player that scores the most goals in the gates wins.

Variations:

- The gates can have two different names, and the goalkeeper can declare the name of the gate (when he is diving before hitting the ball). In this case the score doubles.
- The gates are placed at different distances.

Main technical objective:
SEND BALL AWAY FROM THE GOAL USING FIST TRYING TO DIRECT THE BALL

Sequence of the session:

- With fist, on the opposite side 10'
- Obstacle course 30'
- Blocking in counter-time 10'
- Complex obstacle course 15'
- Evaluate the corner 15'
- Match with diving goals with fist 20'

Number of children:

100'

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals
- Obstacles
- Coloured ribbon

"To understand in the mind and the heart of a man, don't look at his achievements, but his aspirations"

K. Gibran



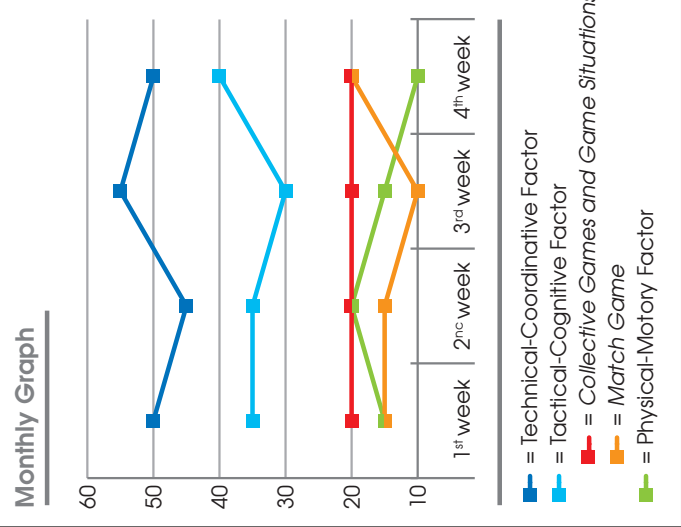
CLUB: _____

INSTRUCTOR: _____

SPORT SEASON: _____

REMEMBER

- The goalkeeper of the "beginner" category is able to correctly direct the ball he hits with a fist.
- The instructor of the goalkeepers has to try and consolidate the psychological motivations that have brought the pupils to choose the role
- Do not forget that in the player and especially in the little goalkeeper, the ability of anticipation and complex motor reactions are indispensable qualities.



MONTH: _____

MAIN OBJECTIVES OF THE MONTH:

- TECHNICAL-COORDINATIVE FACTOR: catching high balls with lift-off phase coming from lateral zones hitting with fist on crosses coming from lateral areas
- TACTICAL-COGNITIVE FACTOR: re-launch with feet with still ball position during corner kicks organisation of defence in placed kicks (barriers)
- PHYSICAL-MOTORY FACTOR: rapidity pre-acrobatic

N° LESSONS: _____

N° WEEKS: _____

N° COMPETITIONS/EVENTS: _____

OBSERVATIONS:

TECHNICAL COORDINATIVE FACTOR

Objectives:

- Intercepting balls coming from the lateral areas
- Tennis football
- Intercept the ball from the wings
- Intercept the shot-cross

15'

15'

20'

Observations:

Variations:

TACTICAL COGNITIVE FACTOR

Objectives:

- Placement of the barrier

GAME SITUATIONS:

- Make the barrier

20'

MATCH GAMES

- Free match

15'

Observations:

Variations:

PHYSICAL MOTORY FACTOR

Objectives:

- Pre-acrobatic
 - Summersault and block
- After a summersault (forward, backward), block a shot from the instructor.
- Variation: handstand, or cartwheel and block.

15'

Observations:

Variations:

MODULE 5

LESSON 9

Sequence of the session:

- Tennis football
- Intercept the ball from the wings
- Intercept the shot-cross
- Summersault and block
- Make the barrier
- Free match

15'

15'

20'

15'

20'

15'

Number of children:

100'

Duration:

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals

OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Space-time coordination

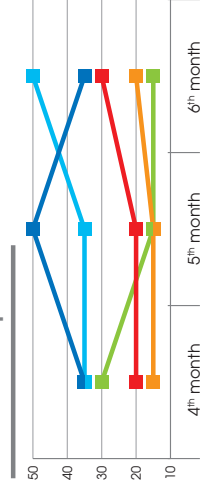
TACTICAL COGNITIVE FACTOR

- Capacity of organisation

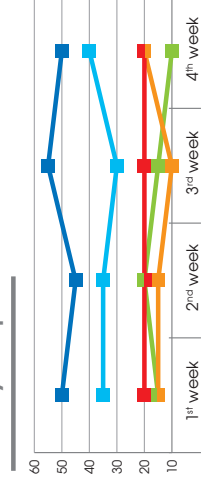
PHYSICAL MOTORY FACTOR

- dexterity

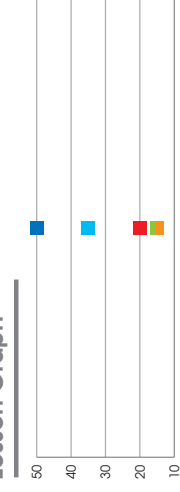
Trimester Graph



Monthly Graph

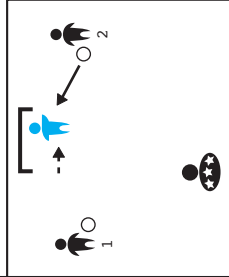


Lesson Graph



Intercept the ball from the wings

With this kind of exercise we improve peripheral vision. Furthermore, it develops that ability of anticipation, choosing the most appropriate way to intervene.



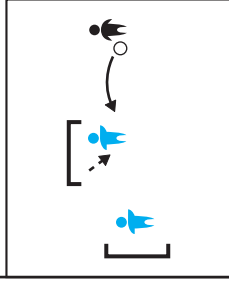
The exercise provides for the presence of two assistants that are numbered (1 and 2), placed on the sides of the goal. The coach calls out a number, and the goalkeeper will have to intercept the ball.

Variations:

- the coach calls out operations (sum, multiplication, different colours, etc.)
- the ball is directed grazing the ground or on the rebound, etc.

Intercept the shot-cross

The proposed exercise allows us to improve the quality of the intervention and the evaluation of the trajectory of balls coming from the wings.



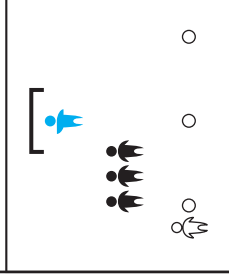
The goalkeeper will have to intercept balls coming from the wings, kicked by a team mate or the coach. To make the exercise more stimulating a goal will be placed on the opposite side of the cross, and they will have to avoid the ball entering it.

Variations:

- at the beginning we place some fixed obstacles (posts, cones, cut-outs, etc.)
- then we can place team mates, semi-active at first, then active

Barrier

This type of exercises favours the improvement of an attentive and solicited organisation of the team in specific game situations.



The goalkeeper will have to rapidly compose a barrier (team mates), to a series of balls that are placed at the limits of the penalty area, place himself correctly in the defence of the goal and block the shot of the attacker that kicks directly into the goal. The trainer in the meantime marks the time before the shot (i.e. 10" to organise the whole thing).

Variations:

- indirect penalty kick
- the barrier is organised with more calm and attention, at the end we count the stopped shots and the goals taken.

MODULE 5

Main technical objective:
INTERCEPTING GOALS COMING FROM THE WINGS

Sequence of the session:

- Tennis football 15'
- Intercept the ball from the wings 15'
- Intercept the shot-cross 20'
- Summersault and block 15'
- Make the barrier 20'
- Free match 15'

Number of children:

100'

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals

"The coach is a facilitator of learning, he doesn't train but he transmits knowledge and favours the development of competencies"

LESSON 9: INTERCEPT THE CROSS



TECHNICAL COORDINATIVE FACTOR

Objectives:

- Exiting the goal against opponent with the ball
- Low anticipated exit 15'
- Which opponent will attack? 20'
- Three against one with hands 15'

Observations:

Variations:

TACTICAL COGNITIVE FACTOR

Objectives:

- Anticipation of reading the game situation

GAME SITUATIONS:

- Defend half the field 20'

MATCH GAMES

- Free match 15'

Observations:

Variations:

PHYSICAL MOTORY FACTOR

Objectives:

- Rapidity of movement
- Obstacle course with goal shots 15'

Observations:

Variations:

Sequence of the session:

- Low anticipated exit 15'
- Obstacle course 15'
- Which opponent will attack? 20'
- Three against one with hands 15'
- Defend half the field 20'
- Free match 15'

Number of children:

100'

Duration:

Methods

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Tunics
- Bi-frontal goals
- Black sheets

OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Closing the goal mouth
- Space-time calculation

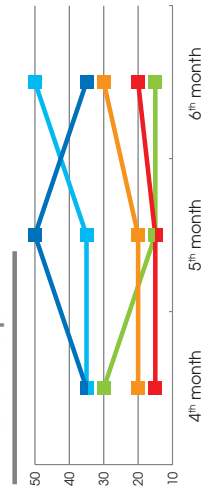
TACTICAL COGNITIVE FACTOR

- Peripheral vision

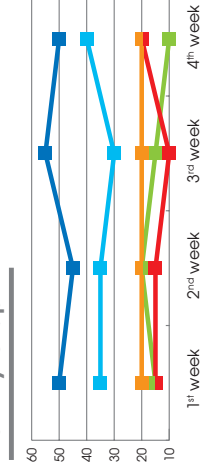
PHYSICAL MOTORY FACTOR

- General resistance

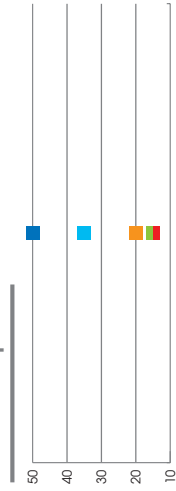
Trimester Graph



Monthly Graph

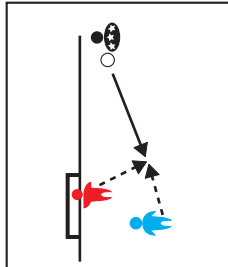


Lesson Graph



Low anticipated exit

We stimulate the goalkeeper to space-time evaluation and to anticipate the opponent. Development of security for physical impact that the exercise involves.



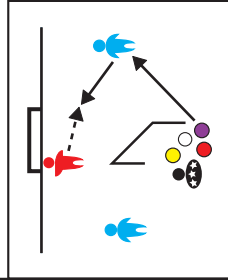
The coach, from a lateral position to the goal, carries out a cross with a low ball. The goalkeeper will try to block, deviate or send the ball back before an opponent (possibly of the same age) anticipates him. The attacker starts from a backed up position compared to the goalkeeper to give him the chance to intervene. The attacker can score a goal if the goalkeeper is unsuccessful in grasping the ball. At the end the goalkeeper that takes the least goals wins. Rotation between goalkeepers, establishing a precise number of trials for each one.

Variations:

- Play in Teams
- Cross carried out also from the opposite side
- The ball arrives with a rebound, at mid-height, etc.

Which opponent will attack?

With this exercise we improve the reading of a game situation and we stimulate the goalkeeper to exit as much as possible to close the goal-mouth of the opponent.



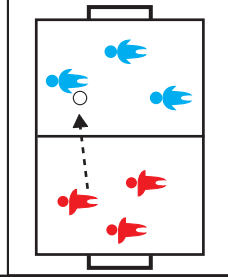
The coach places himself behind a sheet of black cloth with some balls and at the signal of the goalkeeper he passes the ball to one of the goalkeepers-attackers that are placed on the side. The attacker receives the ball and shoots to goal.

Variations:

- Game with teams
- The sheet can be closer or further away.

Defend half the field

This game situation helps the goalkeeper to evaluate and learn the technical move of exiting with on the feet of the opponent from different distances from the goals. Development of security and determination.



During a game, in phase of non-possession, the team (goalkeepers) that defends can re-conquer the ball in their half of the field by grasping it in a dive between the feet of the opponent ball holder. The game, once the ball has been conquered, passes over to the defender that will, in turn, attack the opponent. Only one goalkeeper per goal.

Variations:

- Points are assigned for every re-conquered ball with a dive between the opponent's feet
- Numerical advantage is allowed.

Main technical objective:
EXIT TOWARDS THE OPPONENT WITH THE BALL

Sequence of the session:

- Low anticipated exit 15'
- Obstacle course 15'
- Which opponent will attack? 20'
- Three against one with hands 15'
- Defend the mid-field 20'
- Free match 15'

Number of children:

Duration: 100'

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Tunics
- Bi-frontal goals
- Black sheets

*"From a child to an adult:
don't pay too much attention
to my little indispositions, I could
learn how to be unhealthy
if this attracts your attention"*
Erbavoglio



CLUB: _____

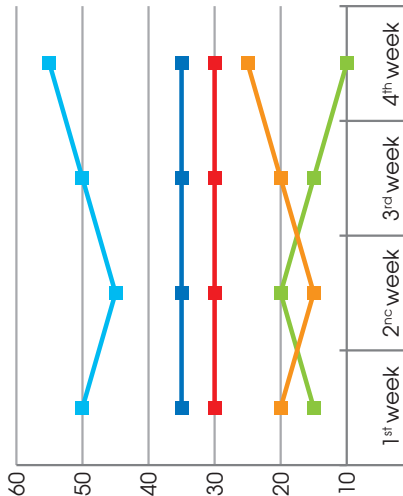
INSTRUCTOR: _____

SPORT SEASON: _____

REMEMBER

- The goalkeeper of the "beginner" category orients himself very well in the goal, even if the dimensions are excessive (if we use regular goals used for adults).
- We need to consider the group of goalkeepers like an "open" group. This means that all children should experiment the various psychological and technical sensations that occur when playing goalkeeper.
- Encourage the goalkeeper, especially when he "takes" a goal.

Monthly Graph



- = Technical-Coordinative Factor
- = Tactical-Cognitive Factor
- = Collective Games and Game Situations
- = Match Game
- = Physical-Motory Factor

MONTH: _____

MAIN OBJECTIVES OF THE MONTH:

- TECHNICAL-COORDINATIVE FACTOR: intercepting balls above the ground with diving actions and with a phase of flight hitting sloping balls from central zones re-launches with feet after retro-pass
- TACTICAL-COGNITIVE FACTOR: position on penalty kicks
- PHYSICAL-MOTORY FACTOR: psycho-motor - mixed obstacle courses

N° LESSONS: _____

N° WEEKS: _____

N° COMPETITIONS/EVENTS: _____

OBSERVATIONS:

TECHNICAL COORDINATIVE FACTOR

Objectives:

- Throwing, hitting
- Tennis football 15'
- Kick and throw the ball with your hands 20'

Observations:

Variations:

TACTICAL COGNITIVE FACTOR

Objectives:

- Position in a stable (penalty) and unstable (action) situation
 - Prompt reaction to visual signals
- GAME SITUATIONS:
- Hit the colour and block 15'
 - Penalty competition 15'
- MATCH GAMES
- Free match 20'

Observations:

Variations:

PHYSICAL MOTORY FACTOR

Objectives:

- Pre-acrobatic
- Coordination exercises with the ball 15' (exercises of hand/eye coordination proposed by the instructor)

Observations:

Variations:

MODULE 6

LESSON 11

Sequence of the session:

- Tennis football 15'
- Coordination exercises with the ball 15'
- Kick and throw the ball with your hands 20'
- Hit the colour and block 15'
- Penalty competition 15'
- Free match 20'

Number of children:

Duration: 100'

Methods:

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals

OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Interception

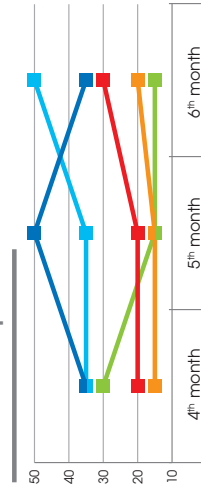
TACTICAL COGNITIVE FACTOR

- Reaction to visual signal

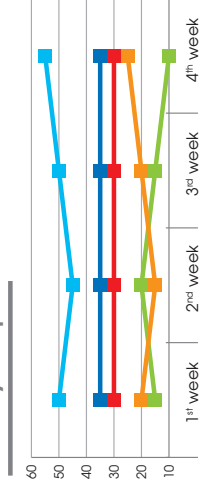
PHYSICAL MOTORY FACTOR

- Rhythmical capacity

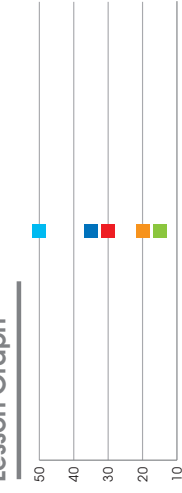
Trimester Graph



Monthly Graph

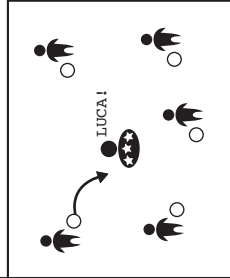


Lesson Graph



Kick and throw the ball with your hands

With this proposal we solicit the spatial-temporal organisation of the boy, consequently improving his decisional abilities.



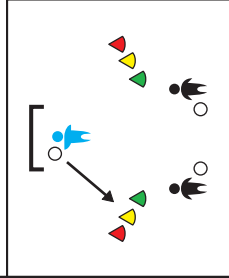
Each player possesses a ball and carries out the technical moves freely. The instructor calls a student, who from where he is standing, will have to kick or throw the ball to the instructor who, in turn, will throw the ball (high, low, with a rebound), allowing the pupil to intervene.

Variations:

- The pupil will have to start from a sitting position.

Hit the colour and block

We solicit peripheral vision, improving the mental discrimination of less determining aspects, improving the rapidity in assuming the right position and defence of the goal, according to the direction the ball is coming from.



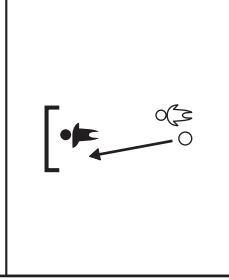
We place coloured cones on the sides of the goal, precisely at the vertex of the penalty area. The goalkeeper will have to hit one of the cones by throwing the ball with his hands or kicking it with his feet. The pupils that at the time are covering the role of attackers will pair up on a colour. The pupil that corresponds to the colour of the cone that has been hit will take a shot to goal.

Variations:

- Game with three or more colours
- Whoever does not shoot will take a shot.

Penalty competition

With this exercise we focus the attention on looking at positioning and intervention in penalty kick situations.



Game with two teams, with penalty kicks. The players shoot a series of 5 penalties per team.

Variations:

- Start facing away from the attacker, the players start in succession, first signal for the goalkeeper, the second for the attacker.

MODULE 6

LESSON 11: KICK AND BLOCK THE PENALTY

Main technical objective:
INTERCEPTING A PENALTY KICK

Sequence of the session:

- Tennis football 15'
- Coordination exercises with the ball 15'
- Kick and throw the ball with your hands 20'
- Hit the colour and block 15'
- Penalty competition 15'
- Free match 20'

Number of children:

Duration: 100'

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals

*"From a child to an adult,
don't correct me in front of others,
I will pay much more attention
if you talk to me calmly
face to face"*
Erbavoglio



TECHNICAL COORDINATIVE FACTOR

Objectives:

- Blocking in a dive with and without losing contact with the ground
- Attack the pyramid 15'
- Defend the castle 10'
- Dive backwards 10'

Observations: _____

Variations: _____

TACTICAL COGNITIVE FACTOR

Objectives:

- Anticipate the point of blocking

GAME SITUATIONS:

- Match with acrobatic goal 15'
- MATCH GAMES 20'
- Free match 20'

Observations: _____

Variations: _____

PHYSICAL MOTORY FACTOR

Objectives:

- Run and fall in backward rotation
- Fall backwards on the mattress with rotation 30'

Observations: _____

Variations: _____

Sequence of the session:

- Attack the pyramid 15'
- Fall backwards on the mattress 30'
- Defend the castle 10'
- Dive backwards 10'
- Match with acrobatic goal 15'
- Free match 20'

Number of children:

Duration: 100'

Methods

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals
- Obstacles

OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Spatial-temporal calculation

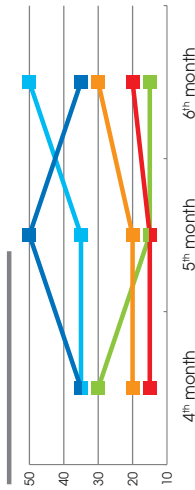
TACTICAL COGNITIVE FACTOR

- Search for the bisection line
- Search for the point of balance

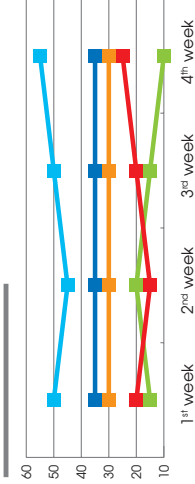
PHYSICAL MOTORY FACTOR

- General resistance
- reactivity

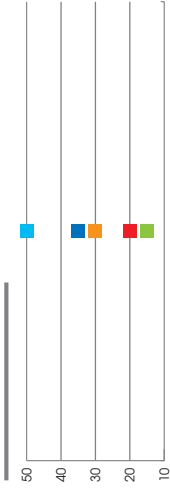
Trimester Graph



Monthly Graph

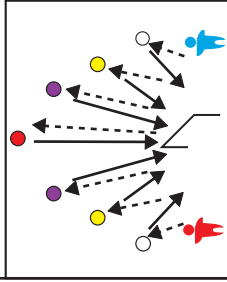


Lesson Graph



Attack the pyramid

Influences the player to block in an advanced position.



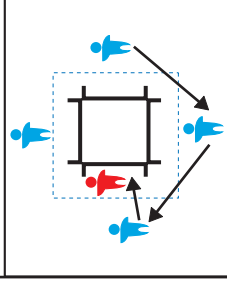
We create two uneven oblique lines of balls with the last ball that closes the pyramid. Two goalkeepers (possibly with similar physical characteristics) will start on the signal of the coach from the same obstacle by diving - one on the right sided line of balls and one on the left. After having blocked every ball (each will be let go immediately) the goalkeepers will come back to touch the obstacle and so on: the one that conquers the last ball wins.

Variations:

- vary the number of balls
- invert the starting positions
- play in teams
- they can deviate the balls

Defend the castle

Search for the bisecting line regarding the ball and the new goal to defend.



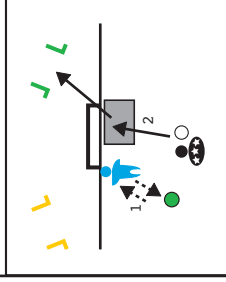
With four bi-frontal goals without nets, we build a sort of castle, around which there is a small limited square area, outside of which the other attacking goalkeepers. The attackers will have to pass each other the ball and try and score as many goals as possible against the goalkeeper, who, in order to protect the goal, will have to find the new bisecting line every time by going through the castle. Timed game. Whoever takes the most goals wins.

Variations:

- play in teams
- increase or decrease the time
- can be played for a limited amount of balls
- the external players pass each other the ball with their hands and drop kick or kick on the rebound.

Dive backwards

This exercise allows them to learn how to run backwards: following the ball with a parabolic trajectory, the goalkeeper has to avoid being overtaken. Acquisition of movement in a rotation with a diving deviation.



The exercise consists in touching a ball placed at the centre of the little area and try to rapidly go back to deviate a parabolic ball, kicked by the coach, over the crossbar. The fall, in a half rotation, is cushioned by a high mattress placed behind the goal. Small goals can be placed behind the main goal, one on the right and one more on the left with the objective of the goalkeeper to direct the ball into one of them.

Variations:

- dive carried out, also on the opposite side
- deviation in the small goals
- play in teams
- the instructor kicks from a diagonal position

MODULE 6

LESSON 12: BLOCK IN A DIVE

Main technical objective:
BLOCKING IN A DIVE ON THE GROUND AND IN FLIGHT

Sequence of the session:

- Attack the pyramid 15'
- Fall backwards on the mattress 30'
- Defend the castle 10'
- Dive backwards 10'
- Match with acrobatic goal 15'
- Free match 20'

Number of children:

100'

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals
- Obstacles

*"From a child to an adult:
don't say you are infallible,
this gives me the excuse
not to follow you."*

l'Erbavoglio



CLUB: _____

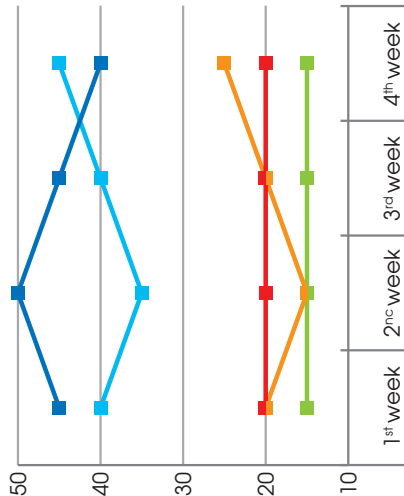
INSTRUCTOR: _____

SPORT SEASON: _____

REMEMBER

- The goalkeeper of the "beginner" category, does not stay on the goal line for long, he follows the action more closely (when the ball is far away).
- The instructor of the goalkeepers should possibly be an ex-goalkeeper.
- The goalkeeper is generally the last defender, and is often called upon to "coordinate" the movements of the players in the defensive section.

Monthly Graph



- = Technical-Coordinative Factor
- = Tactical-Cognitive Factor
- = Collective Games and Game Situation
- = Match Game
- = Physical-Motory Factor

MONTH: _____

MAIN OBJECTIVES OF THE MONTH:

- TECHNICAL-COORDINATIVE FACTOR: intercept with a lateral diving action off the ground
- hit the incoming central ball with fists
- throw: re-launch with feet on the retro-pass with spatial pressure.
- TACTICAL-COGNITIVE FACTOR: re-positioning after an acrobatic movement
- PHYSICAL-MOTORY FACTOR: mixed coordinative-technical obstacle courses

N° LESSONS: _____

N° WEEKS: _____

N° COMPETITIONS/EVENTS: _____

OBSERVATIONS:

TECHNICAL COORDINATIVE FACTOR

Objectives:

- Sending the ball back with fists
- Tennis football 15'
- Awareness activities with the ball 10'
- Auto-throw the ball 20'

Observations: _____

Variations: _____

TACTICAL COGNITIVE FACTOR

Objectives:

- Positioning on corner kicks
- GAME SITUATIONS:**
- Exit between the obstacles 20'
- MATCH GAMES**
- Hit with the fist and score a goal 10'
 - Free match 10'

Observations: _____

Variations: _____

OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Intercept the ball

TACTICAL COGNITIVE FACTOR

- React to a visual signal

PHYSICAL MOTORY FACTOR

- Ability to combine movement

PHYSICAL MOTORY FACTOR

Objectives:

- Rapidity
- Articular mobility
- Articular mobility exercises with the ball 5'
- Intercept the ball with a grasp after skipping 10'

Observations: _____

Variations: _____

MODULE 7

LESSON 13

Sequence of the session:

- Tennis football 15'
- Articular mobility exercises with the ball 5'
- Awareness activities with the ball 10'
- Exit between the obstacles (in couples, with high balls) 20'
- Intercept the ball with a grasp after skipping 10'
- Self launch of ball 20'
- Hit with the fist and score a goal 10'
- Free match 10'

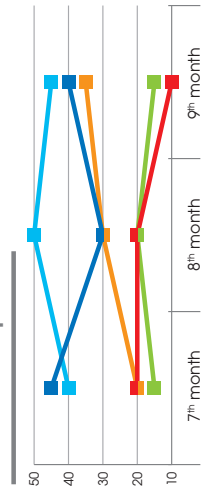
Number of children:

100'

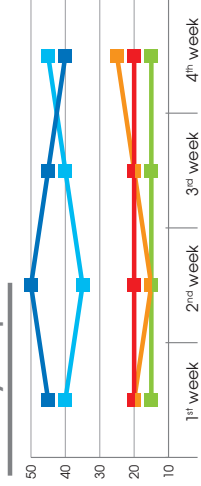
Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals

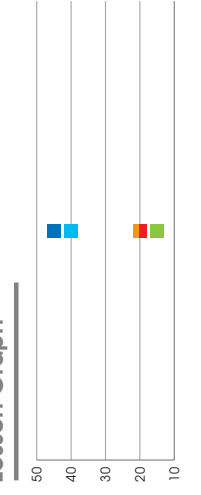
Trimester Graph



Monthly Graph

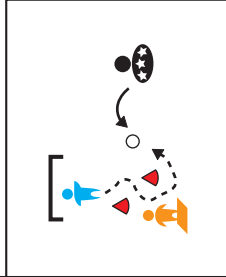


Lesson Graph



Exit between obstacles

With this kind of exercise we solicit spatial-temporal coordination with situations of partial difficulty, bringing the goalkeeper to choose the time and ways to intercept the ball.

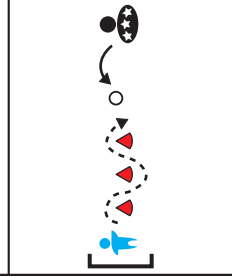


We place some obstacles in the middle of the penalty area (posts, cones, cut outs), the instructor kicks from the corner and the goalkeeper has to intervene without touching the obstacles.

- Variations:**
- Later, the team mates will complicate the situation, semi-active at first, then active.
 - Coach throws the ball with his hands.

Intercept the ball with a grasp after a skip

This exercise allows us to improve the grip of the goalkeepers after they have carried out a series of skips or paces, soliciting them to promptly respond to the motor requirements of the exercise.

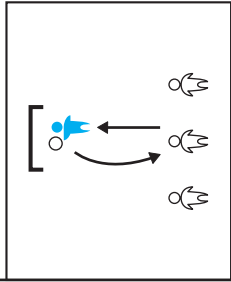


We place cones or sticks on the ground, and the goalkeeper will have to intercept the ball, thrown by the instructor, with a grip, after having carried out a rapid skip.

- Variations:**
- Lateral skip or backward running

Auto-throw the ball

Through this exercise, we improve the action of sending back the ball with the fist in an easier situation, and we solicit the goalkeeper to maintain his attention on the continuation of the action.



The goalkeeper throws the ball high in the air, sends the ball back with his fist towards the limit of the area, where other team mates are placed, and they shoot the ball into to the goal.

- Variations:**
- The throw is carried out by the coach
 - The send back is carried out with or without a jump

MODULE 7



LESSON 13: FLY AND HIT WITH A FIST

Main technical objective: HITTING THE BALL WITH THE FIST	
Sequence of the session:	
• Tennis football	15'
• Articular mobility exercises with the ball	5'
• Awareness activities with the ball	10'
(in couples, with high balls)	
• Exit between the obstacles	20'
• Intercept the ball with a grasp after skipping	10'
• Self launch of ball	20'
• Hit with the fist and score a goal	10'
• Free match	10'
Number of children:	100'
Duration:	
Material:	
• Balls (of various colours and different sizes)	
• Cones	
• Boundaries	
• Mattresses	
• Tunics	
• Bi-frontal goals	

"To grow up often the élan of a smile is more important than the strength of a reprimand"



TECHNICAL COORDINATIVE FACTOR

Objectives:

- Improving general technique
- One ball less 15'
- Round the penalty area 15'
- Mind the back-pass 15'

Observations:

Variations:

TACTICAL COGNITIVE FACTOR

Objectives:

- Rapid reading of the game situation
- GAME SITUATIONS:**
- Global tennis football 20'
- MATCH GAMES**
- Free match without goalkeepers 20' (very small goals)

Observations:

Variations:

PHYSICAL MOTORY FACTOR

Objectives:

- Articular mobility and awareness of lower limbs
- Exercises with different balls 15'

Observations:

Variations:

Sequence of the session:

- One ball less 15'
- Exercises with different balls 15'
- Round the penalty area 15'
- Mind the back-pass 15'
- Global tennis football 20'
- Free match without goalkeepers 20'

Number of children:

Duration: 100'

Methods

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Tunics
- Bi-frontal goals
- Coloured ribbons

OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Dribbling and feints
- Stop, control of the ball with the feet

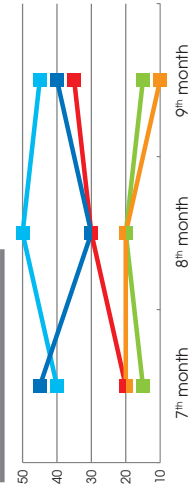
TACTICAL COGNITIVE FACTOR

- Development of peripheral vision

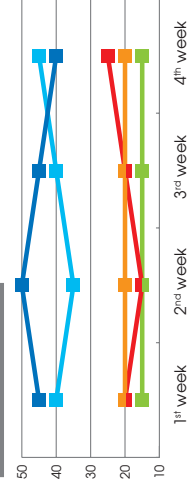
PHYSICAL MOTORY FACTOR

- General resistance

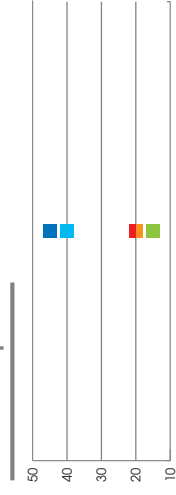
Trimester Graph



Monthly Graph

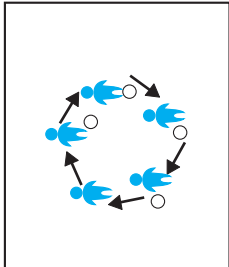


Lesson Graph



One ball less

This exercise trains the ability of passing, peripheral vision and the sense of rhythm at the same time.



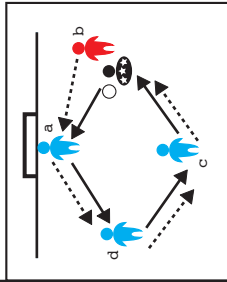
We use one ball less than the number of goalkeepers to train. The goalkeepers place themselves in a circle and pass each other the ball in one of the two directions: whoever has the ball has to pass it to the team mate next to him only when he has got rid of his own ball and so on. If the team mate next to him has not got rid of his ball yet, he will have to buy time by controlling the ball. Whoever makes a mistake will be penalised with one point less. Whoever has less penalties wins the match.

Variations:

- Change the sense of rotation
- They control the ball by bouncing the ball on their feet and pass the ball with a flying kick
- They can bounce the ball off their hands in the air and also carry out the pass with their hands, or with their heads etc.

Round the penalty area

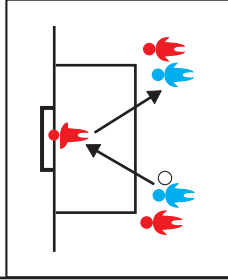
This is an exercise that tends to improve the basic technique and to understand the timing of contact with a ball for a back pass.



Goalkeeper A is in front of the goal, receives the ball in a back pass from the coach who is placed on the side, and almost at the same time he is attacked by another goalkeeper B, who tries to disturb him. The defending goalkeeper A will have to control and transmit the ball he has just received from the coach to another goalkeeper D, placed on the opposite side. Once he has transmitted the ball, goalkeeper A will take the place of goalkeeper D, and goalkeeper D will transmit the ball to goalkeeper C, who will guide it back to the coach, and so on. If the disturbing goalkeeper is successful in touching the ball, the defending goalkeeper is penalised. Whoever is less penalised in a certain period of time wins the game.

Mind the back-pass

Improvement of basic technique and anticipated reading of the game situation.



At the limit of the area, two defending goalkeepers that are pressed by two attacking goalkeepers, carry out a back-pass to the goalkeeper who is between the posts, who will rapidly have to decide whether to send the ball far away or to pass the ball to one of his team mates if they are free. If the ball is intercepted, the two attackers can shoot to goal.

Variations:

- The defending goalkeepers can play in numerical advantage and disadvantage
- the team that carries out the most passes, instead of sending the ball far away, to a free team mate wins.

MODULE 7

LESSON 14: CONTROLLING THE BALL

Main technical objective: IMPROVING BASIC TECHNIQUE

Sequence of the session:

- One ball less 15'
- Exercises with different balls 15'
- Round the penalty area 15'
- Mind the back-pass 15'
- Global tennis football 20'
- Free match without goalkeepers 20'

Number of children:

100'

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Tunics
- Coloured ribbons

*"My enemy told me to
"love your enemy", I obeyed
and loved myself"*

K. Gibran



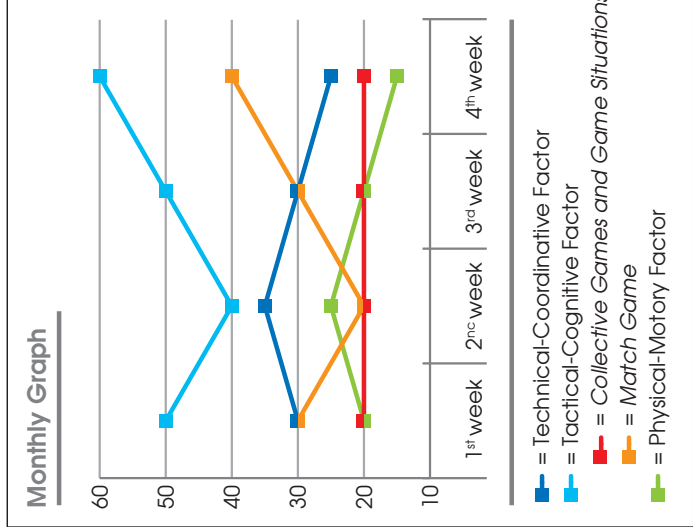
CLUB: _____

INSTRUCTOR: _____

SPORT SEASON: _____

REMEMBER

- The main subject of training is the child....
- The group of "goalkeepers" is an open group..
- Most of the lesson has to provide coordinative exercises...
- The fundamental element of training is play.
- Confrontation with other teams is fundamental. The match is the most important test to evaluate a goalkeeper.



MONTH: _____

MAIN OBJECTIVES OF THE MONTH:

- TECHNICAL-COORDINATIVE FACTOR: Intercepting: with a diving action off the ground after a pre-acrobatic movement. Hitting: over the crossbar, after a backward run. Throwing: re-launching with feet on back-pass with time pressure
- TACTICAL-COGNITIVE FACTOR: positioning in a game situation
- PHYSICAL-MOTORY FACTOR: obstacle courses to develop coordination skills

N° LESSONS: _____

N° WEEKS: _____

N° COMPETITIONS/EVENTS: _____

OBSERVATIONS:

TECHNICAL COORDINATIVE FACTOR

Objectives:

- Intercepting in a dive after pre-acrobatic action

- Tennis football 10'
- Block after a summersault 20'

Osservazioni:

Varianti:

TACTICAL COGNITIVE FACTOR

Objectives:

- Correct positioning in game situations with a smaller field

GAME SITUATIONS:

- Simulation of tactical game situations 20'

MATCH GAMES

- Themed match 10'
- Free match 20'

Observations:

Variations:

PHYSICAL MOTORY FACTOR

Objectives:

- Development of technical coordinative skills.
- Articular mobility

- Articular mobility exercises with the ball 5'
- Technical and coordinative obstacle course 15'

Observations:

Variations:

MODULE 8

LESSON 15

Sequence of the session:

- Tennis football 10'
- Articular mobility exercises with the ball 5'
- Technical and coordinative obstacle course 15'
- Block after a summersault 20'
- Simulation of tactical game situations 20'
- Themed match 10'
- Free match 20'

Number of children:

Duration: 100'

Methods:

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals

OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Kick in the air

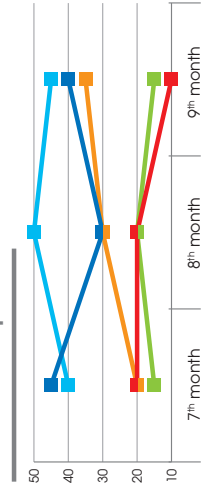
TACTICAL COGNITIVE FACTOR

- Ability of anticipation

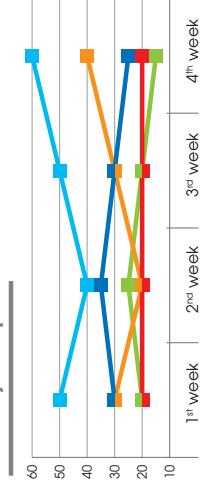
PHYSICAL MOTORY FACTOR

- Reactivity

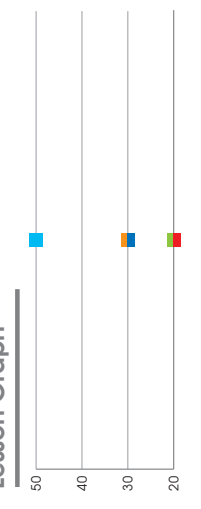
Trimester Graph



Monthly Graph

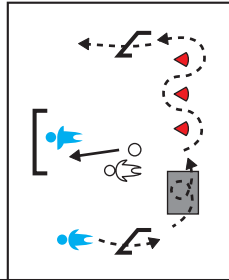


Lesson Graph



Technical and coordinative obstacle course

This way we solicit the improvement of the technical coordinative aspects and pre-acrobatic movement.



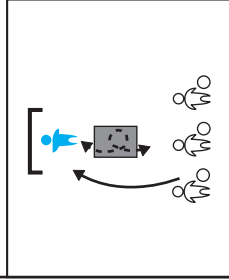
In a group of goalkeepers, one after the other carries out technical moves in a goal and an obstacle course with various coordinative elements (jumps, rolling, paces), on the perimeter of the penalty area.

Variations:

- Various kinds of paces.
- Vary the technical moves according to the course and the ability of carrying out pre-acrobatic movements with the ball (i.e. summersault and catch, send the ball back and roll, etc.)

Block after a summersault

This type of exercise allows the child to improve the technical aspect of the block after having lost his balance (or normal position).



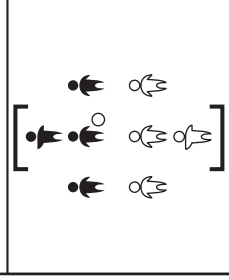
The goalkeeper, once he has carried out a forward summersault and a backward summersault, blocks the ball that has been shot by the coach or by one of his team mates.

Variations:

- The goalkeeper carries out a handstand
- The goalkeeper carries out a cartwheel
- The goal keeper executes a flip (with assistance)

Simulation of tactical game actions

With this match-game we improve the tactical aspect through the confrontation of two teams.



Two teams simulate tactical game actions and the relevant position of the goalkeeper in relation to the position of the ball and the movement of the defence.

MODULE 8

Main technical objective:

INTERCEPTION AFTER A PRE-ACROBATIC ACTION OR LOSS OF BALANCE

Sequence of the session:

- Tennis football 10'
- Articular mobility exercises with the ball 5'
- Technical and coordinative obstacle course 15'
- Block after a summersault 20'
- Simulation of tactical game situations 20'
- Themed match 10'
- Free match 20'

Number of children:

100'

Duration:

- Material:
- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Bi-frontal goals

“Children learn what they live: if the child is made fun of he learns shyness, but if he lives in approval he learns appreciation”

TECHNICAL COORDINATIVE FACTOR

Objectives:

- Improving the balancing point
- Desperate blocking 15'
- Aware penalty 15'

TACTICAL COGNITIVE FACTOR

Objectives:

- Improvement of communication with team mates
 - Evaluate the possibilities of the opponent in advance
- GAME SITUATIONS:**
- Tennis football with compulsory call 20'
- MATCH GAMES**
- match with 3 different goals 30'

Observations:

Variations:

PHYSICAL MOTORY FACTOR

Objectives:

- combination of athletic moves
- obstacle course with more complex stations 20'

Observations:

Variations:

MODULE 8

LESSON 16

Sequence of the session:

- Tennis football with compulsory call 20'
- Obstacle course with more complex stations 20'
- Desperate blocking 15'
- Aware penalty 15'
- Match with 3 different goals 30'

Number of children:

Duration: 100'

Methods

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Tunics
- Bi-frontal goals
- Coloured ribbon

OTHER OBJECTIVES OF THE SESSION:

TECHNICAL COORDINATIVE FACTOR

- Control of the movement of the ball (peripheral vision)

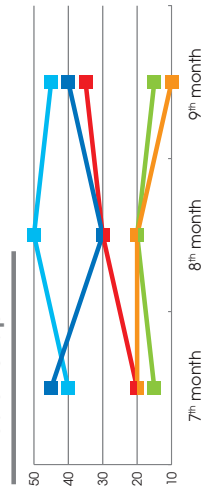
TACTICAL COGNITIVE FACTOR

- Choice of a method to block the penalty shot

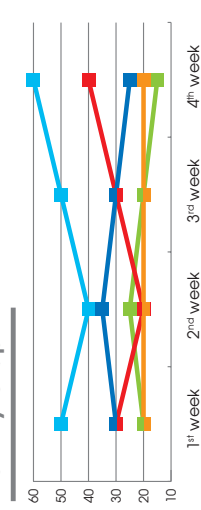
PHYSICAL MOTORY FACTOR

- General resistance

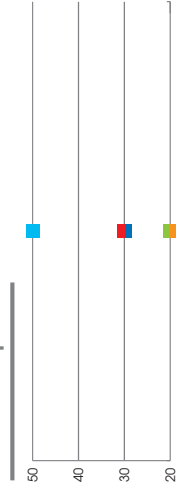
Trimester Graph



Monthly Graph

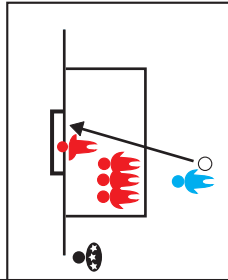


Lesson Graph



Prepare the barrier

Specific training for the preparation of the barrier on free-kicks. Search for rapidity of decisions and positioning in the goal.



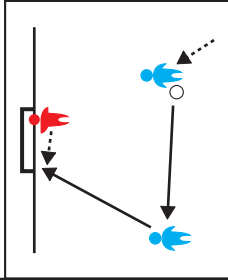
The exercise provides for a series of free kicks among goalkeepers who take turns. The goalkeeper placed in the goal has 20" of time to call the number of team mates he needs and to place them correctly in a barrier, after which the attacker can shoot to goal. The latter can choose where to kick from but has to stay at the limit of the penalty area.

Variations:

- We assign points to the most rapid goalkeepers to organise a barrier
- If the goalkeeper blocks the ball short, the team mates in the barrier can intervene by shooting to goal.

Desperate blocking

With this game situation, we solicit coverage of the near post, the search for the bisecting line, the point of balance and the emergency block.



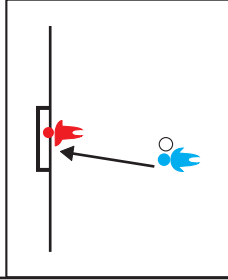
The exercise consists in a situation of 2 goalkeepers (attackers) placed parallel at a distance of 15m from one another, against 1 goalkeeper. One of the two attackers, by guiding the ball towards the goal from a diagonal position and reaching a distance of 6-7 metres from the goal, decides whether to hit or pass the ball to a team mate that is placed on the other post at his level. The goalkeeper, placed on the ball holder, in case of a pass, will try to cover the other portion of the goal anticipating the ball, even in a dive. At the end of the turns whoever has taken the least goals wins.

Variations:

- Bouncing the ball with his hands on the ground (the attacker), pass with a high parabolic ball and final header

The aware penalty

Exercise that stimulates the evaluation of the technical move of kicking and analysis of the movement of the ball in a penalty kick. Search for concentration.



The game provides for a classic penalty competition based on the following rules: three points are assigned avoiding the goal with a block, one point if the ball is touched even if it enters the goal, and one point if it is kicked out. Two points are lost if the goalkeeper is caught off guard, one point for each goal. Naturally, whoever has the most points wins.

Variations:

- Play in teams

Main technical objective:
IMPROVE POINT OF BALANCE

Sequence of the session:

- Tennis football with compulsory call 20'
- Obstacle course with more complex stations 20'
- Desperate blocking 15'
- Aware penalty 15'
- Match with 3 different goals 30'

Number of children:

100'

Duration:

Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Tunics
- Bi-frontal goals
- Coloured ribbon

"Don't be satisfied with little, whoever goes to the source of life with an empty vase, comes back with two full ones"

K. Gibran