



# OPERATIONAL SHEETS

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## GOALKEEPERS



## CUBS CATEGORY

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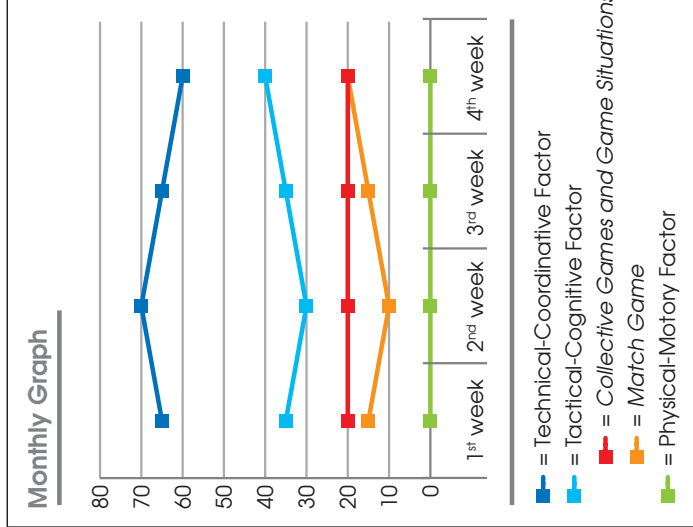
CLUB: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_

SPORT SEASON: \_\_\_\_\_

**REMEMBER**

- The goal-keeper of the "cubs" category improves coordination in catching balls with a central trajectory and that therefore does not entail a total action.
- The young goalkeeper also needs to understand the technical fundamentals of a football player.
- All the proposed activities always need to be characterised by the playful aspect and by a dynamic form that generates the enthusiasm of the group.



MONTH: \_\_\_\_\_

MAIN OBJECTIVES OF THE MONTH:

- TECHNICAL-COORDINATIVE FACTOR: intercept low central shots (tense and closed legs behind the ball, distended arms, palm grip with thumbs pointing outwards) Bowling throw (grass-grazing, without letting the ball bounce)
- TACTICAL-COGNITIVE FACTOR: position on the bisection of the angle, formed by the extension of the posts and the position of the ball (vertex)
- PHYSICAL-MOTORY FACTOR: rapidity

N° LESSONS: \_\_\_\_\_

N° WEEKS: \_\_\_\_\_

N° COMPETITIONS/EVENTS: \_\_\_\_\_

**OBSERVATIONS:**

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**TECHNICAL COORDINATIVE FACTOR**

**Objectives:**

- Spatial-temporal organisation, eye-hand awareness
- Intercept the ball 20'
- The bowling game 20'
- Free Play 20'

**TACTICAL COGNITIVE FACTOR**

**Objectives:**

- Exact positioning compared to the ball (bisection)
- COLLECTIVE GAMES AND GAME SITUATIONS:**
- Put the ball back to the right place 15'

**MATCH GAMES**

- Very big goals 15'

Observations: \_\_\_\_\_

\_\_\_\_\_

Variations: \_\_\_\_\_

\_\_\_\_\_

**PHYSICAL MOTORY FACTOR**

**Objectives:**

- Rapidity

Observations: \_\_\_\_\_

\_\_\_\_\_

Variations: \_\_\_\_\_

\_\_\_\_\_

**OTHER OBJECTIVES OF THE SESSION:**

**TECHNICAL COORDINATIVE FACTOR**

- Hit with foot

**TACTICAL COGNITIVE FACTOR**

- Ability of anticipation

**PHYSICAL-MOTORY FACTOR**

- resistance

**MODULE 1**

**LESSON 1**

**Sequence of the session:**

- Match with very big goals 15'
- The bowling game 20'
- Intercept the ball 20'
- Put the ball back to the right place 15'
- Free Play 20'

**Number of children:**

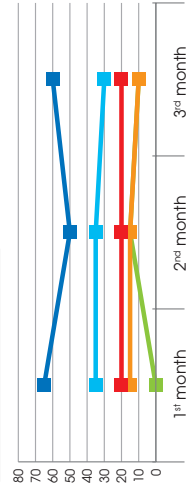
**Duration:** 90'

**Methods**

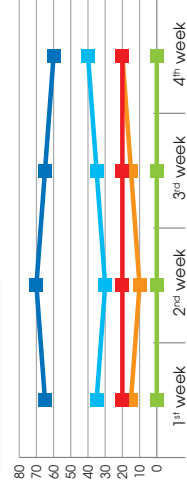
**Material:**

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

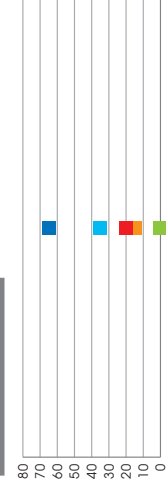
**Trimester Graph**



**Monthly Graph**

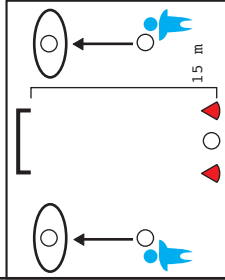


**Lesson Graph**



## Throwing with hands like bowling

This exercise-game solicits the improvement of the ability of the goalkeeper to throw with his hands.



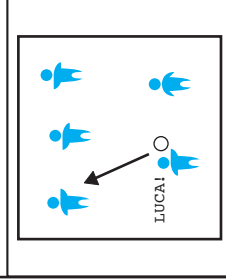
The game is carried out in couples, at the word go they try to hit the ball by throwing with their hands. The ball is placed at the centre of the circle. Whoever manages to hit it out of the circle has the right to shoot to goal. The distance between the goalkeepers and the target is 6-8m and shooting distance is 10-15m.

### Variations:

- a third pupil is the judge
- they shoot without waiting for the positioning of the other goal keeper
- if the goalkeeper is not able to deviate the ball the shot can be replicated

## Intercept the ball

This exercise allows the children to socialise with the rest of the group and favours the acquisition of certain fundamental moves such as throwing, grasping, etc.



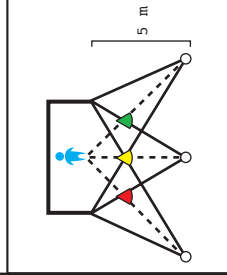
Inside a square, which varies in size according to the number of pupils involved, the player in ball possession calls the name of one of the team mates and throws him a low ball. The grip on the ball has to be carried out without the flying phase with catch at the abdomen.

### Variations:

- Introduction of more balls
- rolling before or after grip
- they pass the ball without calling out the names (visual discrimination)
- one penalty point if the person who catches the ball lets go of it.

## Put the ball back to the right place

With this game we solicit the ability to determine the right position compared to the ball (line of bisection)



The pupils need to place three cones of different colours on the bisection lines that are built from three balls placed 15/20m away, in the least possible time.

### Variations:

- the goalkeeper, once he has placed the cones, blocks the shots carried out by his team mates
- the goalkeeper that places the cones correctly gains a point
- whoever takes less goals wins the game.

## MODULE 1

# LESSON 1: PICK-UP THE LOW BALL

**Main technical objective:**  
GRIP ON THE BALL ON THE GROUND

**Sequence of the session:**

- Match with very big goals 15'
- The bowling game 20'
- Intercept the ball 20'
- Put the ball back to the right place 15'
- Free Play 20'

**Number of children:**

**Duration:** 90'

**Material:**

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

### TECHNICAL COORDINATIVE FACTOR

#### Objectives:

- Grip on the ball trying to place body "behind" or "under" its trajectory
- Goal under the ribbon 10'
- Catch before the fall 10'
- Calling match 15'

Observations:

Variations:

### TACTICAL COGNITIVE FACTOR

#### Objectives:

- Search for the best "participation point"

### COLLECTIVE GAMES AND GAME SITUATIONS:

- If you block it you can shoot 20'

### MATCH GAMES

- Free match 15'

Observations:

Variations:

### PHYSICAL MOTORY FACTOR

#### Objectives:

- Awareness of support in lateral movements
- Vertical push with one foot
- Rapidity of movement
- Jumping a low obstacle both laterally and with one leg 20'

Observations:

Variations:

## MODULE 1

### Sequence of the session:

- Calling mini-match 15'
- Obstacle jump 20'
- Goal under the ribbon 10'
- Catch before the fall 10'
- If you block it you can shoot 20'
- Free Play 15'

### Number of children:

90'

### Duration:

### Methods

### Material:

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

## LESSON 2

### OTHER OBJECTIVES OF THE SESSION:

### TECHNICAL COORDINATIVE FACTOR

- Transmission of the ball using hands
- Hit the ball using feet

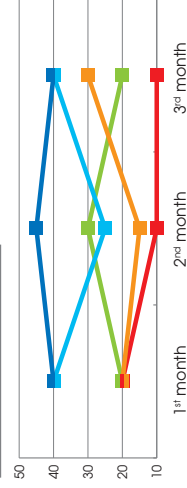
### TACTICAL COGNITIVE FACTOR

- Timing to call the ball
- Anticipation ability
- Unmarking ability (occupation of free space)

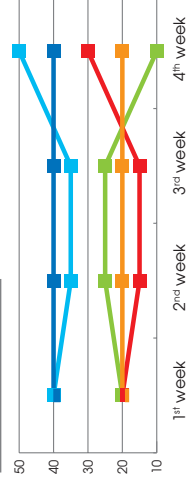
### PHYSICAL-MOTORY FACTOR

- resistance

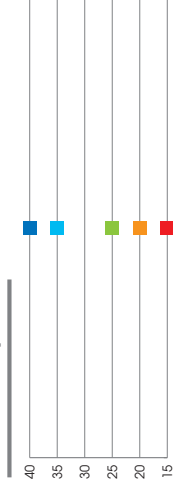
Trimester Graph



Monthly Graph

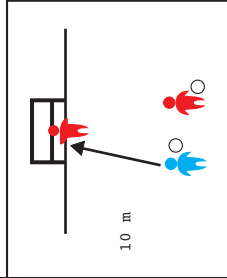


Lesson Graph



## Goal under the ribbon

The exercise provides for the analysis of the trajectory of the ball, so as the goalkeeper can move his body behind it.



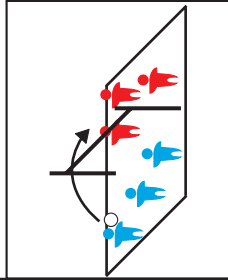
The game consists in taking turns in defending a goal of 4x2m that has a ribbon tied between the posts at 30cm high. The other goalkeepers/attackers throw the ball on the ground trying to make it go under the ribbon in the goal from a distance of about 10m. One point for every scored goal and one for every block made without falling over, meaning with the body placed behind the trajectory of the ball. When everyone has had a turn, the person with the most points wins

### Variations:

- the game can be carried out in teams
- the ball can be also kicked
- higher ribbon
- as well as throwing low balls they can throw from above
- the shooting distance can be decreased or increased according to the obtained responses.

## Catch before the fall

This game stimulates the child to catch the ball through a series of moves such as jumping from one leg, catching the ball from under the trajectory with raised arms, parallel hands and touching thumbs (cupping position). Another objective is to use voice as a warning of the movement the goalkeeper is about to make.



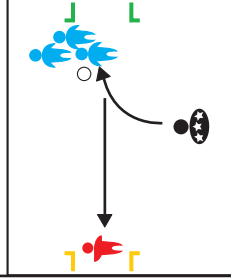
The game is played in a mini-tennis-field with poles, ribbon and boundaries. Taking turns, a goalkeeper will throw the ball high in the air into the opponent's field (the ribbon is tied to the tops of the poles) and the opponent goalkeeper will try to carry out all the abovementioned moves to grasp the ball. Whoever has the least penalties wins.

### Variations:

- the game can be played in teams (larger field)

## If you block it you can shoot

The game stimulates the child to grasp the ball with his arms held high, to call in time and jump from the right leg according to the direction of the ball. Furthermore, it solicits the precision of the technical move of kicking to score a goal.



The game consists in a competition in a mini-field with two smaller goals of 4x2m placed 15m away from each other. Two teams will take turns in trying to block a high ball that the coach will throw towards them, and then shoot into the opposite goal defended by the opposing goalkeeper. If the goalkeeper is not successful in blocking the coach's throw by exactly repeating the abovementioned moves, he will not be allowed to shoot and therefore misses out on the opportunity to score for his team. Whoever makes the most goals after an equal number of turns wins.

## MODULE 1

# LESSON 2: ALWAYS MOVE YOUR BODY

### Main technical objective: GRIP ON THE HIGH BALL

### Sequence of the session:

- Calling match 15'
- Obstacle jump 20'
- Goal under the ribbon 10'
- Catch before the fall 10'
- If you block it you can shoot 20'
- Free Play 15'

### Number of children:

90'

### Material:

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

*"Which player to train?  
The one who is ductile,  
is adaptable and who  
can take on responsibility"*  
SGS



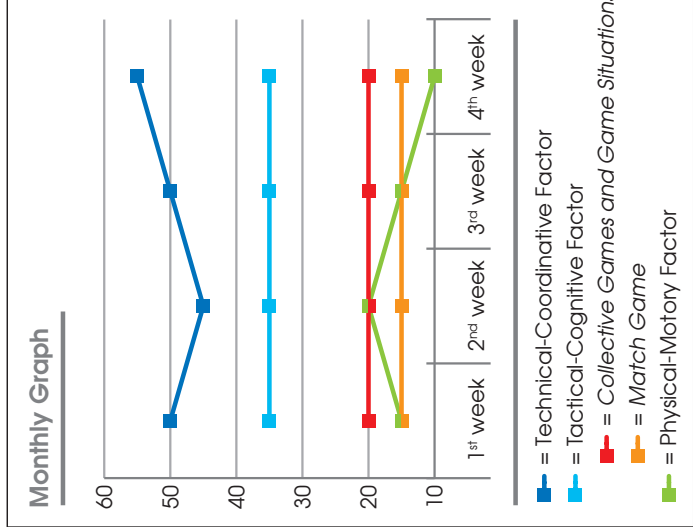
CLUB: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_

SPORT SEASON: \_\_\_\_\_

**REMEMBER**

- The goalkeeper of the "cubs" category carries out the flying send-back in correctly but without precision nor value from a tactical point of view
- The technique of "receiving" the ball and the following "pass" represents a didactical element that has to be learned quite precociously.



MONTH: \_\_\_\_\_

MAIN OBJECTIVES OF THE MONTH:

- TECHNICAL-COORDINATIVE FACTOR: intercept low balls with lateral movement (internal knee, referring to the goal, bent on the ground next to supporting foot) hit with fists with one or two hands in lateral areas bowling throws
- TACTICAL-COGNITIVE FACTOR: position on the bisection line
- PHYSICAL-MOTORY FACTOR: rapidity of cyclical movement

N° LESSONS: \_\_\_\_\_

N° WEEKS: \_\_\_\_\_

N° COMPETITIONS/EVENTS: \_\_\_\_\_

**OBSERVATIONS:**

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### TECHNICAL COORDINATIVE FACTOR

#### Objectives:

- Ability to throw the ball, eye-hand coordination
- Hand match 10' (goal with header or in the air)
- Throw to the cut-out 20'
- Throw with hands 15'

Observations: \_\_\_\_\_

\_\_\_\_\_

Variations: \_\_\_\_\_

\_\_\_\_\_

### TACTICAL COGNITIVE FACTOR

#### Objectives:

- Positioning outside the goal line

### COLLECTIVE GAMES AND GAME SITUATIONS:

- Block outside area 15'

### MATCH GAMES

- Free match 15'

Observations: \_\_\_\_\_

\_\_\_\_\_

Variations: \_\_\_\_\_

\_\_\_\_\_

### PHYSICAL MOTORY FACTOR

#### Objectives:

- Rapidity
- Clock-game 15' (Competition between two teams (A and B). When team A shoots into a goal defended by a component of B, the other members of B guide the balls through a slalom (clock). At the end the teams trade places.

Observations: \_\_\_\_\_

\_\_\_\_\_

Variations: \_\_\_\_\_

\_\_\_\_\_

## MODULE 2

### Sequence of the session:

- Hand match 10'
- Clock-game 15'
- Throw with hands 15'
- Throw to the cut-out 20'
- Block outside area 15'
- Free match 15'

### Number of children:

Duration: 90'

### 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

- Intercept, hit

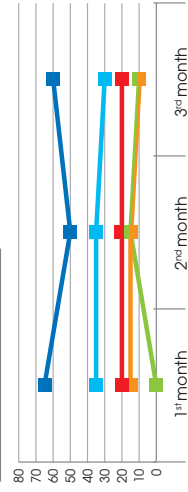
#### TACTICAL COGNITIVE FACTOR

- Sent back in lateral zones

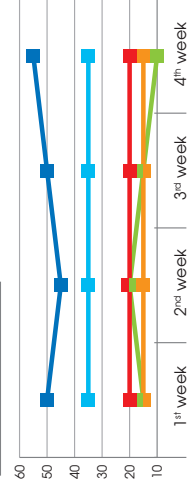
#### PHYSICAL MOTORY FACTOR

- resistance

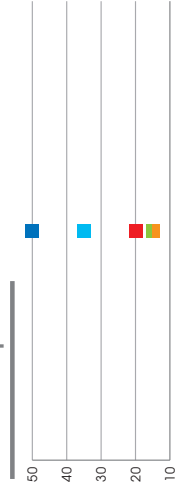
Trimester Graph



Monthly Graph



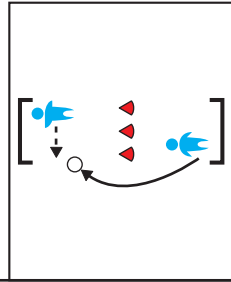
Lesson Graph





## Throw with hands

Favours the improvement of the technical ability of grasping the low ball, with knee on the ground, after a lateral movement.



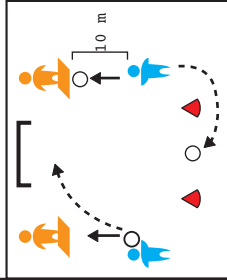
The game is carried out in couples, in a competition. We place a series of cones in the centre of the field, 10-15m long (distance between goals). The goalkeeper will have to throw around the side of the cones. Every goal is worth a point: if the ball hits the cones a point is subtracted.

### Variations:

- offer a throw and a block, the pupil that has carried out the exercise can kick into a goal defended by a goalkeeper (distance between goals 10-15m)

## Throw to the cut-out

Through this kind of exercise we solicit the ability to throw the ball with the hands and the technical move of kicking with the feet (launch), favouring the improvement of the latter.



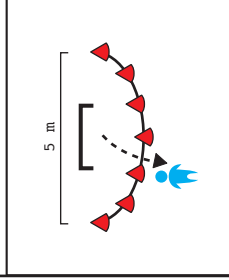
The game is played in couples in the form of a competition. At the signal, the goalkeepers, each in possession of a ball, carry out a low throw, towards some targets (in our case they are cut-outs) placed 10m away. Whoever hits the target first has the right to a shot, the other player blocks the shot. Points are assigned for every hit target and every scored goal.

### Variations:

- they can also throw from above. Whoever hits the target in the air, shoots twice
- before shooting, the goalkeepers need to bring the balls they have thrown to the cut outs back to the starting position.

## Block outside the area

With this exercise we solicit the ability of blocking outside the goal line.



A semi-circle is limited in front of the goal with a 5m diameter, the goal keeper will have to block another pupil's shot outside this area.

### Variations:

- more balls
- before or after grasping the ball the goalkeeper has to roll on the ground
- they can pass the ball without calling out the name of the team mate (visual discrimination)
- one penalty point if the goalkeeper lets the ball go.

## MODULE 2

**Main technical objective:**  
INTERCEPTING THE BALL WITHOUT FLIGHT PHAS WITH OR WITHOUT MOVEMENT

### Sequence of the session:

- Hand match 10'
- Comparison game 15'
- Throw with hands 15'
- Throw to the cut-out 20'
- Block outside area 15'
- Free match 15'

### Number of children:

90'

### Duration:

### Material:

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

*"There are many people who say they love children, but how many listen to them?"*  
UNICEF

# LESSON 3: CATCH THE BALL AND THROW IT WITH PRECISION

### TECHNICAL COORDINATIVE FACTOR

#### Objectives:

- Re-launch the ball with hands and feet possibly trying to hit a target
- Put it in the opposite goal 15'
- Centre the circle 15'
- Clear the obstacle and score 10'

Observations: \_\_\_\_\_

\_\_\_\_\_

Variations: \_\_\_\_\_

\_\_\_\_\_

### TACTICAL COGNITIVE FACTOR

#### Objectives:

- Reading the game situation

### COLLECTIVE GAMES AND GAME SITUATIONS:

- Kick against the net 20'

### MATCH GAMES

- Mixed match hands/feet 15'

Observations: \_\_\_\_\_

\_\_\_\_\_

Variations: \_\_\_\_\_

\_\_\_\_\_

### PHYSICAL MOTORY FACTOR

#### Objectives:

- Rapidity of movement
- Obstacle course with change of direction 15'

Observations: \_\_\_\_\_

\_\_\_\_\_

Variations: \_\_\_\_\_

\_\_\_\_\_

### OTHER OBJECTIVES OF THE SESSION:

### TECHNICAL COORDINATIVE FACTOR

- Catching the ball
- Kick in movement

### TACTICAL COGNITIVE FACTOR

- Blocking
- Calling the ball

### PHYSICAL MOTORY FACTOR

- Rapidity of movements

## MODULE 2

# LESSON 4

### Sequence of the session:

- Put it in the opposite goal 15'
- Obstacle course with change of direction 15'
- Kick against the net 20'
- Centre the circle 15'
- Clear the obstacle and score 10'
- Mixed match hands/feet 15'

**Number of children:** 90'

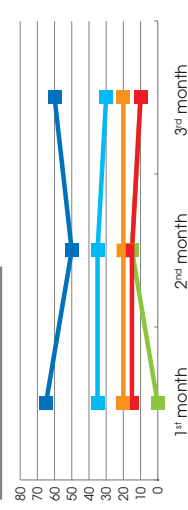
**Duration:**

**Methods**

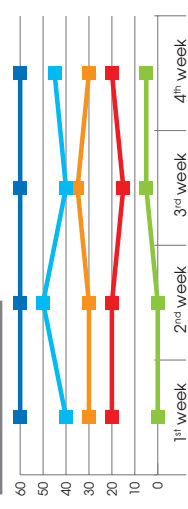
**Material:**

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

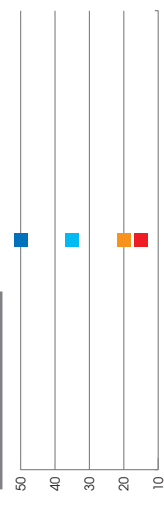
Trimester Graph



Monthly Graph

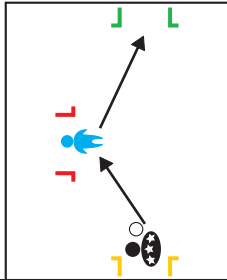


Lesson Graph



## Put it in the opposite goal

Ability to react/rapidity in grasping the ball and in transmitting it to the opposite side.



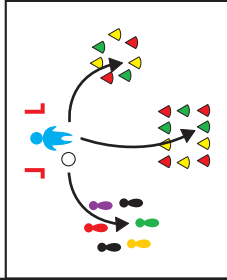
The exercise consists in receiving the ball from the instructor and in launching it into one of the two lateral gates that are 10m away. Taking turns every goalkeeper carries out the exercise. Every successful launch is worth a point. The one that has the most points at the end of the cycle wins.

### Variations:

- play in teams
- ball thrown with hands in various ways
- smaller lateral gates or further away (look for precision)

## Centre the circle

This exercise stimulates the goalkeeper to improve precision when passing with his feet.



The game consists in kicking the ball behind the limited spaces declaring the direction of the ball beforehand. The spaces, circles or squares of different colours, of various sizes and placed at different distances, can be made out of cones or boundaries. Every space is worth a different amount of points (the furthest has the highest score).

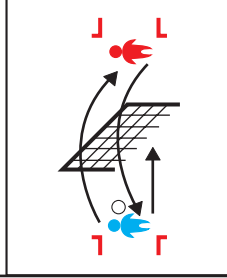
The purpose of the goalkeeper is to hit the spaces with the ball. Whoever scores the highest wins.

### Variations:

- kick in various ways (from the ground, off rebound, from hand-drop)
- kick with the other foot
- use fists
- use different balls
- closer/further spaces
- make the spaces wider/smaller

## Clear the obstacle and score

This game has the purpose of improving the flying re-launch after an auto-pass with the hands



The exercise takes place in a mini-field 30x30m with a bi-frontal goal in the centre. Two goalkeepers face each other taking turns trying to score in the goal that is defended by the opponent, kicking a ball in the air after passing it to himself with his hands (drop-kick). The purpose is to clear the top of the field at a distance of 15m. Whoever makes the most points wins

### Variations:

- play in teams
- kick on a re-bound
- kick with the other foot



**Main technical objective:**  
RE-LAUNCHING THE BALL WITH THE FEET

### Sequence of the session:

- Put it in the opposite goal 15'
- Obstacle course with change of direction 15'
- Kick against the net 20'
- Centre the circle 15'
- Clear the obstacle and score 10'
- Mixed match hands/feet 15'

### Number of children:

90'

### Duration:

### Material:

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

*"Sport is the way to educate and improve oneself"*



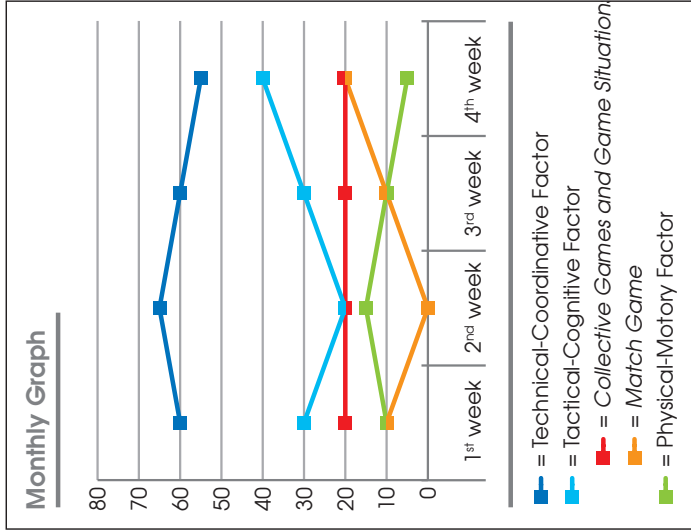
CLUB: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_

SPORT SEASON: \_\_\_\_\_

**REMEMBER**

- The goalkeeper of the "cubs" category often uses his hands to soften the blow with the ground
- Every lesson must be mainly designed and planned according to established objectives, the choice of content and materials to use. This should obviously be done according to the abilities and the verifications on the potential of the students



MONTH: \_\_\_\_\_

MAIN OBJECTIVES OF THE MONTH:

- TECHNICAL-COORDINATIVE FACTOR: intercept shots with central ball off the ground, at the height of the abdomen hit with open hand in lateral areas without diving action bowl the ball will the hands on the ground, and with your feet in the air
- TACTICAL-COGNITIVE FACTOR: position on the bisection line
- PHYSICAL-MOTORY FACTOR: pre-acrobatic: loss and recovery of balance (forward and backward summersaults, various rolls, etc.)

N° LESSONS: \_\_\_\_\_

N° WEEKS: \_\_\_\_\_

N° COMPETITIONS/EVENTS: \_\_\_\_\_

**OBSERVATIONS**

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### TECHNICAL COORDINATIVE FACTOR

#### Objectives:

- Re-launch the ball with open hands and fists
- Tennis-football 10'
- Preparation for lateral dive 15'
- Be careful of send-back 15'
- Bowling throw 15'

Observations:

Variations:

### TACTICAL COGNITIVE FACTOR

#### Objectives:

- Jumping opponent

### COLLECTIVE GAMES AND GAME SITUATIONS:

- Ball in try 15'

### MATCH GAMES

- Free match 10'

Observations:

Variations:

### PHYSICAL MOTORY FACTOR

#### Objectives:

- Preparation for forward summersaults
- Preparation for summersaults 10'

Series of exercises that prepare to the summersault assisted by the instructor

Observations:

Variations:

## MODULE 3

# LESSON 5

### Sequence of the session:

- Tennis-football 10'
- Preparation for lateral dive 15'
- Preparation for summersaults 10'

### CIRCUIT ACTIVITIES

- Ball in try 15'
- Be careful of send-back 15'
- Bowling throw 15'
- FREE MATCH 10'

### Number of children:

90'

### Duration:

### Methods

### Material:

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

### OTHER OBJECTIVES OF THE SESSION:

### TECHNICAL COORDINATIVE FACTOR

- Intercept

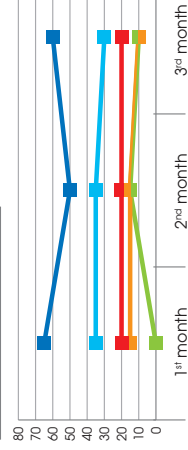
### TACTICAL COGNITIVE FACTOR

- Reading opponents' fakes

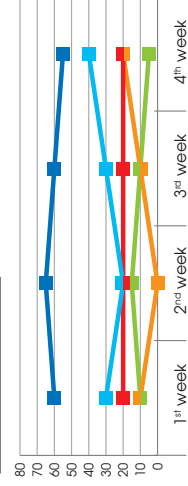
### PHYSICAL MOTORY FACTOR

- Capacity of static and dynamic balance

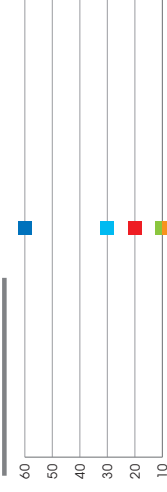
Trimester Graph



Monthly Graph

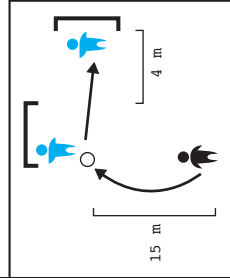


Lesson Graph



## Be careful of the send-back

This type of exercise favours the improvement of the ability to send the ball back using hands in lateral areas and solicits reactivity.



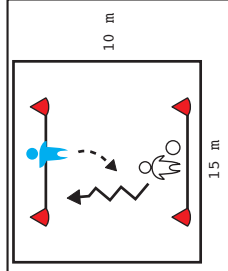
The game is carried out with three pupils. One goal keeper is placed in the main goal, one attacker kicks from a distance of 10-15m and another goalkeeper defends a goal placed 3-4 m away, perpendicularly to the post of the main goal. The main goalkeeper blocks the shot, and the other goalkeeper blocks the other goal from the re-bound ball.

### Variations:

- game with four players (three goals)
- whoever blocks in a secondary goal can shoot the ball to the goalkeeper that played attacker (10-15m)

## Try-ball

This exercise stimulates movement and jumping the opponent when guiding a ball, furthermore it favours learning behaviours that are different from those of a goalkeeper. In the game with several players (e.g. 2vs2) cooperation is solicited with team mates (further to unmarking, passing and receiving).



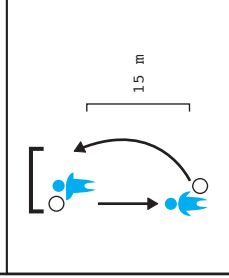
In a 15x10 mini-field, two players face each other. The objective is to guide the ball over the line of the opposite goal. The action stops when the ball is taken by the opposing goalkeeper.

### Variations:

- the player that scores a try has the right to an additional shot
- one point for the player who hits the ball with his hands, 2 if he stops it
- game with teams (hands and feet)

## Bowling throw

With this game-exercise we improve the ability of throwing with hands and re-launching with feet.



One goalkeeper throws the ball on the ground to the team mate, who, having grasped the ball, drop-kicks it into the goal from a 10-15m distance.

### Variations:

- game with two goals, the one who throws has the right to a point if he scores a goal.

## MODULE 3

# LESSON 5: DIVE AND SEND THE BALL BACK

### Main technical objective:

LATERAL DIVE

### Sequence of the session:

- 10'
- Tennis-football
- 15'
- Preparation for lateral dive
- 10'
- Preparation for somersaults

### CIRCUIT ACTIVITIES

- 15'
- Ball in try
- 15'
- Be careful of send-back
- 15'
- Bowling throw
- 10'
- FREE MATCH

### Number of children:

90'

### Duration:

90'

### Material:

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

*"On our fields we have formed the character of our people: because whoever plays a ball game correctly will never become a game ball!"*  
(English saying)

### TECHNICAL COORDINATIVE FACTOR

#### Objectives:

- Deviate the ball also trying to direct it
- Deviate into the gates 20'
- Be careful of the parabolic ball 20'
- Score with deviation 15'

Observations:

Variations:

### TACTICAL COGNITIVE FACTOR

#### Objectives:

- Try to avoid re-bound of the attacker
- COLLECTIVE GAMES AND GAME SITUATIONS:
- Matches with goal in deviation 15'
- MATCH GAMES
- Free match 10'

Observations:

Variations:

### PHYSICAL MOTORY FACTOR

#### Objectives:

- Pre-acrobatic: various somersaults
- Obstacle courses without instructor's assistance 10'

Observations:

Variations:

## MODULE 3

# LESSON 6

### Sequence of the session:

- Deviate into the gates 20'
- Obstacle courses 10'
- Score with deviation 15'
- Game with deviation goal 15'
- Be careful of the parabolic ball 20'
- Free match 10'

### Number of children:

90'

### Duration:

### Methods

### Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Mattresses
- Tunics
- Smaller goals
- Normal goal
- Poles

### OTHER OBJECTIVES OF THE SESSION:

#### TECHNICAL COORDINATIVE FACTOR

- Run and lateral dive on mattresses
- Run and backward dive on mattresses
- Spatial-temporal evaluation

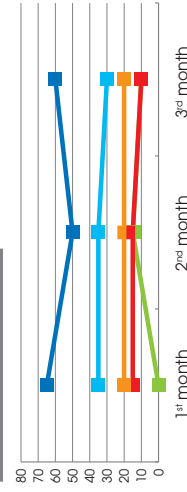
#### TACTICAL COGNITIVE FACTOR

- Search for participation mark and bisector

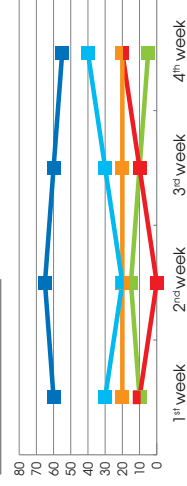
#### PHYSICAL MOTORY FACTOR

- Rapidity of movements

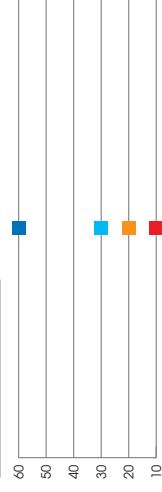
Trimester Graph



Monthly Graph

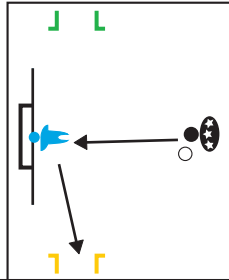


Lesson Graph



## Deviate into the gates

The exercise improves the quality of deviations on fast lateral shots that can not be stopped, to try not to favour a possible rebound into goal of the attacker.



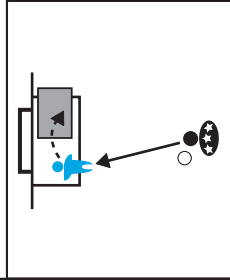
The coach makes precise shots that goalkeeper to deviate the ball into little gates (2m wide built with poles), placed on the sides of the two main goal-posts. Every ball deviated into the target is worth a point. Whoever makes the most points wins the game.

### Variations:

- play in teams
- the shooter can belong to the opposing team or the same team
- kick with feet
- with low shot, with rebound at mid-height
- development of the exercise on the other post
- kick from various un-centred positions.

## Be careful of the parabolic ball

Favours the acquisition of the backward run watching the ball, spatial-temporal evaluation, falling with a slight backward rotation and deviation over the crossbar and with the correct position of the deviating hand.



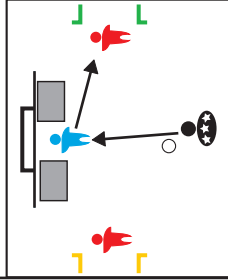
From a central position starting from the limit of the small area, the pupil will try to deviate a parabolic ball kicked by the instructor over the crossbar. The goalkeeper in case he falls backwards, will land on a mattress placed inside the goal. Every deviation is worth a point.

### Variations:

- developing the exercise in teams in which the opposing goalkeeper kicks the parabolic ball to score a goal, whoever scores the most goals wins.
- The instructor penalises whoever does not carry out the technical moves correctly.

## Score with deviation

We solicit the strength and consistency of the deviation so as to send the ball as far away as possible.



Two goals (4x2m) are placed on the sides of a central goal a few metres apart, defended by two goalkeepers. The goalkeeper in the central goal will have to deviate the shots that the coach makes on the side, trying to score in the other goal. The deviation will have to be made with an open and compact hand to improve the correct position and to correctly dose the strength to apply. The lateral fall will be softened by mattresses. Whoever scores the most goals wins.

### Variations:

- The instructor's shot can be varied (mid-height, with re-bound, high)
- The game can be played in teams (who attacks is in the central goal and makes the deviation)
- The deviations also have to be carried out on the other goal-post.

**Main technical objective:**  
DEVIATION OF THE BALL ON LATERAL AND PARABOLIC SHOTS

### Sequence of the session:

- Deviate into the gates 20'
- Obstacle courses 10'
- Score with deviation 15'
- Game with deviation goal 15'
- Be careful of the parabolic ball 20'
- Free match 10'

### Number of children:

Duration: 90'

### Material:

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

*"Life is a dynamic process.  
It likes whoever accepts  
the invitation to play  
an active part"*  
L. Buscaglia





CLUB: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_

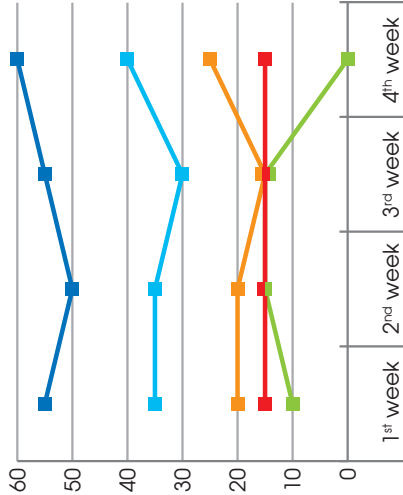
SPORT SEASON: \_\_\_\_\_

**REMEMBER**

• The goalkeeper of the "cubs" category still has problems intercepting a high ball outside of the goal, because of problems in evaluating the trajectory of the ball (neuro-motor problem), as well as because of a morphological problem (the hand is smaller than the circumference of the ball) and also due to a coordination problem (the hands are not aligned when they hit the ball).

• Even if the number of pupils is high, avoid forming lines that are too long during training

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: intercepting shots with the ball off the ground with lateral movement and grasp at the abdomen. Intercepting low balls with lateral diving actions. Hitting the with an open hand or fist in lateral areas with diving action. Bowling throw, with feet in the air and on the re-bound
- TACTICAL-COGNITIVE FACTOR: position on the bisection line
- PHYSICAL-MOTORY FACTOR: rapidity and articular mobility

N° LESSONS: \_\_\_\_\_

N° WEEKS: \_\_\_\_\_

N° COMPETITIONS/EVENTS: \_\_\_\_\_

**OBSERVATIONS:**

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### TECHNICAL COORDINATIVE FACTOR

#### Objectives:

- Hitting with fist
- Traffic in couples 15'
- Throw and score with a fist 15'
- Hit with a fist and towards the side 20'

Observations:

Variations:

### TACTICAL COGNITIVE FACTOR

#### Objectives:

- Peripheral vision
- COLLECTIVE GAMES AND GAME SITUATIONS: 15'
- Throw the ball to the colour 15'
- MATCH GAMES 20'
- Free match 20'

Observations:

Variations:

### PHYSICAL MOTORY FACTOR

#### Objectives:

- Articular mobility
- Articular mobility exercises with the ball 10'

Observations:

Variations:

## MODULE 4

### Sequence of the session:

- Traffic in couples 15'
- Articular mobility exercises with the ball 10'
- Throw and score with a fist 15'
- Hitting ball with fist laterally 15'
- Throw the ball to the colour 15'
- Free match 20'

Number of children:

Duration: 90'

Methods

Material:

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

## LESSON 7

### OTHER OBJECTIVES OF THE SESSION:

#### TECHNICAL COORDINATIVE FACTOR

- intercept

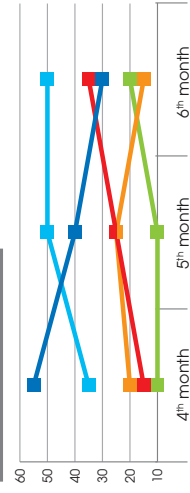
#### TACTICAL COGNITIVE FACTOR

- reactivity

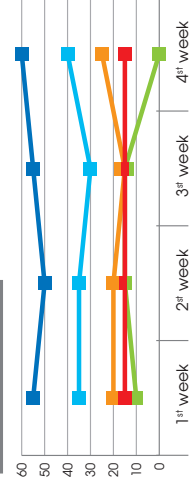
#### PHYSICAL MOTORY FACTOR

- pre-acrobatic

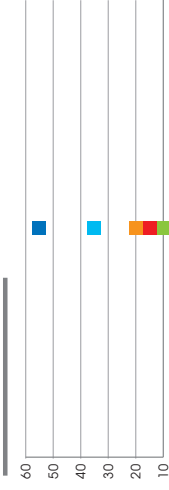
Trimester Graph



Monthly Graph

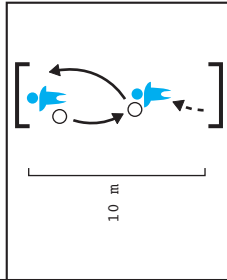


Lesson Graph



## Throw and score with fist

With this game we favour the improvement of the ability to send the ball back with the fist



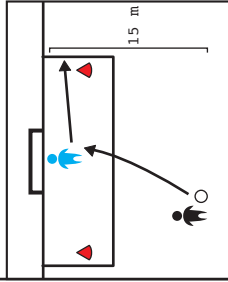
Exercises in couples, two goals are placed at a distance of 10m from one another. One goalkeeper throws the ball; the other tries to score by hitting the ball with his fist/s.

### Variations:

- if the goalkeeper that receives the ball stops it after hitting it with his fists, he has the right to an extra shot
- they can hit the ball with their heads or their feet in the air

## Hit with the fist on the side

With this type of exercise we improve the ability to direct the ball in less dangerous areas.



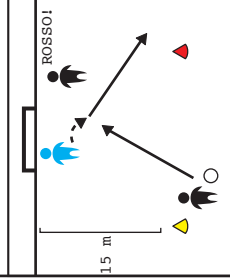
The game consists in a competition between two goalkeepers: from a distance of about 10-15 metres one of the two carries out a shoot. The other has to send the ball back to a lateral area, between the cone and the goal line, and gains a point if he is successful.

### Variations:

- if the goalkeeper sends the ball back to the centre, the one that shoots has the right to another try.
- Playing with points: ball in corner is worth 2 points, lateral 1 point.

## Throw the ball to the colour

This exercise stimulates the child to read the situation, develops the ability to make decisions. Furthermore it favours the improvement of the ability to anticipate and react to visual stimuli.



Game played in threes. One of the two players passes the ball backwards with his feet from 10-15m. The goalkeeper that receives the ball will have to direct it with his hands or with his feet towards a cone with a different colour than the one called by a third player. The cones are 15m away from the goal (from the sides of the goal)

### Variations:

- When the goalkeeper throws the ball, the player that carries out the backward pass can shoot to goal.
- Two pupils at the height of the cones defend as many goals, they need to avoid a goal with an appropriate technical action
- The goalkeepers on the cones can only play the ball with their feet.

## MODULE 4

### Main technical objective: THROW USING HANDS

#### Sequence of the session:

- Traffic in couples 15'
- Articular mobility exercises with the ball 10'
- Throw and score with a fist 15'
- Hitting ball with fist laterally 15'
- Throw the ball to the colour 15'
- Free match 20'

#### Number of children:

90'

#### Material:

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

*"It is much more difficult to judge oneself than others; if you can judge yourself well it is a sign of true wisdom"*

A. De Saint Exupery

### TECHNICAL COORDINATIVE FACTOR

#### Objectives:

- Send the ball far away from the goal
- Jump, send back and score 15'
- Blocking with your feet 15'
- Oppose with your body 20'

Observations:

Variations:

### TACTICAL COGNITIVE FACTOR

#### Objectives:

- Send the ball into a non-dangerous area

### COLLECTIVE GAMES AND GAME SITUATIONS:

- Simple obstacle course 15'

### MATCH GAMES

- Match with diving goals with two fists 15'

Observations:

Variations:

### PHYSICAL MOTORY FACTOR

#### Objectives:

- Mobility of upper limbs
- Small bounces with balls of 1kg 10'

Observations:

Variations:

## MODULE 4

### Sequence of the session:

- Jump, send back and score 15'
- Small bounces with balls of 1kg 10'
- Blocking with your feet 15'
- Oppose with your body 20'
- Simple obstacle course 15'
- Match with diving goals with two fists 15'

### Number of children:

90'

### Duration:

### Methods

### Material:

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

## LESSON 8

### OTHER OBJECTIVES OF THE SESSION:

#### TECHNICAL COORDINATIVE FACTOR

- Dive on mattress
- Evaluation of space and time

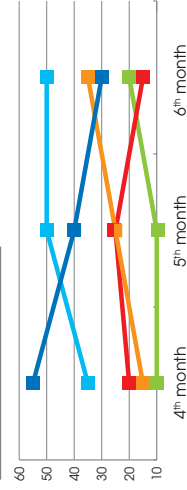
#### TACTICAL COGNITIVE FACTOR

- Peripheral vision
- Bisection

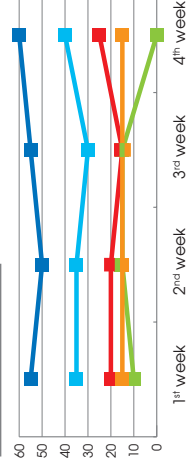
#### PHYSICAL MOTORY FACTOR

- General reactivity

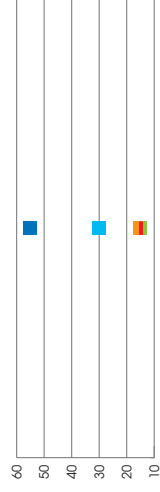
Trimester Graph



Monthly Graph

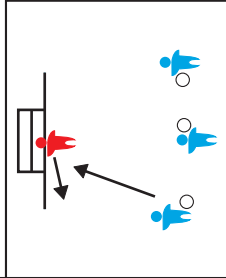


Lesson Graph



## Block with your feet

Analytical set-up of deviation using feet and of the search for rapid reception.



In a smaller goal and with a piece of ribbon tied between the two poles 30cm high, a goalkeeper will have to try and deviate the low balls his opponents throw him, only with the lower part of the leg (from the knee down) and the foot.

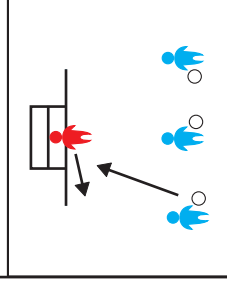
The goal is valid if the ball passes under the ribbon, and a penalty point is assigned if the goalkeeper uses other parts of the body. Whoever takes the least goals wins the game.

### Variations:

- the shot can be carried out with the feet
- the goal can be wider
- the opponents can come closer.

## Oppose with your body

The exercise solicits the young goalkeeper to oppose a close shot without using his hands. This situation develops a sense of security in the child and determination in the contact with the ball.



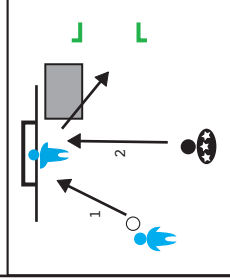
The exercise consists in deviations with other parts of the body and feet using a smaller sized goal (4x2m). A ribbon will be tied 50cm up the goal posts, with the opponents placed in front of and close to the goal. The goalkeeper may not use his hands, otherwise he will be penalised with a penalty shot. Whoever takes the least goals wins.

### Variations:

- shot carried out in the air or on the rebound
- assign points to who can send the ball further away.

## Simple obstacle course

With this simple combination of two or three technical moves we bring the goalkeeper never to think that an action has ended, when it could actually require a new intervention.



The goalkeeper will deviate a ball bowled on the ground by another player with his foot, to then send back another one with his fist with a dive onto a mattress; the last ball will be thrown by the coach towards the goalkeeper, who will have to send it into another lateral goal. Whoever scores the most goals in the lateral goal wins.

### Variations:

- course in two stations to carry out the moves on the opposite side
- insertion of another technical, coordinative or pre-acrobatic move (i.e. rolling between two blocks)
- the goal where the goalkeeper has to score can be set further away.

## MODULE 4

**Main technical objective:**  
SEND BALL FAR AWAY FROM THE GOAL USING FISTS

### Sequence of the session:

- Jump, send back and score 15'
- Small bounces with balls of 1kg 10'
- Blocking with your feet 15'
- Oppose with your body 20'
- Simple obstacle course 15'
- Match with diving goals with two fists 15'

### Number of children:

90'

### Duration:

### Material:

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

*"We are only really available or important when we are helping others"*

L. Buscaglia



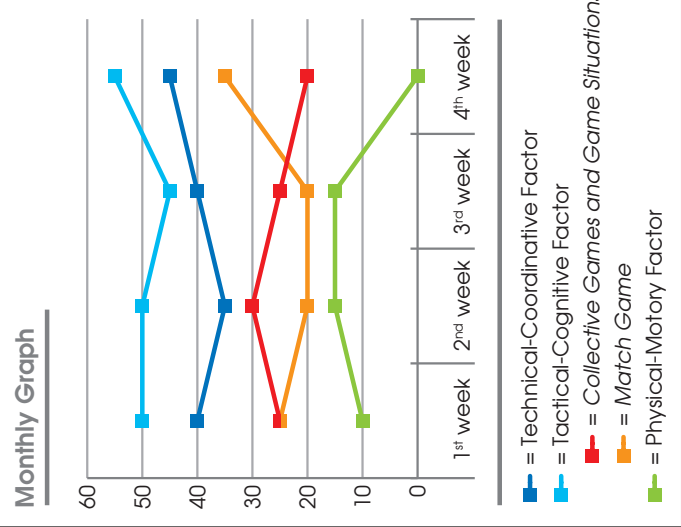
CLUB: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_

SPORT SEASON: \_\_\_\_\_

**REMEMBER**

- The goalkeeper of the "cubs" category still has not perfected the movement pattern of diving
- Especially for the smaller ones, it is important to prefer training in which the ball is always present.



MONTH: \_\_\_\_\_

MAIN OBJECTIVES OF THE MONTH:

- TECHNICAL-COORDINATIVE FACTOR: catching high balls, with palms and inward thumbs, without jumping phase. Hit with an open hand or with fists in lateral areas with a dive. Throw from above like baseball, with feet re-launch from the goal line in lateral areas
- TACTICAL-COGNITIVE FACTOR: position during free kicks compared to the barrier
- PHYSICAL-MOTORY FACTOR: pre-acrobatic -technical exercises combined with rolling, somersaults, etc.

N° LESSONS: \_\_\_\_\_

N° WEEKS: \_\_\_\_\_

N° COMPETITIONS/EVENTS: \_\_\_\_\_

**OBSERVATIONS:**

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**TECHNICAL COORDINATIVE FACTOR**

**Objectives:**

- Preparation for diving
- Re-launch using feet
- Awareness activities with the ball
- Preparation for diving - diving from different positions
- Re-launch with your feet

Observations:

Variations:

**TACTICAL COGNITIVE FACTOR**

**Objectives:**

- Jumping the opponent
- Numerical advantage

**COLLECTIVE GAMES AND GAME SITUATIONS:**

- Free the prisoner

**MATCH GAMES**

- Free match

Observations:

Variations:

**PHYSICAL-MOTORY FACTOR**

**Objectives:**

- Pre-acrobatic
- Pre-acrobatic obstacle course with goal shot

Observations:

Variations:

**MODULE 5**

**LESSON 9**

**Sequence of the session:**

- "Free the prisoner" 25'
- Sensitization activity with ball 10'
- Preparation for dive 10'
- Pre-acrobatic course 10'
- Re-launch with feet 15'
- Free match 20'

**Number of children:**

90'

**Duration:**

**Methods**

**Material:**

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

**OTHER OBJECTIVES OF THE SESSION:**

**TECHNICAL COORDINATIVE FACTOR**

- Launching

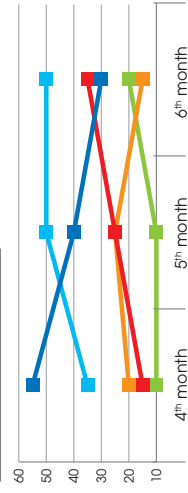
**TACTICAL COGNITIVE FACTOR**

- Attention

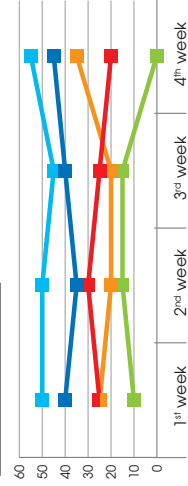
**PHYSICAL MOTORY FACTOR**

- resistance

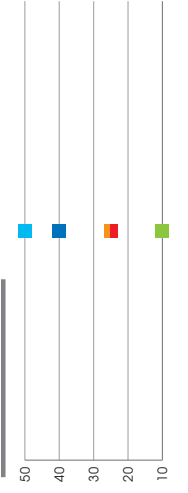
**Trimester Graph**



**Monthly Graph**

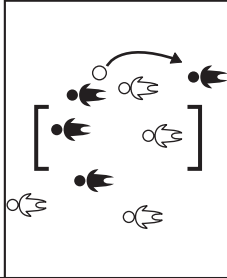


**Lesson Graph**



## Free the prisoner

Through this game we favour cooperation between team mates and further more we have the possibility of experimenting the game in other roles. When carried out with the hands, it develops the ability of throwing the ball and interception of a high ball.



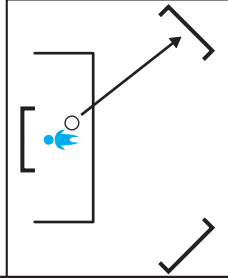
The game is carried out like a normal match (with hands or feet), with the detail of having to free the prisoner behind the goal before being able to score.

### Variations:

- the team mates are placed on the two side lines of the field.
- The game is played using hands (like handball)

## Re-launch with your feet

With this exercise the re-launch using feet is solicited in a tactical way.



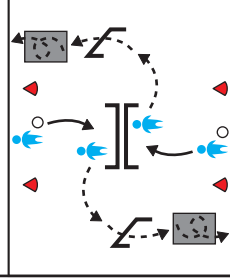
2 goals are placed at about 3/4 of the team's side of the field in the lateral areas. From the main goal, the goalkeeper will have to kick the balls into the other goals.

### Variations:

- The goals are defended by a goalkeeper that decides where to go, before the re-launch
- The goals are defended by as many attacking goalkeepers
- The goalkeepers have to intercept the ball without using their hands

## Pre-acrobatic obstacle course

This exercise allows to the exercise the goalkeepers' acrobatic abilities.



Obstacle course built around a bi-frontal goal in which we insert obstacles and mattresses to carry out rolling exercises, jumping, somersaults, etc. The course starts with a shot to goal defended by a goalkeeper. The rotation of roles is anti-clockwise.

### Variations:

- The pre-acrobatic course is carried out with different paces, for example crawling, on all fours or with only one leg.

## MODULE 5

### Main technical objective: RELAUNCHING USING FEET

#### Sequence of the session:

- Game "Free the prisoner" 25'
- Articular mobility exercises with ball 10'
- Preparation for dive 10'
- Pre-acrobatic course 10'
- Re-launch with feet 15'
- Free match 20'

#### Number of children:

90'

#### Material:

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

"Learning how to teach is a long journey that never ends"



### TECHNICAL COORDINATIVE FACTOR

#### Objectives:

- Exiting the goal against opponent with the ball
- Take it when it is bouncing 10'
- Compulsory exit 15'
- Two against one at the limit of the area 15'

Observations:

Variations:

### TACTICAL COGNITIVE FACTOR

#### Objectives:

- Closing the goal-mouth

### COLLECTIVE GAMES AND GAME SITUATIONS:

- Conquer the penalty 20'

### MATCH GAMES

- Match with fixed opponent 20'

Observations:

Variations:

### PHYSICAL MOTORY FACTOR

#### Objectives:

- Ambidextrous jump 10'
- Technical obstacle course with rolls

Observations:

Variations:

## MODULE 5

### Sequence of the session:

- Take it when it is bouncing 10'
- Technical obstacle course with rolling 10'
- Compulsory exit 15'
- Conquer the penalty 20'
- Two against one at the limit of the area 15'
- Match with fixed opponent 20'

### Number of children:

90'

### Duration:

### Methods:

### Material:

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

# LESSON 10



### OTHER OBJECTIVES OF THE SESSION:

#### TECHNICAL COORDINATIVE FACTOR

- Spatial-temporal calculation
- Dribbling

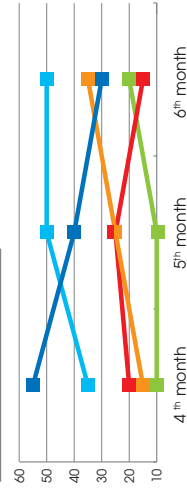
#### TACTICAL COGNITIVE FACTOR

- Participation point
- Peripheral vision

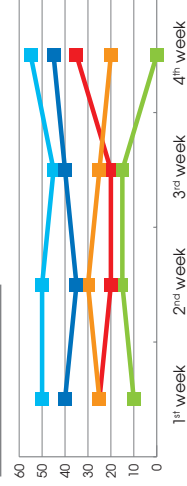
#### PHYSICAL-MOTORY FACTOR

- General resistance

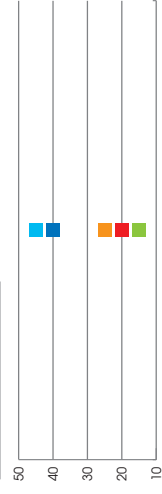
Trimester Graph



Monthly Graph

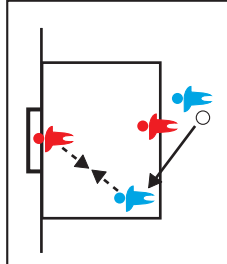


Lesson Graph



## Two against one at the limit of the area

With this exercise we improve the ability to intervene in a situation of numerical disadvantage and in situations in which the goalkeeper is forced to leave the goal against the ball holder.



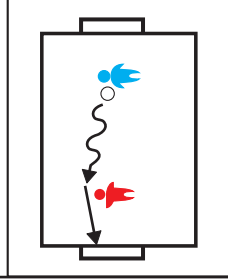
Two goalkeepers (attackers) try to jump a goalkeeper (defender), who can only intervene outside the area. The purpose of the attackers is to pass each other the ball until the limit of the area and enter (with one attacker only) the area to confront the defending goalkeeper and try to score. In turn the goalkeeper play in defence and the one that allows the least goals wins.

### Variations:

- The game can also be timed
- The attackers can pass each other the ball with their hands and put it on the ground only when one of them enters the area.

## Conquer the penalty

The game solicits the goalkeeper to calculate the timing for exit and intervention on the ground on the opponent that is approaching the goal. This situation develops security in the child in case of physical contact.



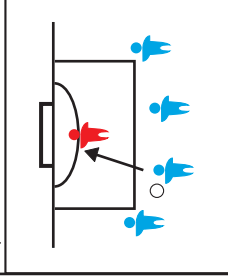
In a mini-field with two little goals, goalkeepers take turns in jumping an opponent goalkeeper by dribbling, with the objective to score a goal. The defending goalkeeper needs to try and catch the ball with his hands between the feet of the attacker, with the objective of conquering a penalty shot. The person who has the most points between goals scored and taken wins.

### Variations:

- Game with due opposing teams
- Penalty shot against the defender if he commits foul
- Point to who conquers the penalty.

## Compulsory exit

With this exercise/game we stimulate the high exit with the opponents, development of security, determination and evaluation of the space/time ratio.



The exercise is carried out at the limit of the small area and entails a series of classes passes with hands, with a goalkeeper that defends the area for one minute. This goalkeeper needs to intercept the high ball that the opponents will pass to each other in the attempt of scoring as many headers as possible in the established time. The goalkeeper will be forbidden to enter an area of about a metre's distance from the goal, to which the goal keeper has access only if he carries out a backward dive. The purpose of the goalkeeper is to intervene on the ball with a send back or with a high catch. At the end of the turns of the game the one who has taken the least goals wins.

### Variations:

- The game can be carried out in teams
- Assign points only to the correct exits
- Vary the time of the game

**Main technical objective:**  
EXIT TOWARDS THE OPPONENT WITH THE BALL

### Sequence of the session:

- 10' Take it when it is bouncing
- 10' Technical obstacle course with rolling
- 15' Compulsory exit
- 20' Conquer the penalty
- 15' Two against one at the limit of the area
- 20' Match with fixed opponent

### Number of children:

90'

### Duration:

### Material:

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

*"Your only duty in every existence is to be faithful to yourself"*

R. Bach



CLUB: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_

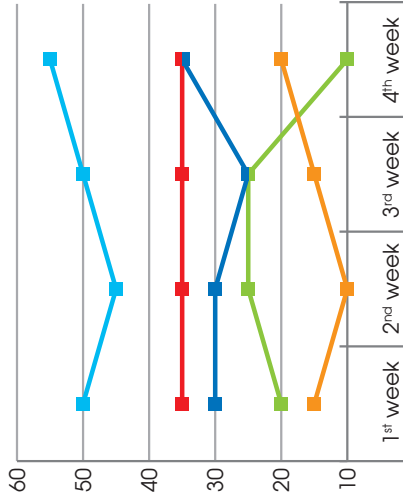
SPORT SEASON: \_\_\_\_\_

**REMEMBER**

• The goalkeeper of the "cubs" category, on a voluntary back-pass action, shows more security in controlling the ball, but the re-launch will not be in a tactical key, on the contrary he will try and get rid of the ball as soon as possible.

• It is appropriate to carry out the physical work by moderating the intensity of the exercises and therefore always proposing a natural workload. The game must in any case characterise the didactical "environment"

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: catching a high-ball, with palms with inward thumbs with jumping phase catching low balls with lateral dive hit the ball with open hand or fist in a lateral zone with dive throw from above, with feet after back-pass of team mate

• TACTICAL-COGNITIVE FACTOR: position on corner kicks

• PHYSICAL-MOTORY FACTOR: psycho-motor and pre-acrobatic abilities

N° LESSONS: \_\_\_\_\_

N° WEEKS: \_\_\_\_\_

N° COMPETITIONS/EVENTS: \_\_\_\_\_

**OBSERVATIONS:**

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### TECHNICAL COORDINATIVE FACTOR

#### Objectives:

- Hitting with feet
- The plot
- The wall beater

10'  
15'

### TACTICAL COGNITIVE FACTOR

#### Objectives:

- Placing position

### COLLECTIVE GAMES AND GAME SITUATIONS:

- Free the prisoner 10'
  - the custom's officer 15'
  - 2vs1 with goalkeeper 10'
- (defender inside the penalty area)
- ### MATCH GAMES
- Free match 15'

Observations:

Variations:

### OTHER OBJECTIVES OF THE SESSION:

### TECHNICAL COORDINATIVE FACTOR

- Ball reception

### TACTICAL COGNITIVE FACTOR

- Reaction to disturbance

### PHYSICAL-MOTORY FACTOR

- Rhythmic movements

### PHYSICAL MOTORY FACTOR

#### Objectives:

- Pre-acrobatic
  - Articular mobility
  - Coordination exercises with the ball 10'
- (exercises of hand/eye coordination proposed by the instructor)
- Articular mobility exercises with the ball 5'

Observations:

Variations:

## MODULE 6

# LESSON 11

### Sequence of the session:

- Free the prisoner 10'
- Coordination exercises with the ball 10'
- Articular mobility exercises with the ball 5'
- Give and follow 10'
- The wall beater 15'
- the custom's officer 15'
- 2vs1 with goalkeeper 10'
- Free match 15'

### Number of children:

90'

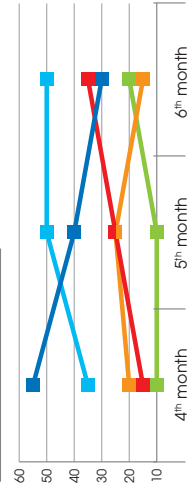
### Duration:

### Methods:

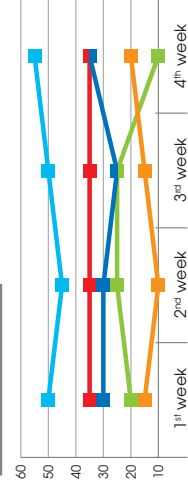
### Material:

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

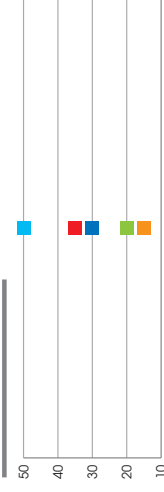
Trimester Graph



Monthly Graph

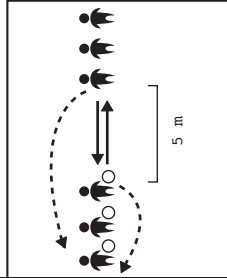


Lesson Graph



## Give and follow

Through this exercise we favour the improvement of the control over the ball with the feet and we solicit a greater sense of cooperation.



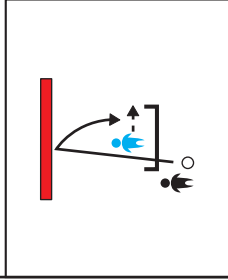
The pupils are placed in two lines and carry out a series of passes towards a team mate in front of them. Once the pass has been carried out, the child goes on running. Distance between the lines: about 5-6m.

### Variations:

- The series of passes can happen with various ways of throwing
- The children are placed in a 'cross' (4 lines), trying to avoid contact between balls.

## The wall beater

With this game we favour the development of the ability of reaction and the interception of the ball



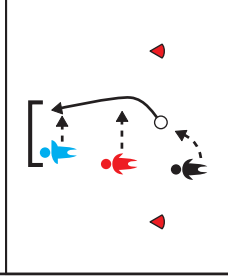
The game is carried out in couples. One pupil is placed in front of a wall, table or other, and defends a goal. The second player will play a surprise shot against the wall trying to score. Whoever scores the most goals wins.

### Variations:

- Game in threes with two shooters that kick in turn after having planned together
- They throw the ball with their hands.

## The custom's officer

The game situation proposed tends to improve the position, the reading of the game and the type of intervention to carry out.



Exercise with three pupils: one attacker, one goalkeeper, and another player (opposition) that disturbs the action, placed on the line, in the space or within the area. The attacker starts with the ball, trying to jump the "custom's officer" and to score a goal.

### Variations:

- The disturber can score on the rebound from the goalkeeper
- Once the ball has been intercepted there may be an action of throw-in with the goalkeeper, who has played the role of attacker, who defends the goal, distance between the goals: 10-15 metres.

## MODULE 6

# LESSON 11: MIND THE REBOUND

**Main technical objective:**  
INTERCEPTING WITH LATERAL DIVE

- Sequence of the session:**
- 10' Free the prisoner
  - 10' Coordination exercises with the ball
  - 5' Articular mobility exercises with the ball
  - 10' Give and follow
  - 15' The wall beater
  - 15' the custom's officer
  - 10' 2vs1 with goalkeeper
  - 15' Free match

**Number of children:**

**Duration:** 90'

**Material:**

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

*"Activities that for the younger age groups should be carried out essentially by focusing on play"*  
SGS



**TECHNICAL COORDINATIVE FACTOR**

**Objectives:**

- Dive on the floor and in the air
- First contact 10'
- Fly on the mattress 10'
- Find the ball after rolling 5'

Observations: \_\_\_\_\_

\_\_\_\_\_

Variations: \_\_\_\_\_

\_\_\_\_\_

**TACTICAL COGNITIVE FACTOR**

**Objectives:**

- Look for the balancing point

**COLLECTIVE GAMES AND GAME SITUATIONS:**

- 25'**
- Rugby game
- MATCH GAMES**
- Match with header goals and dive
- 20'**

Observations: \_\_\_\_\_

\_\_\_\_\_

Variations: \_\_\_\_\_

\_\_\_\_\_

**PHYSICAL MOTORY FACTOR**

**Objectives:**

- Loss of balance and lateral jump
  - Front, back, and lateral falls on mattress
- 20'**

Observations: \_\_\_\_\_

\_\_\_\_\_

Variations: \_\_\_\_\_

\_\_\_\_\_

**Sequence of the session:**

- Falls on the mattress 20'
- First contact 10'
- Fly on the mattress 10'
- Find the ball after rolling 5'
- Match with header goals and dive 20'
- Rugby game 25'

**Number of children:**

**Duration:** 90'

**Methods**

**Material:**

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

**OTHER OBJECTIVES OF THE SESSION:**

**TECHNICAL COORDINATIVE FACTOR**

- Always carry out dive slightly forward

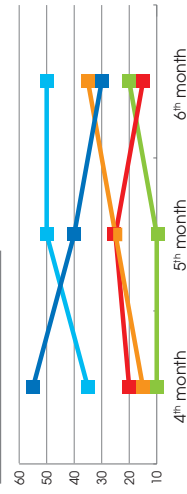
**TACTICAL COGNITIVE FACTOR**

- Search for the bisection line

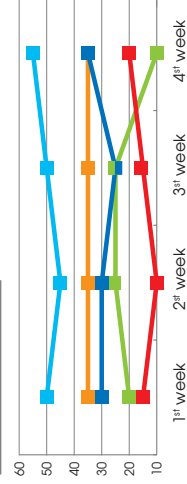
**PHYSICAL MOTORY FACTOR**

- General preacrobatics

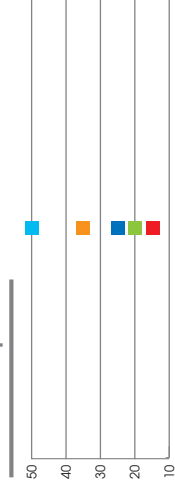
Trimester Graph



Monthly Graph

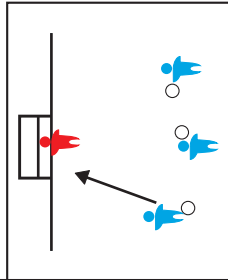


Lesson Graph



## First contact

This game favours the development of the diving block with a gradual impact on the ground.



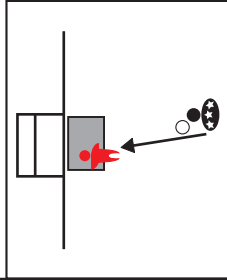
A goal keeper defends a small goal 3m wide 'sitting down', with a coloured ribbon tied to the posts at a height of 30cm. The other goalkeepers has the purpose of scoring a goal by bowling the ball on the ground underneath the ribbon. Whoever takes less goals at the end of the turns.

### Variations:

- Kneeling goalkeeper
- Standing goalkeeper with slightly bent knees
- The opponents can kick with their feet.

## Fly on the mattress

Training of the movement of jumping off the ground and the deviation of a high ball and falling on a low mattress. It also gives the child security and automates the technical move of which the notion is difficult to apply.



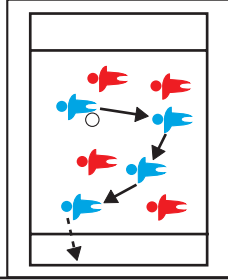
A goalkeeper starts with a standing position, in a goal that is slightly bigger with a ribbon that is raised a metre and a half on the posts with a low mattress underneath. The coach throws the ball towards the goalkeeper evaluating the strength and the height of the shot. Whoever takes less goals.

### Variations:

- Put the ribbon higher and the shot to force the goalkeeper to deviate with the opposite hands
- Give a point for a correct lateral fall on the mattress
- Give a point to the correct position of the deviating hand

## Rugby match

Exercise that stimulates the defence of the ball, security in physical contact, unmarking, precision of the pass and contact with the ground.



In a field without goals but with try lines, two teams of goalkeepers face each other, and can score a try only with a dive. The ball can also be passed forwards but not withheld in that three steps: the opposing team can take possession of the ball only by intercepting the passes.

### Variations:

- Team in numerical disadvantage
- Pass made with a fist.

## MODULE 6

**Main technical objective:**  
DIVING ON THE GROUND AS WELL AS IN FLIGHT

### Sequence of the session:

- Falls on the mattress 20'
- First contact 10'
- Fly on the mattress 10'
- Find the ball after rolling 5'
- Match with header goals and dive 20'
- Rugby game 25'

### Number of children:

90'

### Duration:

### Material:

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

*"Wisdom is poetry that sings to the mind"*  
K. Gibran



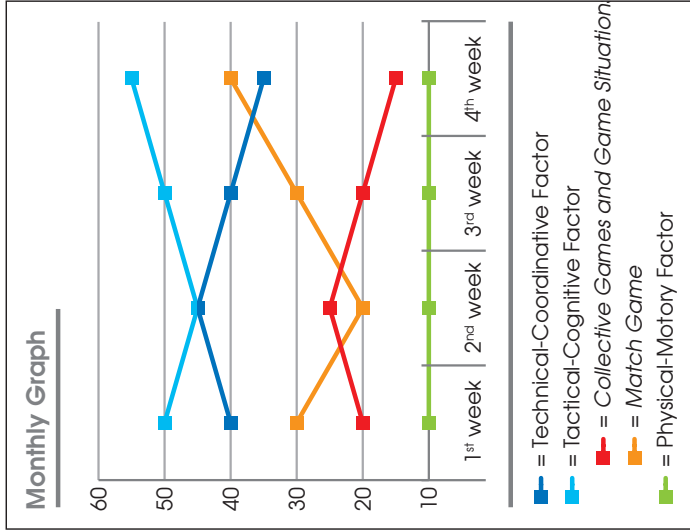
CLUB: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_

SPORT SEASON: \_\_\_\_\_

**REMEMBER**

- The goalkeeper of the "cubs" category, prefers to re-launch the ball with the feet, instead of by hands.
- In the lessons, a good part of the exercises has to be aimed towards soliciting and developing the general and specific coordination skills of the football goalkeeper.



MONTH: \_\_\_\_\_

MAIN OBJECTIVES OF THE MONTH:

- TECHNICAL-COORDINATIVE FACTOR: Intercepting: catch on low shots with lateral dive with spatial pressure. Hitting: with an open hand or with fist in lateral space with dive. Throwing: with feet on back-pass with spatial pressure
- TACTICAL-COGNITIVE FACTOR: position on penalty kicks
- PHYSICAL-MOTORY FACTOR: psycho-psycho-motor ability and rapidity

N° LESSONS: \_\_\_\_\_

N° WEEKS: \_\_\_\_\_

N° COMPETITIONS/EVENTS: \_\_\_\_\_

**OBSERVATIONS:**

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**TECHNICAL COORDINATIVE FACTOR**

**Objectives:**

- Hitting with feet
- Positioning after loss of balance
- Preparing for the dive in couples 15'
- Shoot to corner 20'

Observations: \_\_\_\_\_

Variations: \_\_\_\_\_

**TACTICAL COGNITIVE FACTOR**

**Objectives:**

- Calling the ball in phase of "exit"

**COLLECTIVE GAMES AND GAME SITUATIONS:**

- Exit on balls of various colours 20'
- MATCH GAMES**
- Match with try line 10'
  - Free match 15'

Observations: \_\_\_\_\_

Variations: \_\_\_\_\_

**PHYSICAL MOTORY FACTOR**

**Objectives:**

- Rapidity
- Intercept the ball 10'

Observations: \_\_\_\_\_

Variations: \_\_\_\_\_

**MODULE 7**

**LESSON 13**

**Sequence of the session:**

- Match with try line 10'
- Exit on balls of various colours 20'
- Preparing for the dive in couples 15'
- Intercept the ball 10'
- Shoot to corner-competition 20'
- Free match 15'

**Number of children:** 90'

**Duration:**

**Methods**

**Material:**

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

**OTHER OBJECTIVES OF THE SESSION:**

**TECHNICAL COORDINATIVE FACTOR**

- Various types of grasp

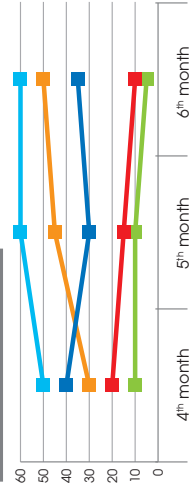
**TACTICAL COGNITIVE FACTOR**

- Attention capacity

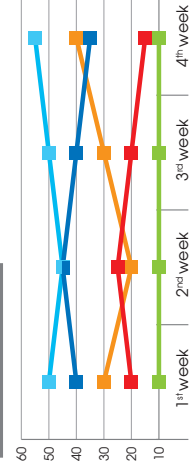
**PHYSICAL MOTORY FACTOR**

- Reactivity

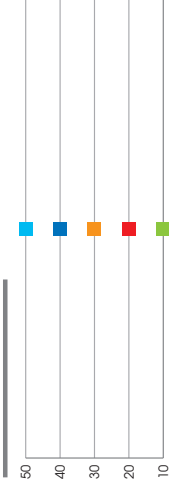
**Trimester Graph**



**Monthly Graph**

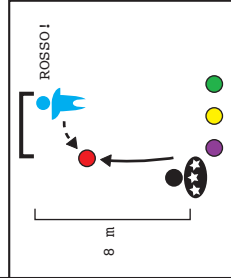


**Lesson Graph**



## Exit on ball of various colours

Through this exercise we favour the attention capacity and we solicit peripheral vision through the ability of discriminating the less important elements.



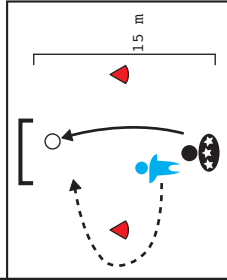
The instructor has balls of various colours, which he throws high towards the goal. The goalkeeper, before intercepting the ball, has to declare aloud the colour of the ball. The throw is carried out at a distance of 8-10m.

### Variations:

- The game starts with the goalkeeper facing away from the instructor
- the game starts with the goalkeeper sitting down facing away from the instructor
- the game starts with the goalkeeper lying facedown facing away from the instructor
- the ball is thrown by making it bounce on the ground

## Intercept the ball

The ability of reaction is stimulated with the development of rapidity of movement and the technical aspects linked to the game.



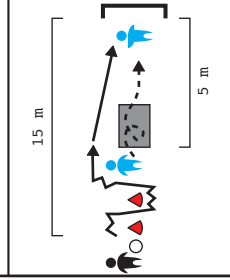
The game starts from the 15 metres in front of the goal. The instructor throws the ball towards the goal. The goalkeeper runs and, after having avoided one of the cones placed in front of him, tries to intercept the ball before it reaches the goal. The cones are placed 5-6 metres in the field at the side of the goal.

### Variations:

- at the beginning the goalkeeper carries out a somersault
- the goalkeepers kick the ball to themselves
- the ball is thrown in a parabola
- a goal keeper starts from the goal, goes through an obstacle course and tries to intercept the ball before his team mate.

## Shoot to corner-competition

With this game we solicit the ability of reaction and we favour the combination of coordinative and technical aspects.



After a forward somersault, carried out on a mattress placed at a 5-6 metre distance from the goal. The child that in this case is the goal keeper is placed in the ball on his foot and after a sidom he shoots to goal. The attacker starts from about 15-20m away.

### Variations:

- the somersault has to be made backwards
- the somersault has to be made holding a ball
- the attacker does not guide the ball but, after the obstacle course, he shoots directly to goal.

## MODULE 7

**Main technical objective:**  
INTERCEPTING WITH A LATERAL DIVE

### Sequence of the session:

- Match with try line 10'
- Exit on balls of various colours 20'
- Preparing for the dive in couples 15'
- Intercept the ball 10'
- Shoot to corner-competition 20'
- Free match 15'

### Number of children:

90'

### Duration:

### Material:

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

*"Motivation is the daily bread of growth and needs to be cultivated avoiding mistakes that could inhibit it"*



**TECHNICAL COORDINATIVE FACTOR**

**Objectives:**

- Improving basic general technique

- Count the bounces 10'
- Minefield 10'
- Simple piggy in the middle 15'

Observations:

Variations:

**TACTICAL COGNITIVE FACTOR**

**Objectives:**

- Rapid reading of the game situation

- COLLECTIVE GAMES AND GAME SITUATIONS:**
- Slalom, shoot and go into the goal 20'
- MATCH GAMES**
- Match: every foul is a penalty 25'

Observations:

Variations:

**PHYSICAL MOTORY FACTOR**

**Objectives:**

- Articular mobility of lower limbs

- Exercises with different balls 10'

Observations:

Variations:

**Sequence of the session:**

- Count the bounces 10'
- Exercises with different balls 10'
- Minefield 10'
- Simple piggy in the middle 15'
- Slalom, shoot and go into the goal 20'
- Match: every foul is a penalty 25'

**Number of children:**

**Duration:** 90'

**Methods**

**Material:**

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Poles
- Tunics
- Bi-frontal goals
- Single cut outs
- obstacles

**OTHER OBJECTIVES OF THE SESSION:**

**TECHNICAL COORDINATIVE FACTOR**

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

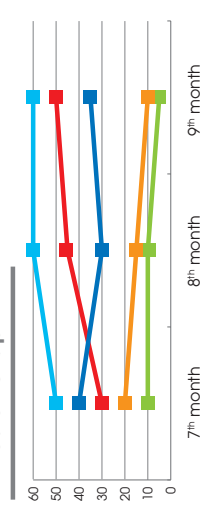
**TACTICAL COGNITIVE FACTOR**

- Development of peripheral vision

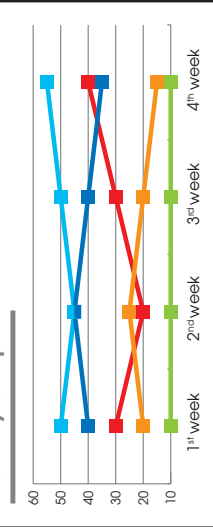
**PHYSICAL MOTORY FACTOR**

- General resistance

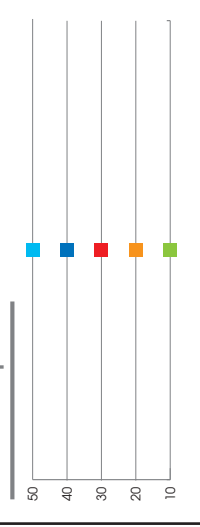
Trimester Graph



Monthly Graph

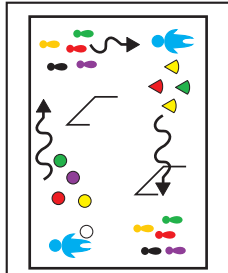


Lesson Graph



## Minefield

This exercise improves the control of the ball and the development of peripheral vision.



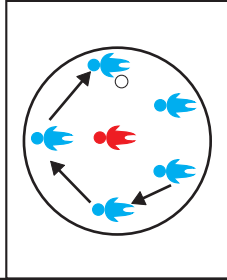
In a limited area, that has a proportional size to the number of goalkeepers to train, we place balls, pins, obstacles, poles, etc. in a random order on the field, which are all objects that the children have to avoid. All goalkeepers, each with a ball, move at the same time and, at the end of the pre-established time, whoever has collected the least penalties wins: penalties are given to those that touch the objects, loose control over the ball etc., if two goalkeepers touch each other, they both get a penalty.

### Variations:

- Play in teams
- Players bounce their balls on the ground
- Continuous throwing the ball high with their hands.

## Simple piggy in the middle

The proposed exercise solicits and favours the stabilisation of the movement behaviour of passing and receiving in a dynamic form, bringing the pupils to solve a movement task in a flexible didactical environment. Sensory-perceptive solicitation, rapidity and precision of execution.



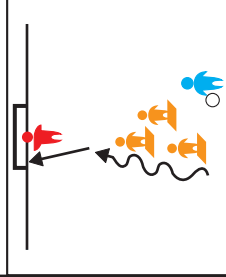
A classic game of "piggy in the middle" adapted to the role of goalkeeper. The student that plays the "piggy" the most, on the basis of interception, will loose the game.

### Variations:

- Play in teams
- The external players can touch the ball more than once
- Play with hands, bouncing it off the feet once or twice before passing it (naturally even the goalkeeper can intervene with hands in this case).

## Slalom, shoot, and go into the goal

Training to improve dribbling and goal shooting combined with classic goal blocking. The child that shoots to goal places himself in line for wall play whereas the team mate that has carried out the return pass takes the ball and prepares himself for the next shot. The children from the two lines take turns.



The ball is guided in a technical obstacle course between cut-outs and final shot to goal. The goalkeeper, after he has avoided the last cut out, kicks the ball and goes into the goal to prepare to block the following shot.

### Variations:

- The winner is whoever scores the most goals
- Play in teams
- Control of the ball between cut-outs can be done by bouncing the ball on the ground with hands, then the child shoots on a rebound kick.

**Main technical objective:**  
IMPROVING BASIC GENERAL TECHNIQUE

### Sequence of the session:

- Count the bounces 10'
- Exercises with different balls 10'
- Minefield 10'
- Simple piggy in the middle 15'
- Slalom, shoot and go into the goal 20'
- Match: every foul is a penalty 25'

### Number of children:

**Duration:** 90'

### Material:

- Balls (of various colours and different sizes)
- Cones
- Boundaries
- Poles
- Tunics
- Bi-frontal goals
- Single cut outs
- obstacles

*"Wisdom is poetry  
that sings to the mind"*  
K.Gibran



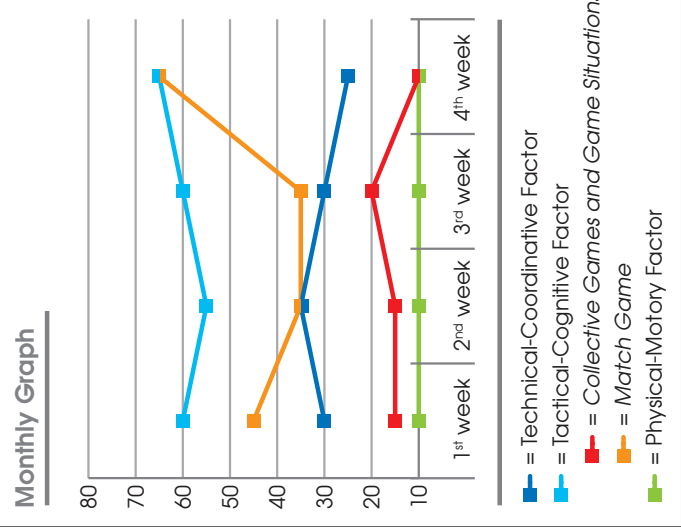
CLUB: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_

SPORT SEASON: \_\_\_\_\_

**REMEMBER**

- The main subject of training is the child.
- The group of goalkeepers of the Football School is a group that we must consider as open: anyone can join and experiment the fascination of this role.
- Most of the lesson has to provide coordinative exercises, both for the upper and lower limbs. Rapidity of movement is the quality that has to be stimulated the most in this evolutionary phase.
- The fundamental element of training is play. Playing, in fact, with a "balanced" competition, is at the base of the young boys' learning process.



MONTH: \_\_\_\_\_

MAIN OBJECTIVES OF THE MONTH:

- **TECHNICAL-COORDINATIVE FACTOR:**  
Intercepting: catch on low shots with lateral dive with spatial-temporal pressure  
Hitting: with fist with spatial pressure  
Throwing: re-launching with feet on back-pass with spatial pressure
- **TACTICAL-COGNITIVE FACTOR:**  
position: according to the defensive line and the position of the ball.
- **PHYSICAL-MOTORY FACTOR:** obstacle courses to develop coordination skills

° LESSONS: \_\_\_\_\_  
 N° WEEKS: \_\_\_\_\_  
 N° COMPETITIONS/EVENTS: \_\_\_\_\_

**OBSERVATIONS:**

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# LESSON 15

### TECHNICAL COORDINATIVE FACTOR

#### Objectives:

- Blocking shots with spatial and temporal pressure
- Activities with the ball, in couples **10'**
- Game with two goals **15'**

Observations: \_\_\_\_\_

\_\_\_\_\_

Variations: \_\_\_\_\_

\_\_\_\_\_

### TACTICAL COGNITIVE FACTOR

#### Objectives:

- Finding the right position in the goal as soon as possible
- #### COLLECTIVE GAMES AND GAME SITUATIONS:
- Match with very big goals **15'**
- #### MATCH GAMES
- Mini-matches with smaller fields **30'**
  - Free match **10'**

Observations: \_\_\_\_\_

\_\_\_\_\_

Variations: \_\_\_\_\_

\_\_\_\_\_

### PHYSICAL MOTORY FACTOR

#### Objectives:

- Development of technical coordinative skills.
- Obstacle course with final shot **10'**

Observations: \_\_\_\_\_

\_\_\_\_\_

Variations: \_\_\_\_\_

\_\_\_\_\_

#### Sequence of the session:

- Match with very big goals **15'**
- Activities with the ball, in couples **10'**  
*(with feet and hands, with different paces)*
- Obstacle course **10'**
- Game with two goals **15'**
- Mini-matches with smaller fields **30'**
- Free match **10'**

#### Number of children:

**90'**

#### Duration:

#### Methods

#### Material:

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

### OTHER OBJECTIVES OF THE SESSION:

#### TECHNICAL COORDINATIVE FACTOR

- Various ways of catching

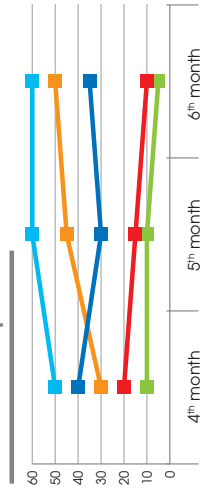
#### TACTICAL COGNITIVE FACTOR

- Attention capacity

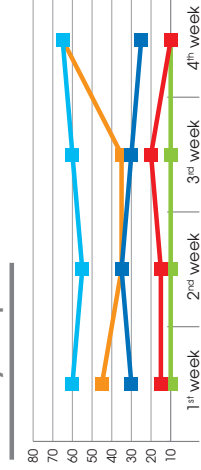
#### PHYSICAL MOTORY FACTOR

- Reactivity

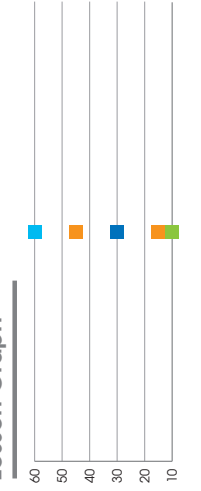
Trimester Graph



Monthly Graph

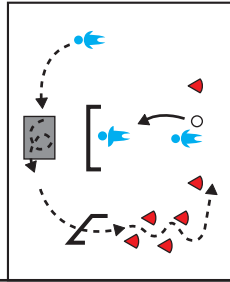


Lesson Graph



## Obstacle course with final shot

This exercise determines an improvement of coordination skills, also soliciting the technical ability of goal shooting.



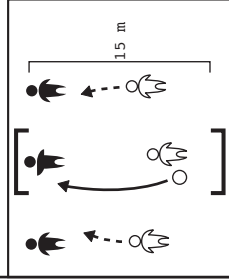
Around a bi-frontal goal we build an obstacle course with a final shot to goal. We prepare various coordinative stations that the child will have to go through (jump, roll, somersault, slalom, etc.)

### Variations:

- Different paces: on all fours, backwards, jumping etc.
- "cat and mouse": one runs away the other runs after him (the "cat" starts when the "mouse" has gone through the first obstacle). The "cat" blocks the "cat's" goal shot.

## Game with two goals

Through this game we favour the improvement of the sense of position, learning the technical moves of the shot (kicking) and catch (grasping), further to the ability of attention and reaction.



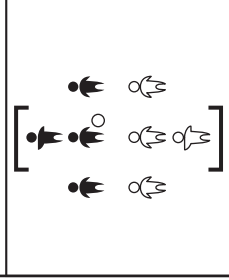
Game in two teams with two goals. Ball is repeatedly kicked backwards and forwards, from a distance of 10-15. On a possible rebound from the goalkeeper the team can try again to score (the whole team can participate in shooting off the rebound and defending the goal).

### Variations:

- Flying kicks
- Throw with hands
- Drop-kick

## Mini-matches on smaller field

With this type of competition we solicit group cooperation and socialisation.



The children play mini-matches on a smaller field, between teams of 3 or 4 players. They take turns playing goalkeeper with the possibility of playing temporary goalkeeper.

### Variations:

- Various kinds of rule changes: dimensions of the field, only block with feet, etc.

## MODULE 8



# LESSON 15: MIND THE REBOUND

**Main technical objective:**  
SENDING BACK WITH HANDS AND/OR WITH FISTS

### Sequence of the session:

- Match with very big goals 15'
- Activities with the ball, in couples 10'  
(with feet and hands, with different paces)
- Obstacle course 10'
- Game with two goals 15'
- Mini-matches with smaller fields 30'  
10'
- Free match

### Number of children:

**Duration:** 90'

### Material:

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

*"From a child to an adult: don't make me be quiet if I ask you honest questions, if you do, you will discover that I will stop asking and look for my answers elsewhere"*  
Erbavoglio



# LESSON 16

**TECHNICAL COORDINATIVE FACTOR**

**Objectives:**

- Improving the balancing point ("waiting position" before the opponent shoots)
- Always call the ball 10'
- Three lanes 10'
- Which goal will I choose? 10'

Observations: \_\_\_\_\_  
 \_\_\_\_\_  
 Variations: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**TACTICAL COGNITIVE FACTOR**

**Objectives:**

- Choosing participation point
- COLLECTIVE GAMES AND GAME SITUATIONS:** 15'
- Penalty race
- MATCH GAMES:** 35'
- 4 goal match with smaller goals

Observations: \_\_\_\_\_  
 \_\_\_\_\_  
 Variations: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**PHYSICAL MOTORY FACTOR**

**Objectives:**

- Ability to combine movements
- Small, complex obstacle courses 10'

Observations: \_\_\_\_\_  
 \_\_\_\_\_  
 Variations: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Sequence of the session:**

- Complex obstacle courses 10'
- Always call the ball 10'
- Three lanes 10'
- Which goal will I choose? 10'
- Penalty race 15'
- 4 goal match 35'

**Number of children:** 90'

**Duration:**

**Methods**

**Material:**

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

**OTHER OBJECTIVES OF THE SESSION:**

**TECHNICAL COORDINATIVE FACTOR**

- Basic general technique

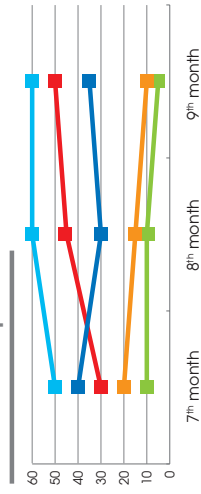
**TACTICAL COGNITIVE FACTOR**

- Evaluation of timing to call the ball

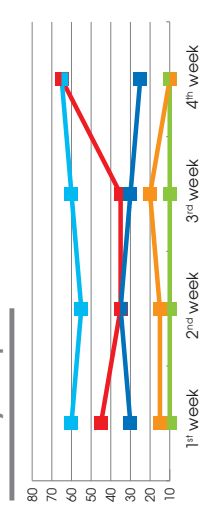
**PHYSICAL MOTORY FACTOR**

- Acrobatic elements

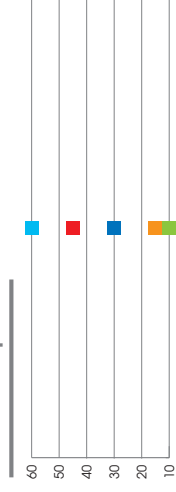
Trimester Graph



Monthly Graph



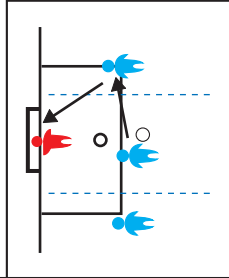
Lesson Graph





## Three lanes

With this exercise the goalkeeper improves the immediate search for the new bisection line according to the movement of the ball and the right point of balance before the attacker shoots.



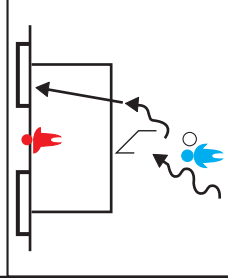
Three goalkeepers (attackers) start from outside the penalty area towards the opponent's goal, each in their own (marked with boundaries) lane, and only the one in the central lane has the ball. Just before the penalty disc he will have to pass the ball to the right or left-hand team mate. The attacker that receives the ball will have to control the ball before shooting, to give the goalkeeper time to calculate the new bisection line. Taking turns, according to the number of actions, all goalkeepers will defend the goal and the one that takes the least goals wins.

**Variations:**

- The central attacker can shoot
- The lateral attackers can shoot immediately

## Which goal will I choose?

Exercise that solicits the attention towards elements that characterise the game situation, the search for the bisection line and the point of balance.



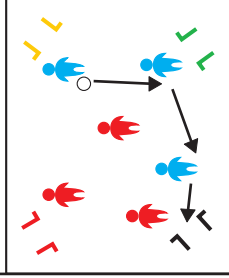
One goalkeeper places himself between two goals that are next to each other (a few metres distance). One goalkeeper (attacker) starts with the ball from outside the area and central to arrive at about 10m where he finds a pole and he chooses whether to go right or left, with the defending goalkeeper who will have to rapidly go and defend the corresponding goal to block the shot. They will all take turns and the one that takes the least goals wins.

**Variations:**

- Play in teams
- The attackers can bounce the ball on the ground with their hands and drop kick or kick on the rebound
- The rebound kick off the short send-back of the goalkeeper is valid

## 4 goal match

With this kind of match the goalkeepers are stimulated to cover spaces, to be ready to find the bisection line and the point of balance. Furthermore they develop a few moves of basic general technique.



With a fair number of participants and an appropriately large field, we set up four goals (two goals per team) at the four corners of the game rectangle, and two teams (possibly balanced) face each other trying to score in one of the two goals of the opponent and to defend the goal that is being attacked. The game and the roles are free and only the goalkeeper that is closest to the goal can block a shot. Naturally, the team that scores the most goals after a pre-established amount of time wins.

**Variations:**

- They can play with their hands
- They can play with two balls
- Option of choosing fixed goalkeepers and then take turns.

## MODULE 8

### Main technical objective: IMPROVE POINT OF BALANCE

#### Sequence of the session:

- Complex obstacle courses 10'
- Always call the ball 10'
- Three lanes 10'
- Which goal will I choose? 10'
- Penalty race 15'
- 4 goal match 35'

#### Number of children:

90'

#### Duration:

#### Material:

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

*"We are all climbing towards  
the peak of desire  
we have in our heart"*

K. Gibran