

Session Planner

Candidate Coach:		Date Produced:	
Coach Educator:		Time Available:	

Information on Players

Number of Players:		Age:		Ability Level:	
Medical Information:					
Particular Needs:					

Information on Facilities and Resources

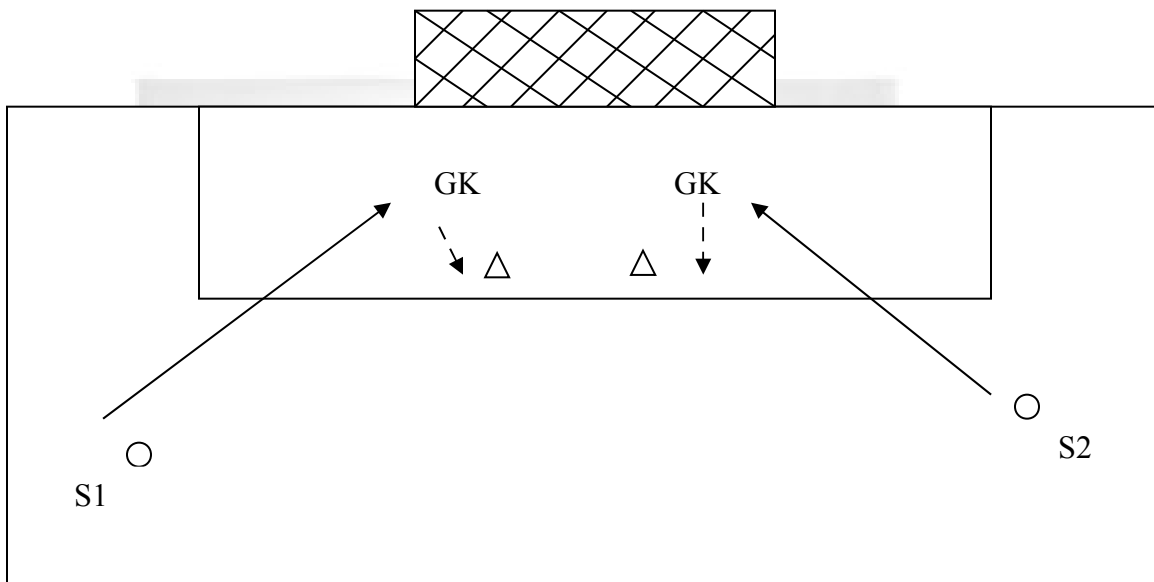
Location:		Session Date:	
Facility Needs:			
Equipment Needs:			
Health & Safety issues:			
Action plan points from previous sessions:			

Session Plan

Session Aim:	Basic Handling and shot stopping 2	
Session Type:		
		Timings
Warm Up Activities:		
Cool Down Activities:		

Session Planner

Session Title:	Basic Handling and shot stopping 2	Timings:
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2 GKs work at the same time, S1 and S2 have a supply of footballs. Both GKs move around the discs that are placed 2yrds off the goal line and 1 yard in from the posts. S1 and S2 play the ball to the GK to practice the scoop technique, the Gk makes the save then returns to the centre of the goal and repeat.

Advance:

Vary the height of the ball and ensure the Gks react and use the correct technique.

Key Technical Aspects:

- Set position
- Footwork
- Technique based on the height of the ball