




# YMCA Soccer Ages 8U

## Goalie Activities

Coach: \_\_\_\_\_

Team: \_\_\_\_\_

**Overview:** Here are some possible activities for goalkeepers at this age group, to be mixed in with each practice to give the keepers position-specific work. Look to work goalies into the games at the end of practice whenever possible. Also, do include goalies in some of the other activities (passing, dribbling, etc.) so they develop those essential skills, and participate with the rest of the team. Have goalies participate in all warmups and fitness activities when possible, and make sure to give them an upper body warmup as well.

Time	Activity Type	Activity Description	Reference
10-15 min	Stance & Hand Position (multiple variations)	<p>This activity (see video) helps goalies build the habit of getting into the right stance, and having their hands in the correct position when they are ready for a shot.</p> <p>As the video explains, this activity has many different progressions and variations. Mix them up through each session.</p>	<p><b>Video Tutorial:</b></p>  <p><a href="https://sportsedtv.co/37MQnxV">https://sportsedtv.co/37MQnxV</a></p>
10-15 min	Angles	<p>This activity (see video) prepares goalies to deal with shots coming from an angle.</p> <p>Mix up the angle of the shot, and the type of shot (height, aim, power, distance, etc.) to make different variations.</p> <p>Use a couple variations of this per session, as needed.</p>	<p><b>Video Tutorial:</b></p>  <p><a href="https://sportsedtv.co/3slqqYt">https://sportsedtv.co/3slqqYt</a></p>
10-15 min	Kneeling Dive	<p>This activity (see video) introduces diving to goalies. By starting on their knees, the impact is lightened and they can focus on the right technique. Emphasis the points from the video while teaching.</p>	<p><b>Video Tutorial:</b></p>  <p><a href="http://sportsedt">http://sportsedt</a></p>

			<a href="v.co/2W0dTFI">v.co/2W0dTFI</a>
10-1 5 min	<b>Partner Catching</b>	<p>Have the goalies stand across from each other, and throw the ball back and forth to each other's hands.</p> <p>Then, have them roll the ball to the others for them to get down low and collect it with their hands.</p> <p>Different variations (such as throwing the ball straight up, off to one side, etc.) of these partner catching activities can be used as needed.</p>	

**Notes:**




# YMCA Soccer Ages 10U



## Goalie Activities

Coach: \_\_\_\_\_

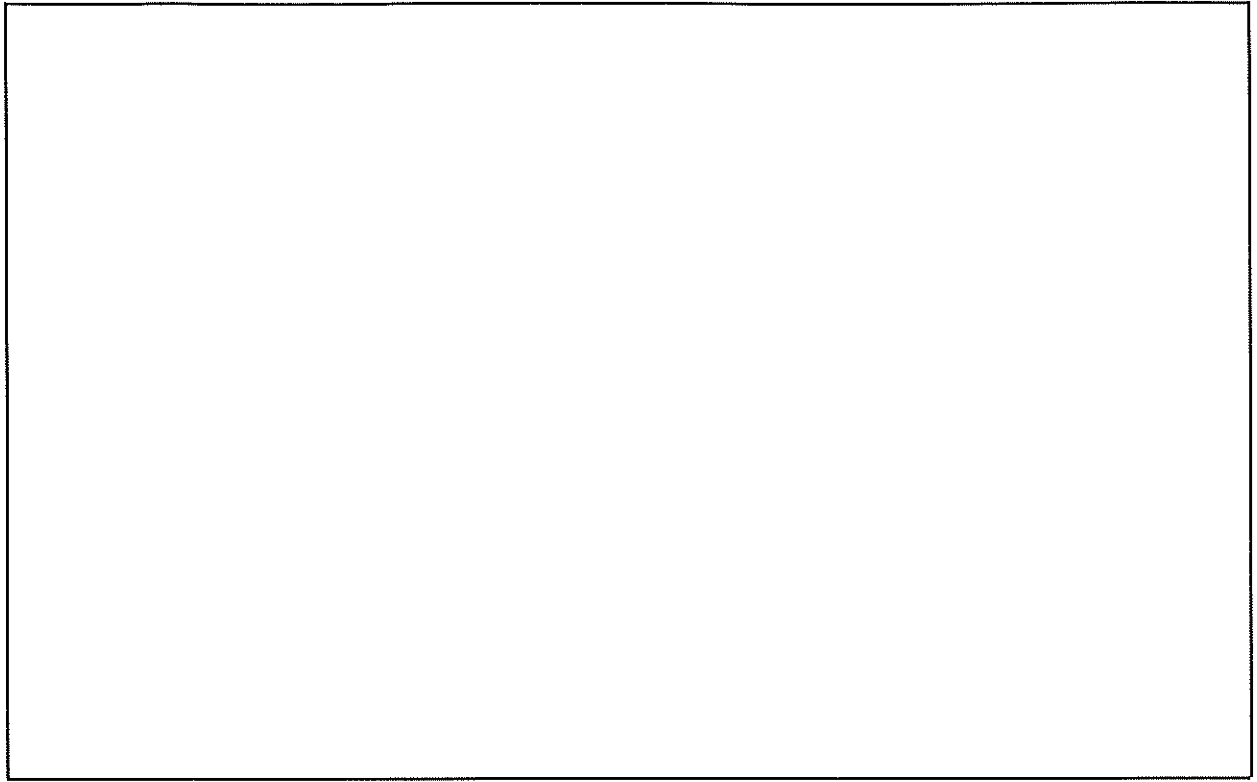
Team: \_\_\_\_\_

**Overview:** Here are some possible activities for goalkeepers at this age group, to be mixed in with each practice to give the keepers position-specific work. Look to work goalies into the games at the end of practice whenever possible. Also, do include goalies in some of the other activities (passing, dribbling, etc.) so they develop those essential skills, and participate with the rest of the team. Have goalies participate in all warmups and fitness activities when possible, and make sure to give them an upper body warmup as well.

Time	Activity Type	Activity Description	Reference
10-20 min	Stance & Hand Position (multiple variations)	<p>This activity (see video) helps goalies build the habit of getting into the right stance, and having their hands in the correct position when they are ready for a shot.</p> <p>As the video explains, this activity has many different progressions and variations. Mix them up through each session.</p>	<p><b>Video Tutorial:</b></p>  <p><a href="https://sportsedtv.co/37MQnxV">https://sportsedtv.co/37MQnxV</a></p>
10-20 min	Angles	<p>This activity (see video) prepares goalies to deal with shots coming from an angle.</p> <p>Mix up the angle of the shot, and the type of shot (height, aim, power, distance, etc.) to make different variations.</p> <p>Use a couple variations of this per session, as needed.</p>	<p><b>Video Tutorial:</b></p>  <p><a href="https://sportsedtv.co/3slqqYt">https://sportsedtv.co/3slqqYt</a></p>
10-20 min	Kneeling Dive	<p>This activity (see video) introduces diving to goalies. By starting on their knees, the impact is lightened and they can focus on the right technique. Emphasis the points from the video while teaching.</p>	<p><b>Video Tutorial:</b></p> 

			<a href="http://sportsedt.v.co/2W0dTFI">http://sportsedt.v.co/2W0dTFI</a>
10-20 min	<b>Standing Dive</b>	This activity (see video) introduces diving from a standing position. Start off slow to explain the correct technique. Demonstrate the proper approach, as it is described in the video.	<b>Video Tutorial:</b>  <a href="http://sportsedt.v.co/3k2XtUT">http://sportsedt.v.co/3k2XtUT</a>
10-20 min	<b>Catch &amp; Overhead Throw</b>	This video introduces throwing the ball overhead to goalkeepers. Start off slow, and focus on the technique (rather than distance or power) at this age group. It's important that players' arms are warmed up before practicing this.	<b>Video Tutorial:</b>  <a href="https://sportsedtv.co/3iRQwqe">https://sportsedtv.co/3iRQwqe</a>
10-20 min	<b>Partner Catching</b>	<p>Have the goalies stand across from each other, and throw the ball back and forth to each other's hands.</p> <p>Then, have them roll the ball to the others for them to get down low and collect it with their hands.</p> <p>Different variations (such as throwing the ball straight up, off to one side, etc.) of these partner catching activities can be used as needed.</p>	

<p><b>Notes:</b></p>
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# YMCA Soccer Ages 12U




## Goalie Activities

Coach: \_\_\_\_\_

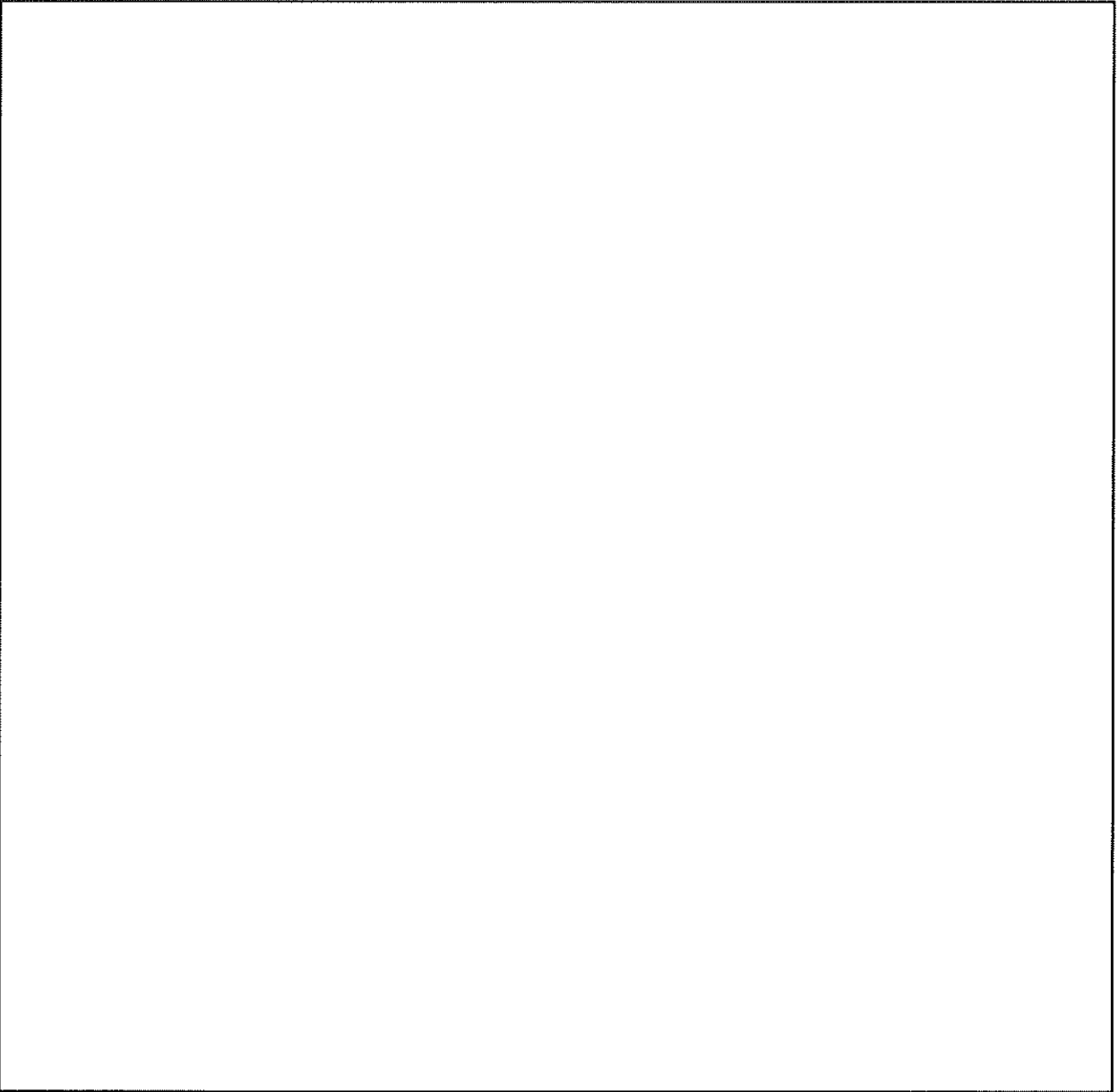
Team: \_\_\_\_\_

**Overview:** Here are some possible activities for goalkeepers at this age group, to be mixed in with each practice to give the keepers position-specific work. Look to work goalies into the games at the end of practice whenever possible. Also, do include goalies in some of the other activities (passing, dribbling, etc.) so they develop those essential skills, and participate with the rest of the team. Have goalies participate in all warmups and fitness activities when possible, and make sure to give them an upper body warmup as well.

Time	Activity Type	Activity Description	Reference
15-20 min	Kneeling Dive	This activity (see video) introduces diving to goalies. By starting on their knees, the impact is lightened and they can focus on the right technique. Emphasis the points from the video while teaching.	<p><b>Video Tutorial:</b></p>  <p><a href="http://sportsedt.v.co/2W0dTFI">http://sportsedt.v.co/2W0dTFI</a></p>
15-20 min	Standing Dive	This activity (see video) introduces diving from a standing position. Start off slow to explain the correct technique. Demonstrate the proper approach, as it is described in the video.	<p><b>Video Tutorial:</b></p>  <p><a href="http://sportsedt.v.co/3k2XtUT">http://sportsedt.v.co/3k2XtUT</a></p>
15-20 min	Footwork & Diving (still ball)	Here (see video), players learn to combine footwork with diving. This is very important as it will make goalies faster to react and get into the habit of being on their toes before diving for a save. This activity involves diving to collect a still ball.	<p><b>Video Tutorial:</b></p>  <p><a href="https://sportsed">https://sportsed</a></p>

			<a href="https://sportsedtv.co/37NCOhK">tv.co/37NCOhK</a>
15-20 min	Footwork & Diving (active ball)	This video shows a variation of the previous one, still including footwork, but now the goalie dives to stop a live shot to one side.	<b>Video Tutorial:</b>  <a href="https://sportsedtv.co/3jXKEeu">https://sportsedtv.co/3jXKEeu</a>
10-20 min	Overhead Throw	This video introduces throwing the ball overhead to goalkeepers. Start off slow, and focus on the technique (rather than distance or power) at this age group. It's important that players' arms are warmed up before practicing this.	<b>Video Tutorial:</b>  <a href="https://sportsedtv.co/3iRQwqe">https://sportsedtv.co/3iRQwqe</a>
10-20 min	Side Volley	<p>This video introduces the side volley to goalkeepers. Focus on technique and accuracy. Make sure their kicking legs are warmed up before this activity.</p> <p>Encourage goalies to use this in games once they have learned it.</p>	<b>Video Tutorial:</b>  <a href="https://sportsedtv.co/3jTBu2y">https://sportsedtv.co/3jTBu2y</a>
15-20 min	Partner Catching	<p>Have the goalies stand across from each other, and throw the ball back and forth to each other's hands.</p> <p>Then, have them roll the ball to the others for them to get down low and collect it with their hands.</p> <p>Different variations (such as throwing the ball straight up, off to one side, etc.) of these partner catching activities can be used as needed.</p>	

**Notes:**





# YMCA Soccer Ages 14U





## Goalie Activities

Coach: \_\_\_\_\_

Team: \_\_\_\_\_

**Overview:** Here are some possible activities for goalkeepers at this age group, to be mixed in with each practice to give the keepers position-specific work. Look to work goalies into the games at the end of practice whenever possible. Also, do include goalies in some of the other activities (passing, dribbling, etc.) so they develop those essential skills, and participate with the rest of the team. Have goalies participate in all warmups and fitness activities when possible, and make sure to give them an upper body warmup as well.

Time	Activity Type	Activity Description	Reference
15-20 min	Kneeling Dive	This activity (see video) introduces diving to goalies. By starting on their knees, the impact is lightened and they can focus on the right technique. Emphasis the points from the video while teaching.	<p style="text-align: center;"><b>Video:</b></p>  <p style="text-align: center;"><a href="http://sportsedt.v.co/2W0dTFI">http://sportsedt.v.co/2W0dTFI</a></p>
15-25 min	Standing Dive	This activity (see video) introduces diving from a standing position. Start off slow to explain the correct technique. Demonstrate the proper approach, as it is described in the video.	<p style="text-align: center;"><b>Video:</b></p>  <p style="text-align: center;"><a href="http://sportsedt.v.co/3k2XtUT">http://sportsedt.v.co/3k2XtUT</a></p>
15-25 min	Footwork & Diving (still ball)	Here (see video), players learn to combine footwork with diving. This is very important as it will make goalies faster to react and get into the habit of being on their toes before diving for a save. This activity involves diving to collect a still ball.	<p style="text-align: center;"><b>Video:</b></p>

			 <a href="https://sportsedtv.co/37NCOhK">https://sportsedtv.co/37NCOhK</a>
15-20 min	Footwork & Diving (active ball)	This video shows a variation of the previous one, still including footwork, but now the goalie dives to stop a live shot to one side.	<p><b>Video:</b></p>  <a href="https://sportsedtv.co/3jXKEeu">https://sportsedtv.co/3jXKEeu</a>
15-20 min	Catch & Overhead Throw	This video introduces throwing the ball overhead to goalkeepers. Start off slow, and focus on the technique (rather than distance or power) at this age group. It's important that players' arms are warmed up before practicing this.	<p><b>Video:</b></p>  <a href="https://sportsedtv.co/3iRQwqe">https://sportsedtv.co/3iRQwqe</a>
15-20 min	Side Volley	<p>This video introduces the side volley to goalkeepers. Focus on technique and accuracy. Make sure their kicking legs are warmed up before this activity.</p> <p>Encourage goalies to use this in games once they have learned it.</p>	<p><b>Video:</b></p>  <a href="https://sportsedtv.co/3jTBu2y">https://sportsedtv.co/3jTBu2y</a>
15-20 min	Partner Catching	<p>Have the goalies stand across from each other, and throw the ball back and forth to each other's hands.</p> <p>Then, have them roll the ball to the others</p>	

		<p>for them to get down low and collect it with their hands.</p> <p>Different variations (such as throwing the ball straight up, off to one side, etc.) of these partner catching activities can be used as needed.</p>	
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**Notes:**

