



SOCCKER COACH
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Goalkeeping (Punt, Half-volley)

OBJECTIVE: The objective of this training session is to help goalkeepers improve their kicking technique (the punt and the half-volley).

Punt:

Coaching Points: *(A punt is usually the kick with the greatest distance; it has a high trajectory and hang time)*

- Start with the ball in both hands, (starting with both hands will allow for more consistency in the drop). Take a short run up (about 2-3 steps) at a slight angle to the kicking direction, (this gets the hip more involved and generates more power.) The plant foot should point towards the target. Drop the ball and kick it upwards with the instep of the foot; follow through and land on the kicking foot. (Do not toss the ball upwards)
- The kicking foot should be straight, directly on line with the target, and should not swing around the body.

Half-volley or Drop-Kick:

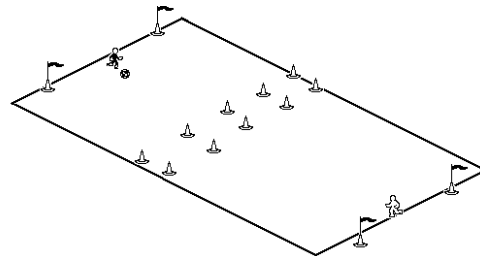
Coaching Points: *(A half-volley or drop kick, where the ball hits the ground before being contacted by the foot, gives a lower trajectory ball and the ability to go further distance).*

- The technique is very much the same as a punt, but the ball is dropped to the ground before it is kicked. The kick is timed so the instep of the foot strikes the ball just after it bounces on the ground.
- The drop kick has a distinctive "ba-boom" sound to it. The "ba" is the ball hitting the ground; the "boom" is the foot striking the ball a fraction of a second later.

1) Warm-up (20 minutes): In the warm-up we will have all of the players in pairs with 1 ball per pair. Have them punt and half-volley the ball back and forth to each other (about 10 yds apart). After the first 7 minutes, when their legs are warmed-up, increase the distance between them to 15-20 yds.

***** in activities #2 and #3 which follow, set up 4 or 5 fields so that all of the players are playing at the same time. Then, after 4-5 minutes, they can switch and play someone else. Create a tournament atmosphere*****

2) GK Tennis (30 minutes): Set up an area 20 yds wide x 30 yds long with a large goal on each end. Place an alley-way made from cones which is a dividing line in the middle. Each GK tries to score in the opposite goal by throwing, punting, drop-kicking or striking the ball from the ground. The ball must still bounce in the other players ½ for the goal to count.



Coaching Points:

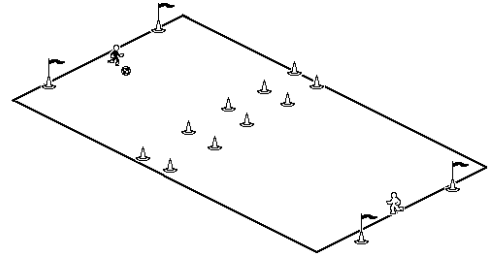
- Same as above
- Watch for small technical problems and fix during this activity. This will help with accuracy.



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3) Goalkeeper Wars (30 minutes): In an area 36 yds long x 44yds wide with a regulation goal centered at each end. Set up an alley-way as in the last activity. Place many soccer balls either in each goal or next to each goal. Goalkeeper A competes against Goalkeeper B. Each Goalkeeper defends the goal behind them and tries to score on the goal opposite them without going in or past the central alley-way. They can score with the throw, kicking off the ground, punting the ball or half-volleying the ball. The first GK to score 10 goals wins.



Coaching Points:

- Same as above

4) 6v6 Game (20 minutes):

On a 60 yd x 40 yd field, 2 teams play a regular game (5 players and a GK). Coach the keeper on their kicking distribution technique.

COOL- DOWN (10 minutes): Juggling, (35 juggles) with the feet only and then stretch. Static stretching of the major muscle groups.