# Kentucky Youth Soccer Association

**Coach Education Lesson Plan**

**Topic:** Coaching a Keeper within the Game  
**Coach:** Adrian Parrish

### FUNDAMENTAL – WARM UP

- Two teams of four players with a ball per team
- Use 2 or 4 Goalkeepers, depending on the size of your group
- Teams pass and move the ball around, when the keeper makes eye contact with a player, that player passes it into the keeper’s arms.
- The keeper then distributes it to a player from the other team.
- Progress to players trying to hit it past the keeper

### ORGANIZATION

- Attacking the ball (Step Forward)
- Feet set as the player strikes the ball
- Get body in line with the ball
- Watch the ball until it is cushioned into the hands
- Bring the ball into the chest

### KEY COACHING POINTS

### MATCH RELATED ACTIVITY

- Two teams of four outfield players and 1 keeper
- Keepers are placed in a 5 yard by 5 yard grid at the end of the main grid
- Teams score by playing to the opposing keepers hand whom has to be in their grid when receiving it.
- The keeper then distributes the ball to their own team.
- Keepers cannot play directly to each other
- Keepers can leave their grid when their team is in possession

### MATCH RELATED ACTIVITY

- 5 v 5 with two neutrals
- Normal soccer rules
- If a neutral player scores a goal it counts for double

### MATCH

- 6 V 6
- Normal Soccer Rules
- Little to NO coaching, but position yourself where you can still work with the goalkeeper

### COOL DOWN

- Pass
- Throw/GK Distribution
- Goal

Players pass and move in pairs. Stretch

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