



## Kentucky Youth Soccer Association Coach Education Lesson Plan

Topic = **Goalkeeping: Improving Strength**

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The activities below are recommended for players U15 and above to help develop some strength in the Upper Torso and Legs. However because players are only using their own body weight they can be used by players younger but the repetitions should be fewer.

Players are able to partake in these activities during their own time to help improve their physical skills.

### **Strength: Upper Body/Arms**

- 1) Ball push-ups** - GK does pushup with one hand on ball and then rolls the ball to the other hand and doing the next pushup, keep switching hands. (10-15 reps)
- 2) Ball push-ups both hands** - GK does pushups with both hands on the ball (10-15 reps)
- 3) Static hold ball return** - GK gets in pushup position; server tosses balls in an arc in front of the GK. GK must stay in the position by balancing on one arm, while catching one handed and returning the ball to the server. Repeat at quick speed until the GK has done both arms three times.

### **Strength: Core Work**

- 1) Washing machine collapse dives** - Server has two soccer balls. Server tosses one ball to side for a collapse dive, GK tosses ball back to server, on the way back the server tosses the second ball in the air to be caught. As the GK lands back on their feet, the same exchanges occur on the other side and continue until the GK has performed a desired amount of reps.
- 2) Collapse dive slammers** - GK has ball in hand and must slam the ball into the ground as hard as possible hard GK then performs a collapse dive and get back to their feet trying to claim the ball above their head or at it's highest point. GK should try and get as many as possible in one minute. Players should not count a repartition if ball bounces again after slam.
- 3) Ball sit-ups** - takes place with a partner locking legs and they exchange the ball as they meet at the top (50-100)

### **Strength: Legs**

- 1) Lunge jumps** - GK holds ball over head and does lunge but jumps up in the air switching the legs that do the lunge. GK should concentrate on knee going low enough to touch the tips of the grass but not commit to the ground. Work for 45 to 60 seconds
- 2) Frog jumps**-- GK starts with butt touching back of heels in crouched position and then jumps explosively in the air trying to elevate feet off the ground.. Repeats but must keep hands off ground and legs, let the legs do the work (20-25 reps)

More material can also be found on [www.keeperedge.com](http://www.keeperedge.com)

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