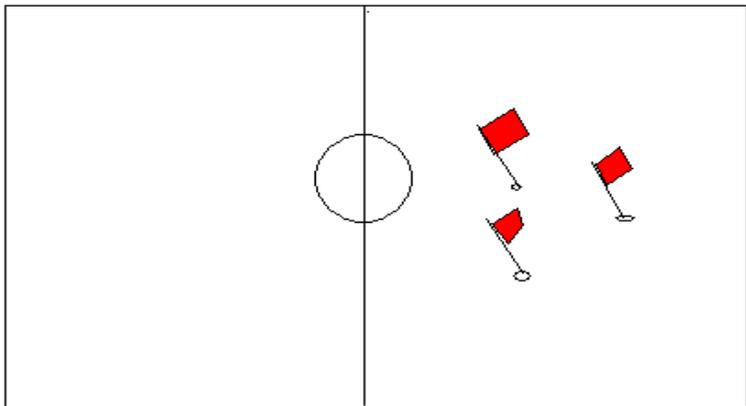
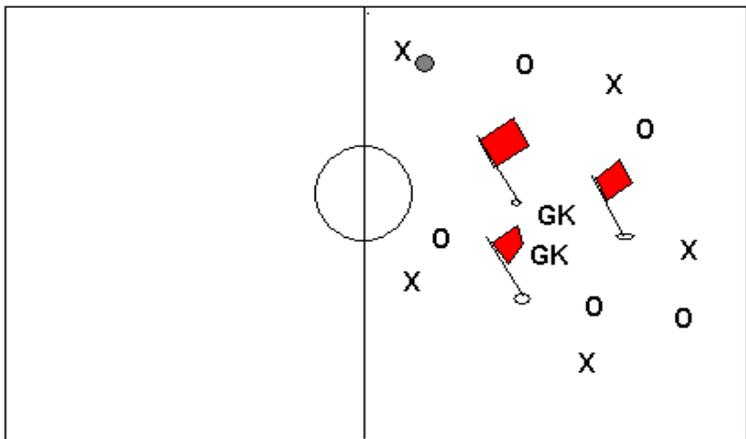
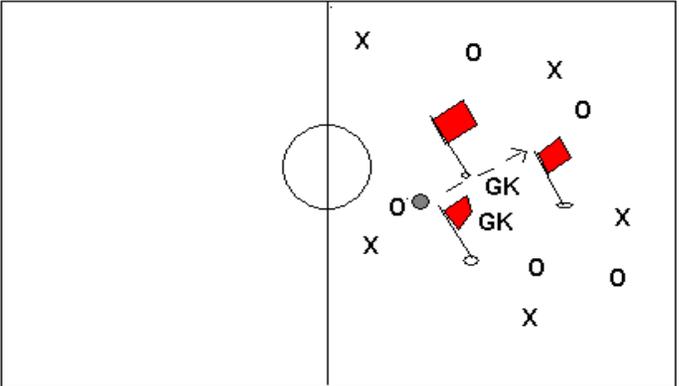
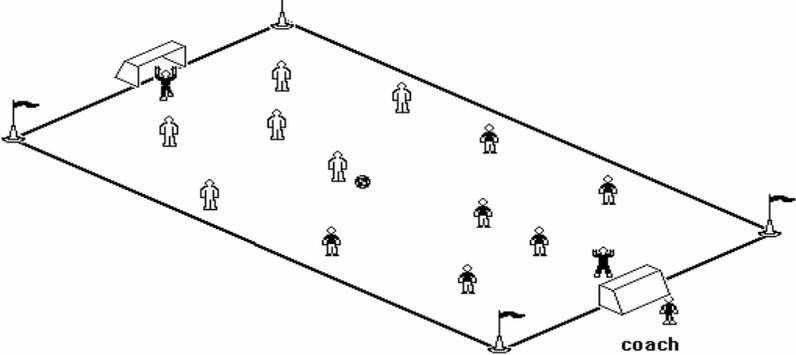


Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 THREE GOAL GAME</p>			
<p>A game that players really enjoy. Provides a good workout for both field players and goalkeepers.</p>	<p>How it Works Using corner flags (or some other markers) make a triangle in the middle of the field. This creates three goals.</p>		
<p>2 THREE GOAL GAME</p>			
<p>Put two goalkeepers inside the triangle and divide the rest of the team into two teams.</p>	<p>The two teams play and may score on any of the three goals. The goalkeepers must cover all three goals, but only one in a goal at a time. They must move from goal to goal and communicate with each other to cover all three goals.</p> <p>VARTIATION: start with one ball per team and the teams simply circulate the ball through the team and may shoot at goal when a player's name is called by one of the goalkeepers. This version will help to warm-up the keepers and the field players.</p>		

<h3>3 THREE GOAL GAME</h3>			
<p>The object is for the goalkeepers to team together and stop the ball from going through the goals.</p>	<p>The two teams play against each other to see which team can score the most goals. The ball MUST go through the triangle in order to score. When the GKs make a save, they throw the ball to "space" to create a 50/50 ball that both teams then try to win.</p>		<p>EMPHASIS Goalkeeper training. Also provides field players with the opportunity to spread out, change the point of attack (by moving the ball to another goal and making sure the offense and defense is well balanced).</p>
<h3>4 7 vs. 7 MATCH</h3>			
<p>Small-Sided Game</p>	<p>6 vs. 6 + 2 GKs in a 65 x 45 grid with two regulation goals.</p>		<p>Observe the positioning of the goalkeepers. This is best done if the coach is behind the goal and looks at the game from the keeper's perspective. Move from goal to goal to coach both keepers.</p>
<h3>5 COOL-DOWN</h3>			
<p>15 minutes</p>	<p>Complete a full set of Range of Motion exercises. Intersperse water intake during the exercises for proper rehydration. The players should remove goalkeeper gloves, loosen the laces on the shoes, roll down socks and remove or loosen shin guards. These actions will help with circulation in the extremities to remove lactic acid.</p>	<p>Ankle, Shoulders, Hip Flexion with Knee Extension, Hip External Rotation, Hip Internal Rotation, Hip Abduction, Hip Adduction, Hip Extension – straight leg, Hip Extension – bent leg, Spinal Extension, Body Curl and Neck.</p>	