

# AYSO 12U TRAINING SESSION PLAN

## TOPIC: GOAL KEEPING

Duration: 60 minutes

Objective: Players will learn and practice proper techniques for goal keeping.

Setup: Arrive early and set up activities before training to maximize time on the field.

### SESSION OVERVIEW

STAGE	ACTIVITY	MANUAL PAGE	DURATION
Free Play	Free Play	31	5 minutes
Warm-Up	Dynamic Warm-up + Goal Keeper Training	32, 47-51, 95	20 minutes
Small-Sided Activity	Goal Keeper Wars and/or Save, Save, Save,	33, 68, 69	20 minutes
Expanded Activity	NOT APPLICABLE	33	NOT APPLICABLE
Small-Sided Match	Goal Keeper Focus	33	10 minutes
Cool Down & Debrief	Static Stretching + Review	33, 95	5 minutes

### EQUIPMENT CHECKLIST

- Cones
- Soccer balls
- Pinnies
- Small goals or pop-up goals (optional)

### RESOURCE LINKS

- Goal Keeping  
<https://aysou.video/tech9/>, <https://aysou.video/tech10/>, <https://aysou.video/tech11/>,  
<https://aysou.video/tech12/>, <https://aysou.video/tech13/>, <https://aysou.video/tech14/>
- <https://aysou.video/wars2/> - Goal Keeper Wars
- <https://aysou.video/save/> - Save, Save, Save

**FREE PLAY (5 MINUTES) – PAGE 31**

- **Free Play:** Let players play naturally. Assign a team leader to direct arriving players about free play. This allows you to see the goal keeping ability of each player.
  - Long-Pass Partner Challenge w/ Pickup: Pairs of players stand 10-15 yards apart. Pass the ball along the ground using hands only.
- Purpose: Warm-up, player assessment.

**STAGE 1: WARM-UP AND TECHNICAL (20 MINUTES) – PAGE 47-51**

- **Dynamic Warm-Up Exercises (5 minutes):**
- **Setup:** Line up players on the sideline left of the goal box and have them do the warmups for each movement as specified.
  - Jogging: Easy pace – across field and back
  - High Knees: Lift knees high, rhythm and posture – across field
  - Butt Kicks: Kick heels toward glutes – across field
  - Open the Gate: Lift knee and rotate outward – halfway across field
  - Close the Gate: Lift leg out, bring knee across – halfway across field
  - Karaoke: Cross right foot in front of left foot and then behind the left foot, opposite on return – across field and back
  - Power Skips: Skips with height – across field and back
  - Side Shuffle: Foot to foot, never crossing feet in front or behind – across field and back
  - Sprint: 50% speed in one direction across field, 100% speed in the opposite direction back
- **Technical Warm-Up (15 minutes):**
  - Teach Goal Keeping techniques.

**STAGE 2: SMALL-SIDED ACTIVITY (20 MINUTES) – PAGE 68, 69**

- **Activity: Goal Keeper Wars and/or Save, Save, Save**

**STAGE 3: EXPANDED ACTIVITY (NOT APPLICABLE)**

- **NOT APPLICABLE**

**STAGE 4: SMALL-SIDED MATCH (10 MINUTES)**

- Half team vs half team game.
- Emphasize goalkeepers' engagement.

**COOL DOWN & DEBRIEF (5 MINUTES)**

- **Static Stretching (Descriptions):**
  - Hamstring Stretch: Reach for toes, hold.
  - Quadriceps Stretch: Pull foot toward glutes, hold.
  - Calf Stretch: Step back, press heel down.
  - Groin Stretch: Soles of feet together, press knees down.
  - Lower Back Stretch: Hug knees to chest or spinal twist.
  - Hip Flexor Stretch: Kneel, push hips forward.
  - Shoulder Stretch: Pull arm across chest.
- **Debrief:**
  - Gather players in circle.
  - Reflective questions:
    - "What did you learn today?"
    - "When should you use this technique?"
    - "What did you enjoy most?"
  - End the session on a positive note!

**OPTIONAL END SESSION ACTIVITIES**

- Lightning (<https://www.youtube.com/watch?v=F3PEp1QktkU>)
  - Variations include:
    - Players who are out can catch a missed shot, if in the air, to get back in.
  - Notes:
    - This is a great way as the coach observes both potential goalies and strikers.
    - Also a good activity to have the kids play while waiting for parents to pickup.

## GOALKEEPING

Goalkeepers are the only players on the field that are allowed to use their hands to play the ball (if within their own penalty area). They are the last line of defense when the other team is attacking and the first line of attack once they possess the ball.

At this age, one player should not be designated as your team's only goalkeeper. Anyone wanting to try the position should be given the chance, but do not force any player to play keeper if they are reluctant to do so.

### Basics: Receiving the Ball

#### Body Position

- Stand on the balls of feet with knees slightly bent. Bending the head forward will help push the body weight to the correct position.
- Move body in line with ball when shot is taken.
- Always receive ball with body behind ball (between ball and goal).

#### Hand Position

- Hands should be up at the side approximately waist level, facing field of play before the shot is taken.
- When receiving the ball, hands should be close together behind the ball in either:



**The High Contour** is formed by spreading the hands as wide as possible in a contour to fit around the ball, with the fingers up and the thumbs almost touching. It is utilized for receiving high balls – chest level and above.

To see this in action visit  
[aysou.video/tech9](https://aysou.video/tech9)



**The Low Contour** is formed like the high contour but with the fingers down and the pinkies almost touching. It is utilized for receiving low balls – waist level and below.

To see this in action visit  
[aysou.video/tech10](https://aysou.video/tech10)



#### Two Methods of Saving Ground Balls:

1. Feet slightly apart (not too far), bend at the waist
- OR**
2. Go down on the knee nearest the far post, body square to the ball

#### THEN

- Scoop up ball with hands in the Low Contour position.
- Let ball run over hands and up arms.
- Gather ball to chest and “hug” it.
- Stand up straight.
- Put the ball away.

To see this in action visit [aysou.video/tech11](https://www.aysou.com/video/tech11)



#### Saving Waist-High Balls:

- Use arms to make a pocket for the ball.
- Bend slightly at waist and catch ball in pocket as it comes into the body.
- Allow body to move backwards slightly to cushion the impact of the shot.
- Put the ball away.



#### Saving High Balls:

- Form a High Contour with hands slightly in front of the head.
- Extend arms to meet flight of ball.
- As ball arrives, bend elbows and use hands to cushion the impact of the shot.
- Put the ball away.



### Putting the Ball Away:

Regardless of the type of shot, keepers should always finish the save by “putting the ball away.” Once the save is made:

- Keep eyes on ball while “hugging” into chest.
- Breathe and look around for teammates.
- Distribute the ball.

To see this in action visit [aysou.video/tech12](https://aysou.video/tech12)

### Distributing the Ball

The goalkeeper starts the attack by putting the ball back into play. Once the goalkeeper has possession of the ball, they are allowed 6 seconds to restart play. Maintaining possession is the prime objective when distributing the ball, requiring an accurate delivery to a teammate. Distance is secondary. Encourage your team to play the ball out of the back using your goalkeeper and defenders.

#### 1. Throws

- **Underhand Roll** (similar to bowling) – for quick, short and accurate distribution (the ball shouldn’t bounce
- **Sidarm Throw** (or sling style throw) – This throw provides both distance and accuracy and is best used for fast, waist level and below distributions. Used to start a counter attack and quickly send the ball up the wing.
- **Overhand** (or arc style throw) – This throw provides the most distance but least accuracy; it can also take too much time in the air to arrive at its destination, increasing chances for interception. Used to target open teammates further up the field.



*Underhand Roll (Bowling) Throw*

To see this in action visit [aysou.video/tech13](https://aysou.video/tech13)



*Overhand (Baseball) Throw*

To see this in action visit [aysou.video/tech13](https://aysou.video/tech13)



*Overhand (Arc/Sling) Throw*

To see this in action visit [aysou.video/tech13](https://aysou.video/tech13)

## 2. Kicks

- Volley (punt)- greatest distance, but less accurate; can relieve pressure or create a numerical advantage.
- A volley is performed by holding the ball in the hands and kicking it with the instep before it hits the ground.

To see this in action, visit:  
[aysou.video/tech14](https://aysou.video/tech14)



*Volley Kick (Step 1)*



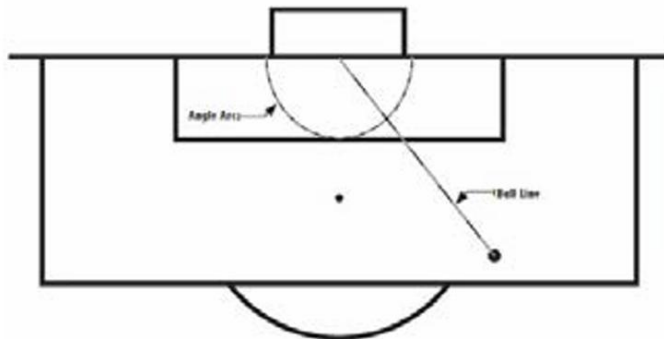
*Volley Kick (Step 2)*



*Volley Kick (Step 3)*

## TRAINING GOALKEEPERS

- Start by rolling, tossing or throwing the ball gently to your goalkeeper. Make sure you toss the ball so they must work on all different (types) heights of receiving the ball.
- Progress to rolling, tossing or throwing the ball slightly to one side or the other causing them to move to get the body behind the ball in a ball side/goal side position.
- Increase the distance you roll, toss or throw the ball so the keeper has to move and react faster and faster.
- Once they have mastered the correct technique, continue to increase the speed and change directions and heights of the balls.



**Positioning**

- As your goalkeepers begin to master the fundamental techniques, they must begin to understand fundamental positioning. Teaching basic positional play is essential. Goalkeepers should always position themselves on the “shooting line.” This is an imaginary line from the ball to the center of the goal. The location of the ball in the field dictates how far from the goal line the goalkeeper should be.
- If the ball is in the opposing half, the goalkeeper should be on the shooting line about 12 – 18 yards from the goal line.
- If the ball is just over the half way line, the goalkeeper should be on the shooting line between 6 and 12 yards from the goal line.
- If the ball is close to the defensive 18-yard line, the goalkeeper should be on the shooting line between 2 and 6 yards from the goal line.
- On one-to-one breakaways, the goalkeeper should cautiously advance along the shooting line to cut down on the shooting angle and to put pressure on the shooter. At the time of the shot, the goalkeeper should be stationary and balanced on the balls of the feet, with the body leaning slightly forward.
- As logic dictates, the goalkeeper should move across the goal relative to the position of the ball on the field.
- Goalkeepers should not remain on the goal line, but can come out from the goal in order to “cut off the angle” of a shot, thereby covering more of the goal.
- Once the shot is taken, the goalkeeper should run perpendicular (90 degree angle) to where the ball will be. This is the shortest distance to the ball.
- Demonstrate this by having them stand on the goal line. Roll the ball to the far post and ask them to count the number of steps to touch the ball.
- Have them step out toward the ball two steps. Roll the ball to the far post and ask them again to count the number of steps to touch the ball.
- Repeat one or two more times. It will become clear that it takes fewer steps to reach the ball the more they have come out to “cut off the angle.”

**Getting Scored On**

No goalkeeper enjoys being scored on and some at this age may take it very personally. Remind them, yourself and the entire team that if a goal is scored it is scored on the *entire* team. The opponents had to get the ball by 10 other players before it got by the goalkeeper.

Never allow anyone to place blame on the goalkeeper for a goal scored! (*Consider* having an outfield player collect the ball out of the net.)

## GOALKEEPER WARS

### TECHNIQUE:

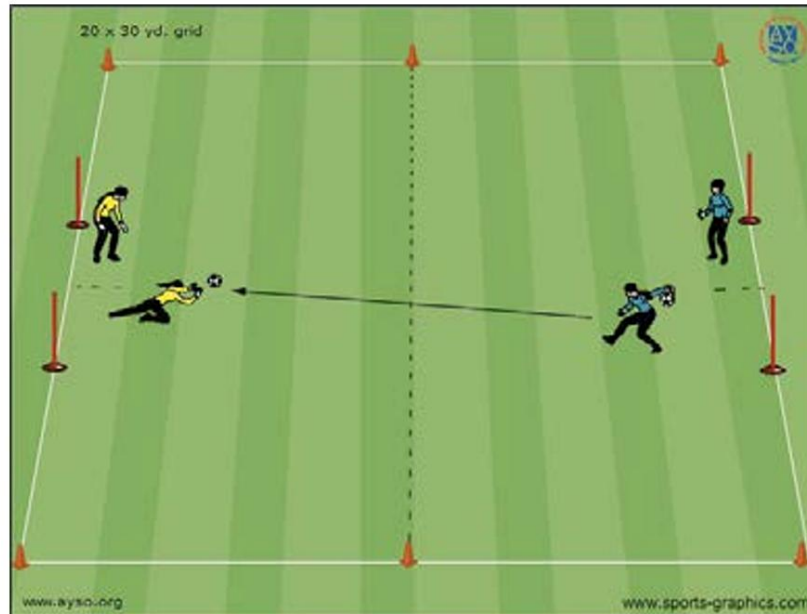
Goalkeeping Shot  
Stopping and  
Distribution

### Equipment/

#### Organization:

Mark an area 20 x 30 with two goals and a half-way line marked with cones, four goalkeepers (two per goal).

To see this activity in action visit  
[aysou.video/wars2](https://www.aysou.org/video/wars2)



### HOW THE GAME IS PLAYED

- Game is played 2 v 2 with goalkeepers trying to score goals on each other.
- Each goalkeeper covers half the goal (right or left) with one standing at a more advanced position to avoid possible collisions.
- Goalkeepers take turns shooting at their opponents in a quick-fire game.
- Goals can be scored with kicks or throws.
- Quick reactions and responses are encouraged to maximize goal scoring opportunities and test goalkeeper reactions and shot stopping.
- If the ball rebounds off a post or from a save and enters back into the shooters half, a rebound shot can be taken (with one goalkeeper exposed).

### VARIATIONS/PROGRESSIONS

- Condition the game, i.e., first to five wins, or time challenge, etc.
- Goals can only be scored with specific throwing technique, i.e., underhand "bowling" throws, overhand "baseball" throws, overhand "arc/sling" throws.
- Goals can only be scored with specific kicks off the ground only, i.e., volley, half-volley, instep-kick.
- Goals can only be scored after lay-off from teammate.
- Adjust game accordingly per age and skill level of players, i.e., distance apart.

### COACHING POINTS

- All general goalkeeping techniques apply (see section on Goalkeeping Techniques).
- Because it is a quick-fire game, goalkeepers must stay focused at all times.
- Goalkeepers must recover and react after shot and/or save.
- Face opposition at all time and adjust body position for angled shots adjusting to ball line and arc accordingly.

## SAVE, SAVE, SAVE

### TECHNIQUE:

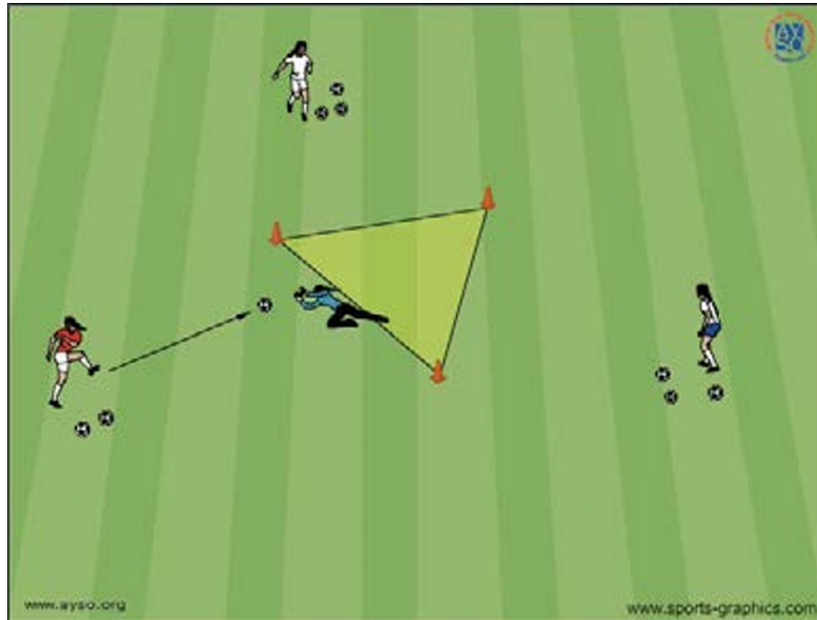
Goalkeeping Reactions and Shot Stopping

### Equipment/

### Organization:

Place three cones to make a triangular goal in the middle of each playing area. Divide players into groups of four or five. One group per playing area. One player in each group is chosen to be the goalkeeper.

To see this activity in action visit  
[aysou.video/save](https://www.aysou.video/save)



### HOW THE GAME IS PLAYED

- Each outfield player has two or three balls. They spread themselves out around a imaginary circle about 10 or 15 yards from the triangular goal.
- On your command, player one shoots. As soon as the goalkeeper makes the save or the ball goes in, the second player in the circle shoots. Then the third, and so on.
- The goalkeeper moves quickly from goal to goal to reposition themselves for each shot.
- If the shooter scores or kicks wide of the goal, he runs to collect his ball.
- If the goalkeeper saves the shot, he quickly returns it to the shooter using an underhand “bowling” throw.

### VARIATIONS/PROGRESSIONS

- This game is physically challenging so change the goalkeeper every 60 seconds or so.
- Increase competition by seeing which player lets the fewest goals in during his or her time in goal.
- Condition shots (left, right).

### COACHING POINTS

- All general goalkeeping techniques apply (see section on Goalkeeping Techniques).
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- Goalkeepers must recover and react after shot and/or save.
- Face opposition at all time and adjust body position for angled shots adjusting to ball line and arc accordingly.