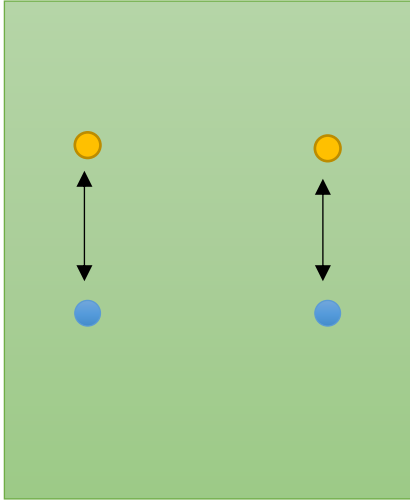
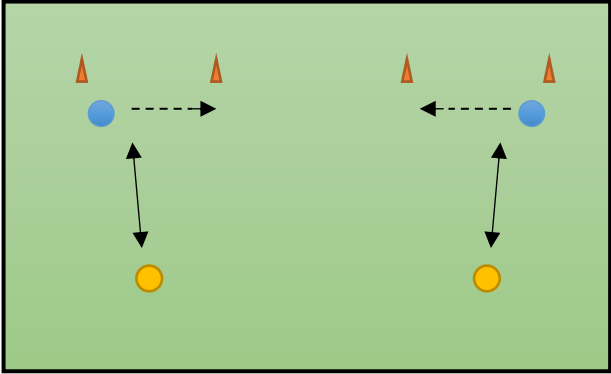
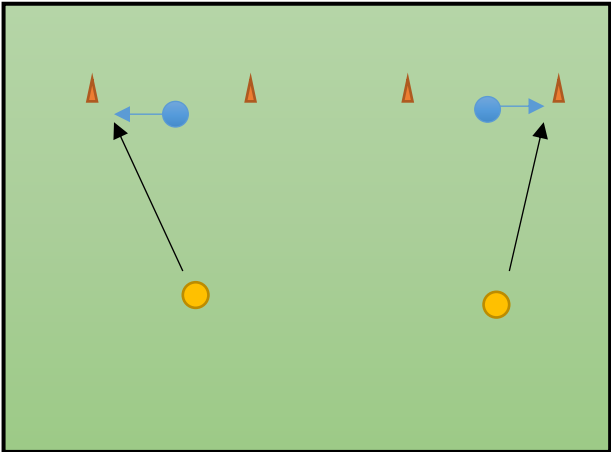


Age group	session length	Topic	
7 to 10 yrs	20 mins	Basic Handling and introducing diving	
<b>Main Coaching points &amp; progressions</b>			<b>Organisation</b>
Set 'power' position - Feet hip width apart Hands 'W' position - elbows low - no chicken wings Soft Hands to welcome the ball			GK starts on a line Coach starts 5 yards away from GK
Keep well Balanced Chest in line with ball Light feet/on balls of feet			Under arm feed into hands at chest height Lots of repetition to build muscle memory and confidence Progress to feed to stomach or waist height Progress to rolling feeds
Waist height catches taken in under arm cradled Rolling feeds along the floor, knee down side on, scoop and cradle			
<b>Main Coaching points &amp; progressions</b>			<b>Organisation</b>
Set 'power' position - Feet hip width apart Hands 'W' position - elbows low - no chicken wings Soft Hands to welcome the ball			Handling on the move 2 cones 5 yards apart GK starts in the middle of the 'gate' but half a yard in front of cones so to avoid standing on them
Keep well Balanced Chest in line with ball Light feet/on balls of feet			Coach is 5 yards from GK, feeds the ball under arm to one side and GK sidesteps and catches Start with chest height, and progress to waist, then floor rolls
Waist height catches taken in under arm cradled Rolling feeds along the floor, knee down side on, scoop and cradle			Start with the ball fed 1 yard to the side of GK Progress to feeding ball at each
<b>Main Coaching points &amp; progressions</b>			<b>Organisation</b>
Set 'power' position - Feet hip width apart Hands 'W' position - elbows low - no chicken wings Soft Hands to welcome the ball			Introduction to diving 2 cones 5 yards apart GK starts in the middle of the 'gate' but half a yard in front of cones on knees
Keep well Balanced Chest and head in line with ball Light feet/on balls of feet			Coach is 5 yards from GK, feeds the ball under arm to one side and GK dives Start 1 yd and progress to aiming for cones Start with floor rolls to build confidence Progress to chest height Progress to standing start, rolls, then waist height
Hands and chest behind the ball as you fall Maintain 'W' position Watch the ball into hands			
<b>Review</b>			
<b>what went well</b>			
<b>Even better if</b>			
<b>Changes for next time</b>			