

Coach **Tony DiCicco**

Session date **27 Feb 2015**

Team/Age Group **U14 and younger**

Theme

Goalkeeper Positioning, Angle Play & Breakaway Saves (NSCAA Level I Goalkeeper Field Session #2)

NOTES

Also add in handling; hand distribution; foot distribution alternating sequence with 3-4 goalkeepers.

Key for the warm-up is to train outfield skills so that the goalkeeper becomes a soccer player FIRST, then a GK.

Prepare the GK mentally and physically for the session.

For the session, add in distribution as much as possible.

Teach the "Ball Line" and "Angle Arc" positioning concepts.

Also include movements prior to shots:

- "mini-shuffle"
- "cross over to shuffle"
- "back-pedal to set"
- "side-on backward running"
- "stepping to close the shooter"

For breakaways:

- "stealing ground"
- "stalking"

Create an environment in which the goalkeeper has to adjust, get into the correct position and also make the save using proper handling; collapse dive; front smother techniques.

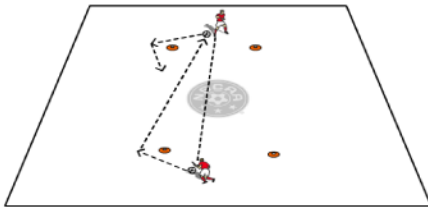
Also distribution after each save is created.

Emphasis also be on DYNAMIC SET POSITION prior to making the save; movement to get into position to make the save.

Teach the Breakaway save by reviewing the definition of a breakaway situation and then the 1st, 2nd and 3rd options for the GK to resolve the breakaway.

In Level 1, we concentrate on option 1: WINNING THE FREE BALL!

Final Game will incorporate both breakaways, angle play and shot handling. The game is: Flying 1v1 and 2v1s



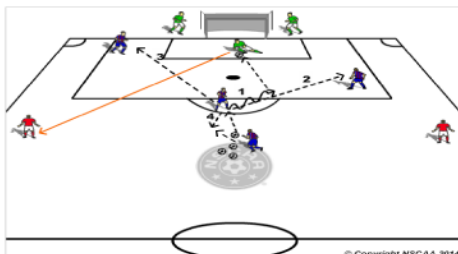
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The goalkeepers pass through the cones, receive to BOTH sides with one touch and pass back through the center. If there are 4 or more keepers, they can change from side to side after their pass. Start with cones close enough to use side of foot passing technique and then open farther so that keeper must use insteps to pass the ball from side to side.



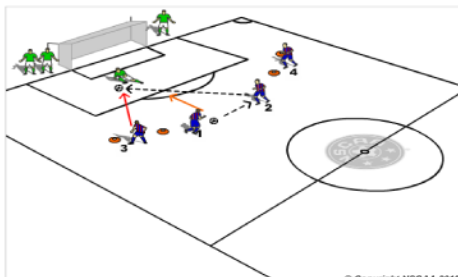
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Concentrate on: 1. Handling 2. Movement 3. Set-position 4. Positioning



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Create an environment in which there are 4-6 outfield players who move the ball around and look to take shots. Option 1 is for the striker to receive the ball turn and shoot. Option 2 is for the striker to pass to a wide player for a shot. Option 3 is the same at a different, more acute angle. Option 4 is a lay-back for the server to run onto and hit a ball from distance. Once the keeper makes the save, they distribute by SLING THROW to one of the wide players. The wide players can play back to the server or play to anyone else to initiate passes or shots.



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Player 1 and 2 pass the ball back and forth. At any time, one of them can play the other in with a through pass. Expand so that there are two other attacking players #3 and #4 who can now be played in with a through ball. The keeper has decisions to make. #1 Can I win the free ball; #2 Can I smother the ball as it is being shot; #3 Must I concede possession and get away from goal and be ready for the shot or the dribble.