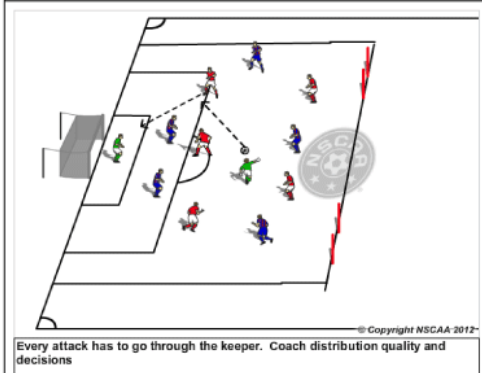
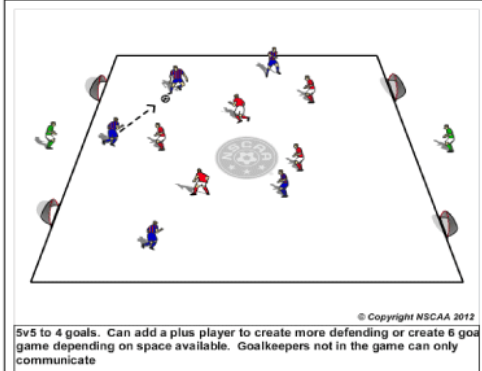
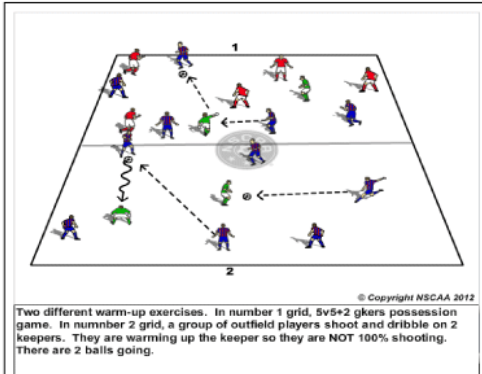


Coach

Session date

Theme



NOTES

Warm-up1 - Team Possession Game 5v5+2. The Plus 2 are the keepers. If the ball is played to their feet, they must play with their feet. If the ball is lifted into their hands, they can play and distribute with their hands. 6 passes is a goal.

Warm-up2 - 6 players with a keeper. All players are moving, the keeper must always be square to the ball. The outfield players pass once or twice and then shoot on the keeper. Occasionally, one of the outfield players dribbles in on the keeper as in a breakaway situation trying to dribble the keeper. No contact.

Breakaway - 1v1 attacking

Flying 1v1s Can use 4 big goals or in this case 1 big goal and 2 small goals.

Keys when going to the two small goals

1. Make the defender over-commit to one goal and then change direction quickly and with burst of speed. Shoot early and hit the target. Can assign more points if score outside of an arbitrary line

Keys for big goal: 1. Access keeper's position: too close to goal or too far from goal? 2. Is the keeper coming out to challenge too fast (if so, dribble around the keeper). 3. Shoot low or lift over the shoulder. The keeper will be best on shots from knee to shoulder height.

Remember to swap goals that each team attacks.

Communication Game

Play 4 or 6 goal game, depending on size of space available. Game should 4v4 to 6v6 and you can add plus players if you want to create more defending.

Now the goalkeeper is challenged to organize using communication words and phrases such as: "Jamie slide right"; "Kelly contain"; "Randy close" etc.

Coach what is said, how it is said, when it is said and why it is said and who it is said to!

Distribution game

5v5 to one big goal and at the other end two small goals. Put 1 keeper in the midfield and every attack has to go through the keeper. This will be awkward for the keeper but force him or her to take some leadership, get open and then distribute the ball properly from a technical standpoint but also tactically.

Tell the keeper to create a goal from their distribution rather than playing backward and safe. Coach: Are they giving a good ball that can be handled and played easily; are they giving a ball that will directly lead to a shot on goal; are they aware of the weak side; are they taking charge and showing leadership.

Finish with a game without restrictions and with no midfielder keeper. Remember, to coach the keepers not the outfield players.

Questions: www.goalkeeper.com or www.nscaa.com. tony@soccerplus.org