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Theme Functional Training for Goalkeepers in Game-Like Environments



Team trains the keeper.



Pattern play to 5v4 - Angle Play



4v2 to Crosses or Breakaways



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NOTES

Team Trains the Keeper. GK sees realistic crosses, high balls and shots.

- 3 teams of 6 or 5 (can also just be two teams with rotation)
- Attacking team / Serving team / Defending team
- GK with each team...
- a) serving players only have 2 touches, looking to serve the attacking team, or move ball around until on, can play any ball cleared back with one touch.
- b) attacking team is trying to score!
- c) defending team is looking to clear the serving line, if they can play into teammate who can receive out of the air they get a point.

Pattern Play to 5v4 - Angle Play

- Players going to goal have two touch max to start... Can shoot at any time.
- Build up to adding defenders to make it more live, then finish 5v4.
- Defending team scores to the two small goals.

Crosses to Breakaways - 4v4+2

- Goalkeepers organize and deal with ball played wide or through.
- Make save need to look to play targets - defending team then looks to receive ball off the targets or goalkeepers in the grid for a point.
- Forces defending group to get up quickly after the ball is played out.

3 Goal - 4v4 with Targets

- Targets have 1 or 2 touch depending on level... Can shoot it on.
- Ball must go into the target before team can shoot.
- Location of Targets forces 3 goal situations.