

Coach Lisa Cole

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Theme Team Games to Develop Your Goalkeeper



4v4 Shooting Game



6v2 - 2 with 4 players wide



8v7 - 8 to big goal / 7 play to two small wide goals



10v8 Playing out of the Back

NOTES

4v4 Shooting Game

- 3v1 in each zone. Players in the zone closest to their goal can't go into the other zone unless they are receiving the ball off the target and then only have 1/2 touch max.

- Looking for tons of shots. Every where is shooting range.

Flank Play GK sees realistic crosses and shots in tight spaces.

- 3 teams of 6 (can also just be two teams with rotation).

a) Crossers and Plus players are on the same team. All have 2 touch except when heading end line (past the yellow cones but need to play at game speed).

b) other teams are looking to score, 1 point for any goal, 3 points for a header or volley.

Ball needs to be played wide before they can score but it doesn't have to be scored off a cross but the points system will encourage them to cross. Crossers need to stay on-sides.

8v7 Dealing with the Space behind the Back Line

- Team of 8 is playing to big goals, playing in 3.2.3

- Team of 7 is playing to two wide goals, playing in 4.3

If needed you can play 9v7 to create more opportunities or add play players who have limited touches to slip the ball through.

GK always needs to have keeper call if they are coming for 1v1, they have the right of way in training and FP must jump.

10v8 Playing out of the back

- Team of 10 are playing to tow counter attack goals in a 4-3-3 (or your system).

- Team of 8 are mixing up pressing and dropping off to prevent goal on the two small goals.

Ball always starts with the GK / goal kick or from hands after shot.