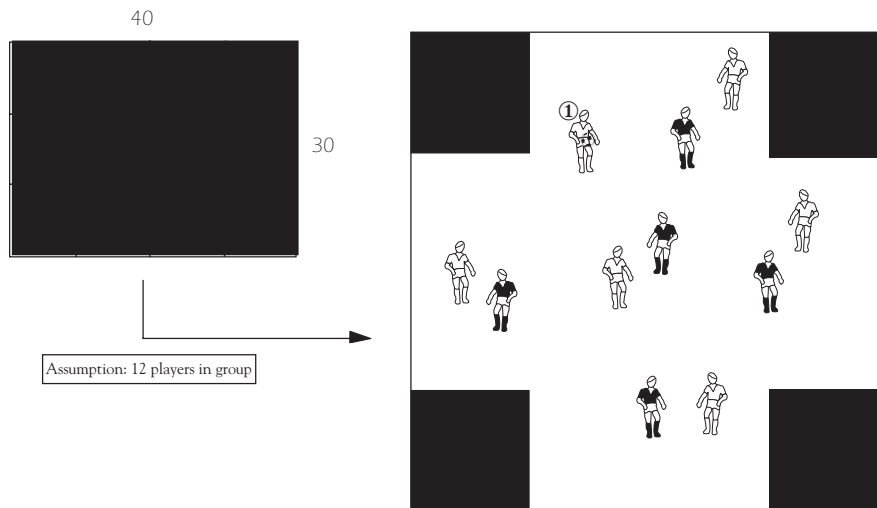


GOALKEEPERS - Distribution and Team Play

4 Corners



Purpose

To develop distribution techniques in a small sided game.

Organization

Set out a 40 x 30 yard area. Use discs to create 5 yard square target goals in the corners of the area. Play 6 v 6.

Game Objective

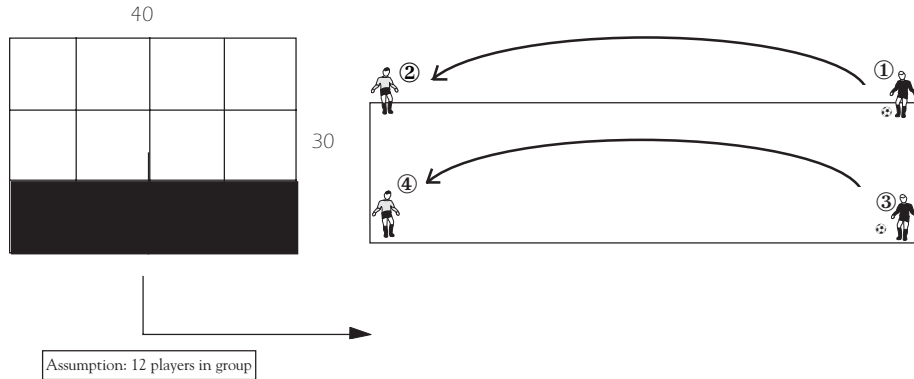
Player ① starts with the ball. He can roll the ball along the ground to any teammate. The receiving player must stoop or kneel to field the ball. The next pass to a teammate must be thrown waist, chest or head height. Consecutive passes must always be made in this order e.g. *roll-toss-roll* etc.

The ball can be intercepted anytime by the opposition as long as a correct technique is used. If the ball is dropped, the other team automatically gains possession. Only 2 steps are permitted when receiving the ball.

A goal is scored when a player rolls or tosses the ball into a corner goal for a teammate to run into to catch or handle.

GOALKEEPERS - Distribution and Team Play

Punt Pass



Purpose

To develop half-volley and volley kicks.

Organization

Set out a 40 x 10 yard area. Group in pairs, 2 pairs per area, 1 ball per pair. Position players as shown in the above diagram. Repeat in 2 other areas for a total of 12 players.

Game Objective

Keeper ① volleys the ball to keeper ②, who catches it before it bounces. Keeper ② repeats the practice and volleys back to keeper ①. Keeper ③ and keeper ④ repeat the practice in the same area.

Progressions

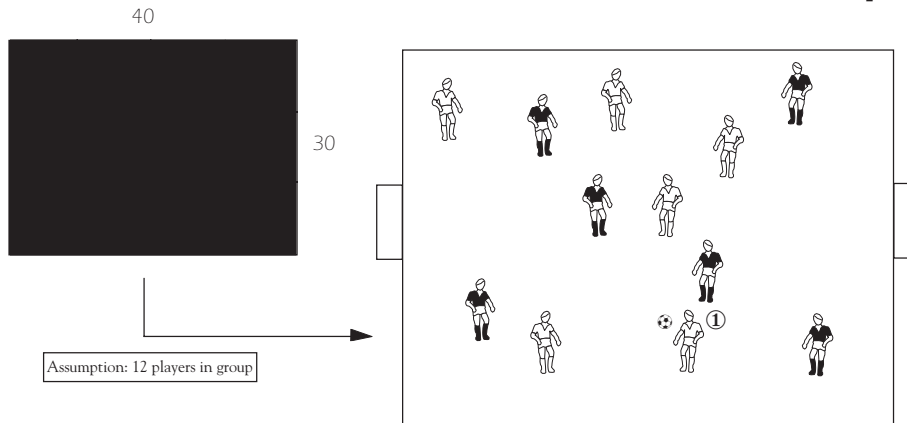
The same practice should be repeated for the half-volley (the ball bounces momentarily before the ball is struck).

Key Coaching Points

1. The ball should be held with both hands outstretched in front of the body at waist height.
2. Contact should be made with the laces through the bottom half of the ball.
3. Draw the kicking foot back as the ball is dropped.

GOALKEEPERS - Crosses and High Balls

Throw-Punch-Keepers!



Purpose

To develop catching high balls and distribution.

Organization

Set out a 40 x 30 yard area. Groups of 12. Play 6 v 6 in the confines of the area. Create a goalbox 2 yards square at each end of the area approximately 5 yards in from the endline.

Game Objective

Player ① throws the ball to a teammate who must punch the ball to another teammate, who in turn must catch the ball. The correct sequence is thus punch-catch-punch. One bounce is allowed between touches. Opponents may intercept the ball in the correct sequence; e.g., if player ① throws the ball, another player must punch the ball to another player to intercept. To score you must punch the ball into the goal.

Note: players are only allowed two steps after catching the ball.

Progressions

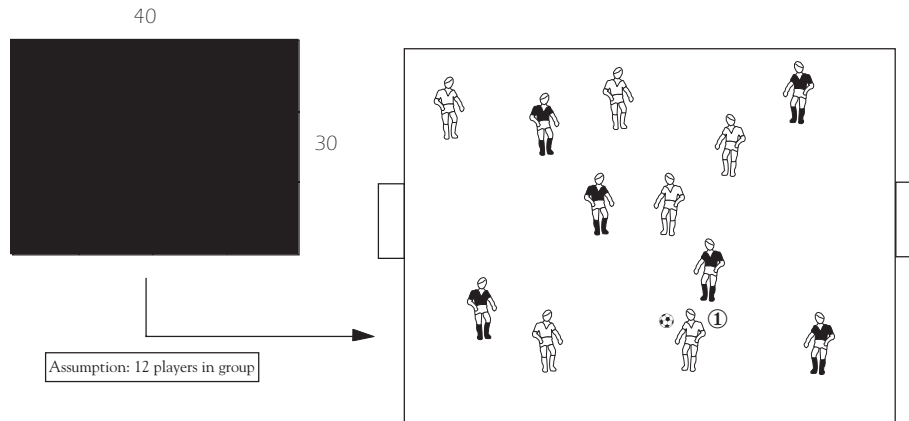
Players can now head as well as punch to practice when a keeper must leave their area and clear a ball.

Key Coaching Points

1. Collect the ball at its highest point.
2. Punch for height and distance.
3. Attack the ball by driving off one leg.
4. Knee up to protect from the challenge.

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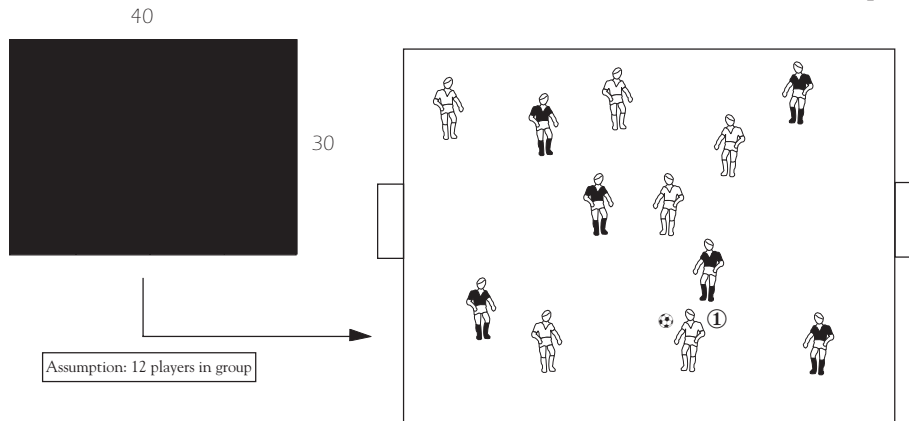
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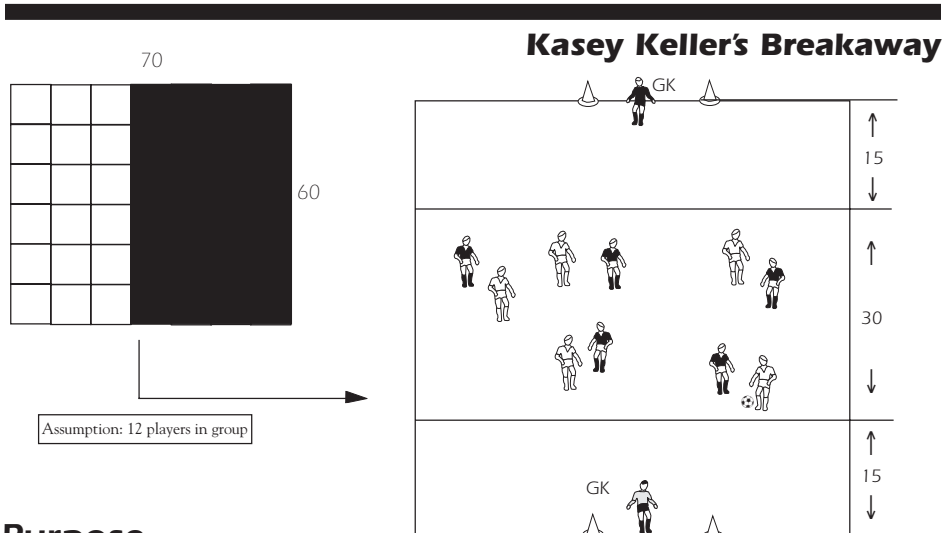
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GOALKEEPERS - Diving and Shot Stopping



Purpose

To develop breakaway saves in a small sided game.

Organization

Set out a 40 x 60 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 5 v 5 in the 30 x 40 yard grid.

Game Objective

The team in possession plays the ball around the central area. The goal of the game is to penetrate into the attacking area and finish a 1-on-1 with the goalkeeper. The goalkeeper must stay on the line until the attacker crosses the attacking line. Once in the attacking area, the striker has only 3 maximum touches.

Progressions

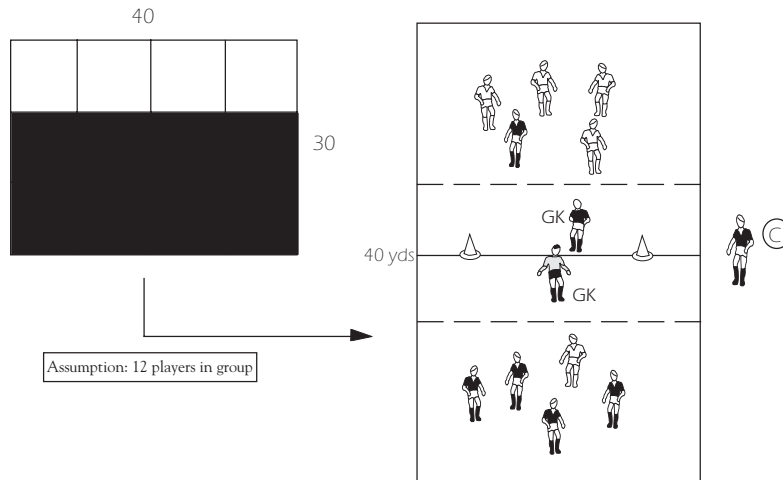
Allow a single defender to pursue the attacker to pressure or block the shot.

Key Coaching Points

1. Can you stop the shot first?
2. If not, can you smother the target?
3. As a last resort, stand up and long as possible and save the shot.
4. Hands go low and toward the ball.
5. Make the attacker work hard to score—no easy goals!

GOALKEEPERS - Diving and Shot Stopping

Meola's Shot Stopper



Purpose

To develop reaction saves and shot stopping skills.

Organization

Set out a 40 x 20 yard area with a goal on the 1/2 way line. Set out a 5 yard area on each side of the goal and put 2 goalkeepers in the goal, 1 goalkeeper on each side of the goal. Play 4 v 1 on each side of the goal line. No players are allowed in the goal area other than the goalkeeper.

Game Objective

The 4 players in possession must combine to attempt a shot on goal by beating the defender and advancing the ball as close to the 5 yard line as possible. The lone defender in this area must attempt to block the shot on goal. If the defender intercepts the ball, he must also attempt to score in the same goal. Repeat on both sides of the goal. The first team to score 10 goals, wins.

Progressions

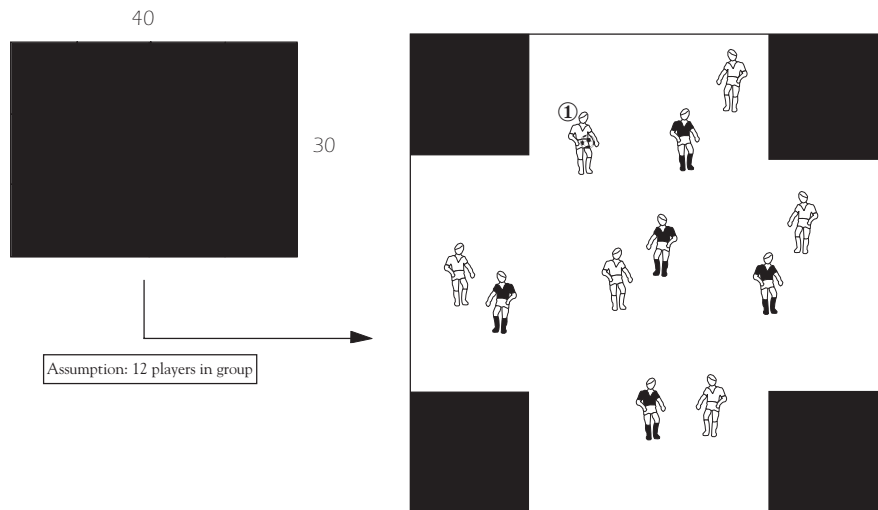
1. Play 3 v 2 in the end areas.
2. All throw-ins must result in a 1 touch shot or volley on goal.

Key Coaching Points

1. Good starting position.
2. For hard shots, use hard hand deflections.
3. Stand up! Don't fall backwards.
4. Move so you cover your goal and can see the ball.
5. Dive out and forward to give a better angle of deflection.

GOALKEEPERS - Distribution and Team Play

4 Corners



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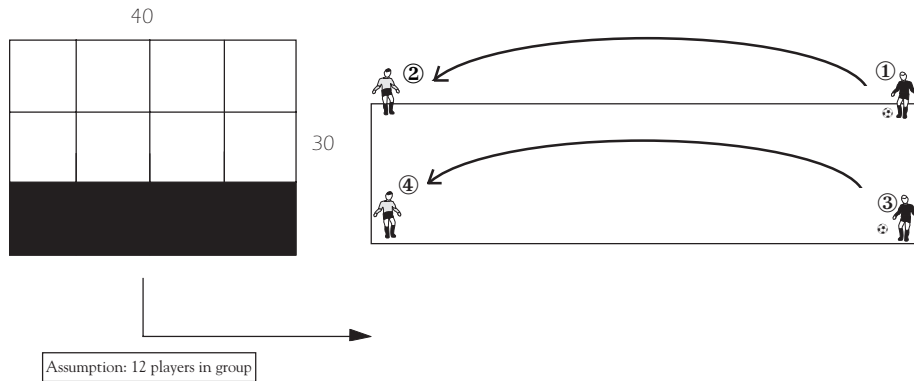
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