



Dealing with the Breakaway for the Advanced Goalkeeper

Category: Goalkeeping: 1 v 1
Difficulty: Advanced

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Individual-Adult Member

Warm Up 1

Warm Up- Using the penalty area as the space, the goalkeepers are asked to skip and bounce the ball firmly. After every 2-3 bounces, the goalkeepers will perform the following actions -

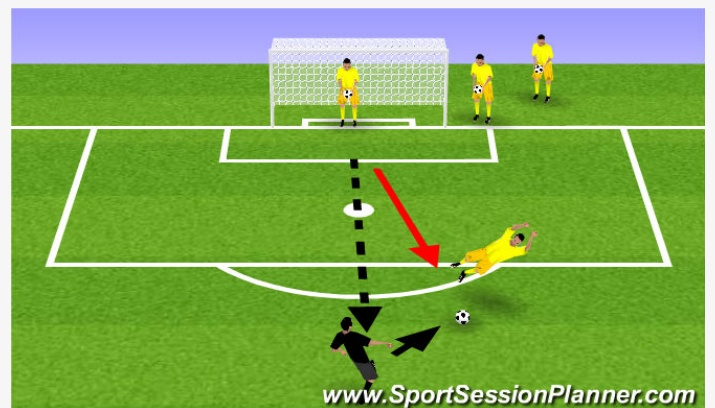
1. Roll the ball between their legs, spin, and attack the ball and secure it with a simple ground scoop.
2. Roll the ball between their legs and look to secure someone else's ball with a simple ground scoop.
3. Solidly bounce the ball and secure someone else's ball either with a "to and through" basket save or collapse dive.
4. Roll the ball between their legs and secure the ball utilizing the ground breakaway save.



Warm Up 2

Warm Up 2- Goalkeeper rolls the ball to the coach who first times it. "Keeper closes in on server / coach to make the appropriate breakaway save. He / she then goes to the end of the line. Coach then strikes the ball and immediately adds pressure by closing in on the ball served.

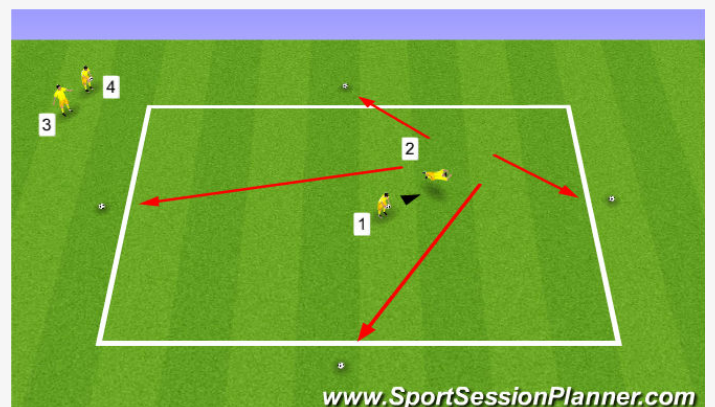
It is important to note that the serves be varied so as to replicate real ball movement in a match.



Activity 1

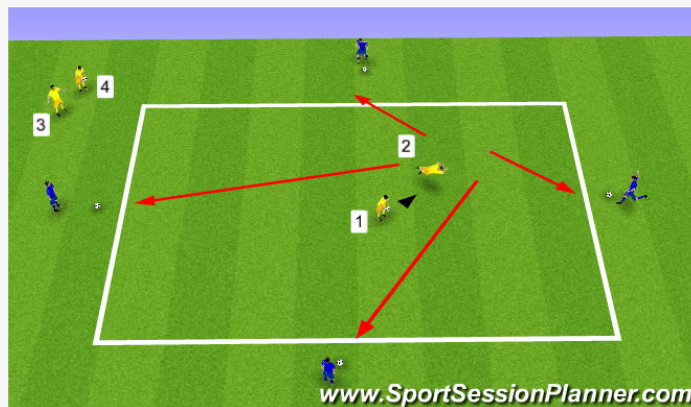
Activity 1- GK1 dribbles about with the ball. GK2 is in front of GK1 moving in a "stalking" fashion. GK1 will make every attempt to keep the ball away from GK2. GK1 looks to gauge the touch and then attempt the breakaway save. After securing the ball from GK1, GK2 then executes a breakaway save on any one of the perimeter balls. Repeat. GK2 then looks to secure 2 perimeter balls, 3, and then all 4. Coaching economically here has the goalkeeper's working on the technique as well as goalkeeper specific fitness.

The roles are reversed with GK2 now serving and GK1 saving. Rotate with GK3 and GK4.



Activity 1A

Activity 1A- Similar to Activity 1, but the exercise now includes players over the perimeter balls. Once GK1 secures the ball from GK2, he / she then closes in on any of the perimeter players of whom may shoot directly or dribble in on the oncoming GK2. Again, like Activity 1, each round moves from attacking one perimeter player, then two, three, and then four. Economically, this includes fitness training as well.

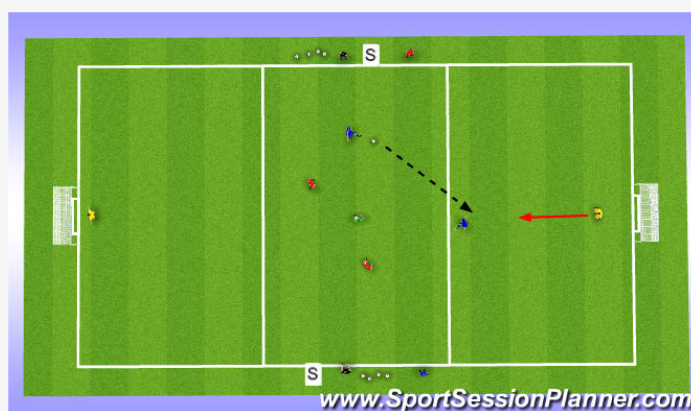


Activity 2

Activity 2- In this 2 v 2 plus 1 activity, balls are randomly served in by the side servers (S). The objective is to make a through pass to a teammate who will run onto the ball which creates a breakaway situation. If the goalkeeper makes the save, he / she will then distribute to one of the serving players. If a goal is scored or is shot wide, the server again randomly serves the ball. Sideline players will immediately jump in to replace the one having gone in previously.

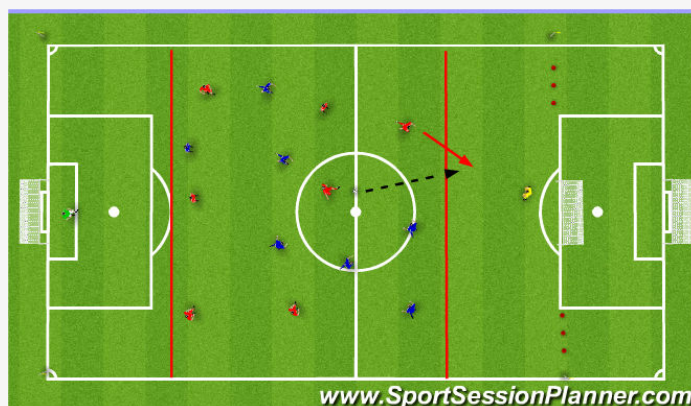
The next phase of this activity allows a player from the defending side to make a run in an effort to defend. This changes the dynamic of the breakaway and the decision the goalkeeper must make.

A variation of the grid set up has one of the goals closer to the middle playing third which replicates breakaways which occur much closer to goal. Be sure to switch goalkeepers so that they experience both dynamics.



Activity 3

Activity 3 (Match Related)- Playing in an 8 v 8 with high restraining lines, the objective is to play a through ball into space for an attacking player to run onto to. Once that is achieved, all players are then allowed to play in that space. Players are then allowed to dribble in if indeed that option becomes available. The pass into that space remains.



Activity 4

Activity 4 (Match Conditions)- In the same 8 v 8 set up, back lines are asked to play high so as to create space that can be attacked with through balls.

