



GK Third goal/Endline saves with low service

Category: Goalkeeping: Crossing/High balls
Difficulty: Moderate

Am-Club: Illinois Youth Soccer Association
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Third Goal near post low

GK starts facing opposite direction of third goal to turn and get set for shot from endline

1) Blue shoots and near post for GK save
GK distributes clean save to small goal then receives second shot from red player

2) Red shot two touch for set on low shot and clean save for distribution

Rotate GK, change sides

CP: Step to turn, weight fwd, heels on 3rd goal line to dive forward, scoop, dive or front smother saves,



3rd Goal dribble

GK starts with shot or burpee to get up for shot

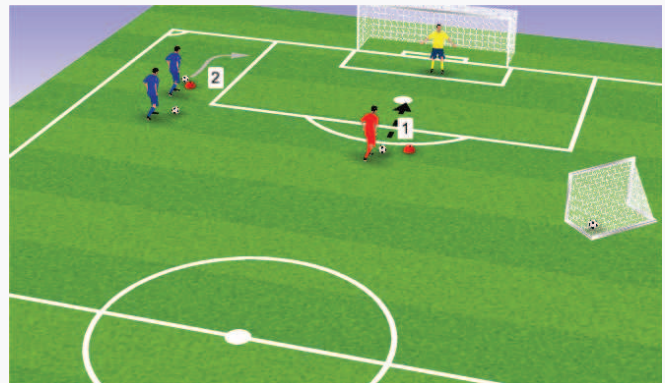
1) Low shot for immediate save and distribution to counter goal
2) GK shuffle across/drop step to make save on third goal from dribbling player to endline

-Distribute to counter goal, overhand and underhand distribution from clean save for points

Endline shot start with near post saves build to balls across six and high balls

Rotate GK and change sides

CP: efficient footwork across goal, identify shot for set position, balance space on third goal, extension for saves across 6 yard box, quick distribution to counter goals,



Combinations

GK Burpee on 3rd goal

1) low shot with distribution to A goal
2) low/mid shot from two touch red, distribute ground to A goal
3) dribble to endline for near or across 6yd shot, GK distribute to B goal

4) two touch shot for GK distribute overhand to B goal

All rebounds are live for anyone to shoot.

Points collected on distribution for final winner

Rotate GK, change sides and types of service as needed

CP: footwork across frame, set position, clean save with hands around ball, position on 3rd goal, quicker distribution for points, range to catch vs tip/parry



Active players in 3rd goal



SSA: 4v4+2N

Two teams of 4 with GK, 2 neutral on outside
-Ball starts on outside with maximum three touch service for 3rd goal save
Game continues 4v4 until goal or ball goes outside of 18
Neutral players can be added option for 5v3 to goals with possession team with 2 touch limit as outside flank player
Services in can be limited to mid and low shots to review from prior parts of session
CP: 3rd goal angle to ball, organize players quickly, straight line across goal, early set position, active on cross/across 6 yard box, decisions for distribution

