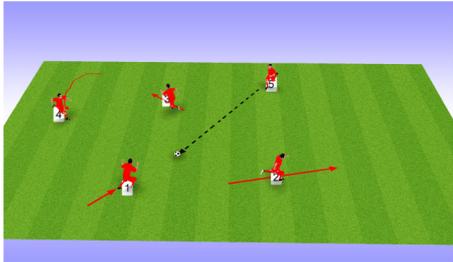


## Description

Goalkeeping session that focuses on 1v1's and breakaways

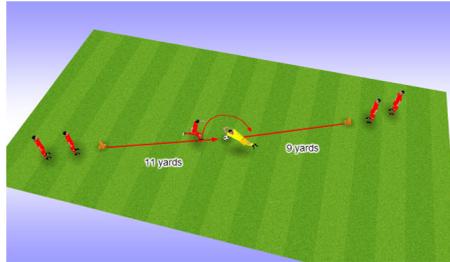
### WARM UP (10 mins)



Keepers always moving at all times. The passing rotation is 1-2-3-4-5 to 1 again and so on.

1. Bow I passes to scoops- 60 seconds
2. Sling passes to contour catches-60 seconds
3. Volleys to contour catches-60 seconds
4. High Ball under handed passes to High ball catches-60 seconds

### Breakaway w/ stationary ball (15 mins) Breakaway with moving ball (15 mins)

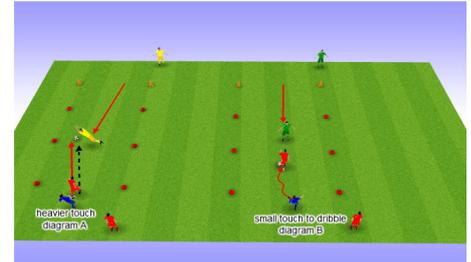


With ball stationary between cones. Coach says "GO", Keeper and runner both sprint at same time. Keeper goes down hands first to save ball staying low to the ground, while runner jumps over the save.

Rotate lines

Coaching Points:

- \*Make sure Keeper stays low with feet DOWN when saving in a 1v1 situation. \*Keeper goes straight to target without looping their run.
- \*Loud, Strong, "KEEPER" call is a must!

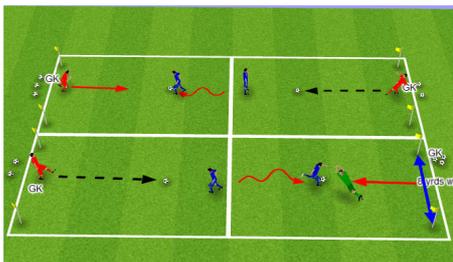


With runners feet open, server (in blue) will either serve a weighted ball through the legs of runner (in red) either to right, left or center for a 1v1 situation (diagram A). Or a light touch through the legs of runner and runner must dribble around the keeper to goal (diagram B). Rotate with observing players accordingly.

Coaching Points:

- \*Keeper Must yell KEEPER early, loud, and with confidence.
- \*Keeper must stay up on their feet until they're 100% sure they can secure the ball with hands.
- \*Very quick from starting point and the closer to the save Keeper must get bigger.
- \*Steal space when dribbler takes a touch.

### 1v1's (15 mins)



Keepers roll or pass ball to dribbler. Then it goes to an immediate 1v1 situation. Dribbler tries to go around keeper and through the 8yrd cones. Start exercise with dribblers taking big keeper friendly touches, then softer challenging touches. This can also turn into a game with winners play winners until a champion is crowned.

Coaching Points:

- Quick to follow ball then get big and smaller steps the closer to the save.
- Only go down to save when 100% sure keeper can get hands to the ball.
- Be aware of dribbler pulling back the ball and/or toe poking.

### 1v1's to goal (15 mins)

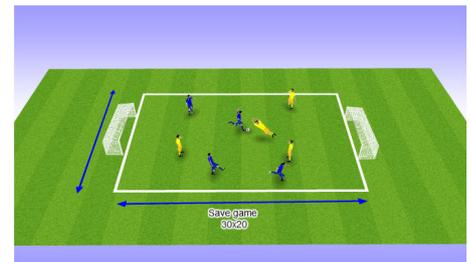


Striker shoots ball on their half of frame trying to find Keepers hands. Keeper rolls ball back to the original striker, follows their bow led ball, and is immediately in a 1v1 situation. Striker is now attempting to dribble through cones and go to goal.

Coaching Points:

- \*After rolling ball to the striker, make sure keeper is taking the correct route and closing down vulnerable gaps.
- \*Be ready for toe pokes with big, low hands. Fingers facing down.
- \*Keeper Call is a must everytime.
- \*When player takes touch Keeper steals space.

### Game (20 mins)



SAVE GAME

Possession team must play the ball like a field player with their feet. They can shoot or pass anywhere on the pitch. Defending team can intercept the ball by collapse diving on a bad pass or taking the ball off the feet of the dribbler in a 1v1 fashion. You can make this more difficult by adding that the possession team has to combine 3 or more passes before taking a shot.

THIS IS AN INTENSE GAME. As a coach, bring energy and to encourage fast play. It will show more mistakes when dribbling and let the GK be more successful. ADD GK's if there are too many goals.