

## Low balls:Scoop

Partner GK warm up: cones 12-15 yards between partners, cones of each GK arms width apart (3-4 yards)

One GK starts with ball and other starts on side of cones

-Ball served on ground for scoops and low balls: front smother & scoops

-catch and then serve across

-alternate side to start, two touch serves

-server becomes GK

-efficient steps back to cones with goal line

-15-20 repetitions per GK

CP: set position in front of line, timing of service, hands in front, weight forward, quality shuffle, efficient steps, body behind ball, stay on feet if possible, shoulders square to ball,



## Volleys

Partner GK:

One GK starts with ball and other is facing outside of cones

-Service with hands for volleys at mid and shoulder level

-if serve bad ball away/over target=burpee

-basket and contour catch

-alternate sides to start on cones

-server becomes GK to go through cones

-footwork is specific to position with line behind & efficient steps to get to side of cones

15-20 repetitions for each GK

CP: Quick footwork, early catch to absorb ball, eye on ball, body behind catch, decisions basket or contour, stay on feet, quality service to partner (drop ball, angle of arms, laces, locked ankle)



## 1v1 serves

GK across from one another defending their line:

-balls served on ground or with hands

-defend line w/arms width goals

-stay on feet if possible

Make goals further apart of needed

CP: body behind ball, stay on feet, quick transition to score, angle to goal, good distribution



## Passback/shots

Box 3-4 yards

Server 12-15 yards away from box:

-GK goes to right calls "BALL" with one or two touch pass back to server

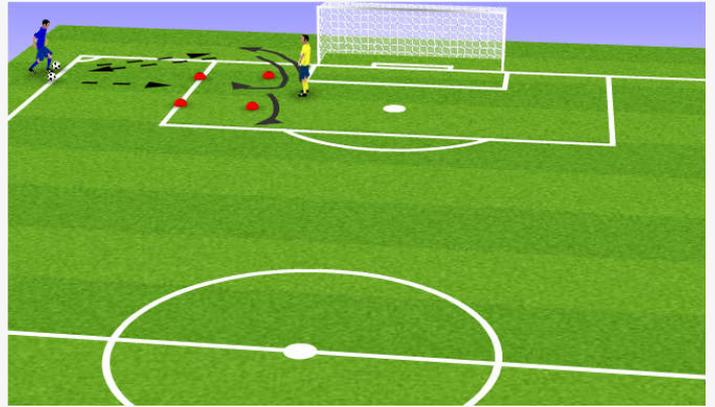
-GK goes back around to bottom of box to be set in center

-server strikes ball low for dives or front smother

-server goes to other side with shot in middle again

-complete 3 full boxes then rotate servers

CP: efficient footwork around box, command ball verbal and nonverbal to server, feet set on cue of shot, decision for dive or front smother, technical pts on dives/front smother



## 1v1 breakaway

Same set up as Screen 4 but this time it is a dribble 1v1 to score instead of final shot

-all rebounds are live, server must play at game speed with no back to goal

CP: immediate steps to shooter, hands low & open, own the land, early decision to dive, patience to stalk, read cues to dive with big touch or limited space



## Crosses/long balls

Corner kicks on frame with 2v1 players

GK organize defender and call "Keeper or Away" on every ball

all rebounds live until outside of 18

GK need to own six yard box and be active to catch/clear first ball

server strikes variety of balls: near/far, driven, floated, etc

rotate after two if more GKs, rotate sides or have another server on other side for immediate service

-server can dribble to build to crosses or free kicks from outside of 18

CP: early communication, demand voice, specific information to defender (ball, right, left), set early, range of player to win ball, catch/punch/volley decisions, timing on high balls, eye on ball for all catches



## Team 4v4 transition

4v4 or 5v5 transition game plus GKs:

Field double the 18 yard box or adjust based on age of players, make wider if needed

Ball starts in middle, if goes over endline or goal, new team comes on with defenders stay

Immediate transition if you score, go to defense

GK make save, continue to play until ball goes out on endline.

Kick-ins on sides (get ball in quickly, have random balls around)

New team coming in with ball, can start on either side of goal

Shots live from anywhere

CP: GK connection to team, angle to box, set at shot, good distribution, organize defense, specific communication

