



ACTIVITY #1

Set up: Begin with two goalkeepers positioned in the penalty box, and two target players (i.e., outside backs) positioned outside the penalty box near the touch-lines. The coach is positioned centrally approximately 40 yards away as shown.

Instructions: Play begins with the coach passing the ball back to the goalkeeper. The goalkeeper must then play to ball to one of the wide players. Vary the service allowing one touch or forcing two touch decisions on the ball, in addition, flight or chip long balls in the air that the goalkeeper must control first. Rotate goalkeepers every 2-4 repetitions.

Coaching Points: Decision to use one or two touch; Weight and accuracy of the pass; Communication between the goalkeeper and defenders; Playing the ball away from pressure to the opposite side.



ACTIVITY #2

Set up: Begin with two goalkeepers positioned in the penalty box, and two target players (i.e., outside midfielders) positioned at midfield near the touch-lines. Attacking players (in Green) are added to the exercise to pressure the ball from the corners of the penalty box as shown. The coach is positioned centrally approximately 40 yards away as shown.

Instructions: Play begins with the coach varying his service (i.e., on the ground or in the air) to the goalkeeper who receives and controls the ball, and then distributes a long ball to one of the outside midfielders. Once the goalkeeper is comfortable with the longer distribution, add attacking pressure to the goalkeeper as shown (one at a time). Rotate goalkeepers every 2-4 repetitions.

Coaching Points: Communication between goalkeepers and outside midfielders (verbal and visual); Assess the back pass -- if the ball is played back very fast, the goalkeeper can drop to create time and space to play the ball; If it is slow or short, the goalkeeper must come forward to meet the ball; Decision to play one or two touch based on pressure; Quality of first touch; Distance and accuracy.



ACTIVITY #3

Set up: Begin with two goalkeepers positioned in the penalty box, and three target players (i.e., outside midfielders and a central forward) positioned at midfield and near the touch-lines. Attacking players (in Green) are added to the exercise to pressure the ball from central attacking positions as shown. The coach is positioned in a deep, wide position approximately 30 yards away as shown.

Instructions: Play begins with the coach taking one touch and then playing the second touch back to the goalkeeper who immediately plays a long, flighted ball to one of the three target players. The attacking players may pursue and pressure the ball once the coach takes the first touch. Rotate goalkeepers every 2-4 repetitions.

Coaching Points: Communicating and supporting the play by adjusting supporting angles to the ball; Taking a good supporting position based on pressure, passing angle, and distance from the ball; Adjusting body position to receive and strike the ball correctly; Clearing the ball "up and out" safely up-field or out-of-bounds when under pressure.

